

A weekly email publication for the community of St. James Church in College Hill

Message of the Moment

Dearest Friends,

The Church celebrates Julian of Norwich, one of her “mothers-in-spirit” on May 8 each year. To this day, the words of Julian, the first woman to write in English, comfort and inspire people throughout the world.

Julian lived from about 1342 to 1417 and for most of her life, she was an anchoress, living in a small dwelling attached to the Church of St. Julian in Norwich. The Hundred Years’ War was underway, and people thought war would never end. The Black Plague had decimated populations; groups of people were blamed for the disease. There was little economic stability. People were preoccupied with sin, damnation, and superstition. The institutional church was in upheaval. The old reliable certainties of past centuries were weakened, the wrath of God seemed to be raining on the world, and there was no lack of preachers to tell the people that “the end was near,” because God was a vengeful God.



In the face of chaos, God revealed to Julian a message of God’s love, hope, care and ultimate joy for all of creation. Her revelations did not come from “starry-eyed optimism,” but from the pain of living with a grave illness and true knowledge of the world in which she lived.

For Julian, all of God’s revelation is love. She writes, “Love was (our Lord’s) meaning. Who showed it thee? Love. What showed he thee? Love. Wherefore showed it he? For Love.” Because of love, God’s power, wisdom, charity, and unity do not allow God to be angry. One of her most familiar visions is of an object “as small as a hazelnut” in her hand. She was “told” that this was “all that is made” and that it had three properties: “God made it, God loves it, and God cares for it.” Perhaps the most familiar words from the Lord to Julian, which people have found strength in are these:

“I can make all things well; I will make all things well; I shall make all things well; and you can see for yourself that all manner of things shall be well.”

The Collect for Julian is this:

Lord God, in your compassion you granted to the Lady Julian many revelations of your nurturing and sustaining love: Move our hearts, like hers, to seek you above all things, for in giving us yourself you give us all; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

God’s blessings to all of you.

First Things First

We will celebrate Pentecost at St. James on Sunday, May 23, with an outdoor service at 10:45 a.m. (weather permitting). As is our custom, the first reading (Acts 2:1-21) will be read in various languages to simulate the action of the reading. All who are comfortable reading in a foreign language are invited to participate in the reading. Copies of the readings are available through the church, and you may pick one up at the front desk on a Sunday morning or during the week or contact Marlene Hallstrom at music@stjameswichita.org or 316-304-6089 to request a copy and receive instructions. We look forward to a very festive Pentecost celebration this year!

We would like to include members of the parish in congratulating our seniors on May 16. Olivia, Katie and Jayden are our three seniors graduating from high school. Gracie Moore is graduating from Elon University. We are asking you to send or bring in a card to the church for each senior. If you have questions, please email or call Anne Clark at aws1155@yahoo.com or 816-797-6177.



Thanks for all interested in making a donation for the rummage sale! We will be collecting things early in July. Our biggest need right now is people to staff the event. Please email or call if you are available to work the event Thursday, Friday and Saturday. We may have to condense the dates if we don't get enough help! Reach Anne Clark at aws1155@yahoo.com or 816-797-6177.

Mother Dawn's "Radical Acceptance" series continues in today's eTower. See it under the "Radical Acceptance" section later in this email and on our website.

This week's Parishioner Profile — about Randy Harrison — is below in "Parishioner Profile and Parish News."

(Oh. Regarding the "Be the first to know" subject line for this eTower: It's my sneaky way of trying to get you to read it. Don't stop now! — Deb)

Vacation Bible School

VBS will be transforming our church into a Winter Wonderland this summer! To do that, we are in need of the following supplies in bulk quantities:

- Blue tablecloths (rectangular size)
- Purple tablecloths (rectangular or round size)
- Polyester fiber fill (lots and lots, to imitate snow)
- White sheets (the sheets can be used, will also be used to imitate snow)
- Cardboard boxes (the larger the better, but will take any size)

Please drop off supplies in the laundry basket in the front marked "VBS Supplies." If the items are too large for the laundry basket, please just set it by the basket and mark "VBS" on it. Once we have

enough of a certain supply, we will take it off this list. Questions?
contact Chelsea at formation@stjameswichita.org.

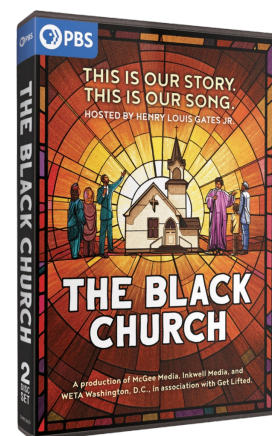


Congregational Book Read

The Congregational Book Read will begin a new video series on May 13. We will watch "[The Black Church: This is Our Story, This is Our Song](#)" by Henry Louis Gates, Jr. This is a great time to join us! We meet every Thursday at 11 a.m. or 7 p.m. on Zoom.

May 13 & 20- Part 1 : Trans-Atlantic slave trade and the extraordinary ways enslaved Africans preserved and adapted their faith practices from slavery to emancipation.

May 27 & June 3- Part 2 : How the black Church expanded its reach to address social inequality and minister to those in need, from the Jim Crow South to the heroic phase of the civil rights movement and the Black Church's role in the present.



The Zoom link for the 11 a.m. group is:

<https://zoom.us/j/94318073867?pwd=UWICSVhidnFqOWpTSFpacmFhME5FQT09>

The Zoom link for the 7 p.m. group is:

<https://zoom.us/j/96988499682?pwd=enEbndxTFdoNWJqZk5SUIBkMmJEZz09>

Mental Health Awareness Month

May is Mental Health Awareness Month

Wichitans are fortunate to be served by the **Mental Health Association of South Central Kansas (MHA)**. The association helps people live their best lives. It provides access to therapies for emotional health and wellness as well as services for substance use, developmental disabilities, and acquired brain injury. MHA also helps people with housing. With respect, integrity, and compassion, MHA provides individualized service. Its person-driven programming fosters independence, community engagement,



and wellness. Clients served range in age from three to 103 years. To reach the association, call 316-685-1821.

The outreach committee chose three quotes for each week of May to recognize Mental Health Awareness Month.

“No act of kindness, no matter how small, is ever wasted.” — Aesop

**“Lo, I am with you always, even unto the end of the world.”
— Matthew 28:20**

**“No matter how you feel, get up, dress up, and show up.”
— Anonymous**

Readings This Week

O God, you have prepared for those who love you such good things as surpass our understanding: Pour into our hearts such love towards you, that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

[Click here to go to the Lectionary Page](#)

[Click here for a free PDF download of the Book of Common Prayer](#)

Lessons appointed for the Sixth Sunday of Easter:

[Acts 10:44-48](#)

[John 15:9-17](#)

[1 John 5:1-6](#)

[Psalm 98](#)

Service to the Community

It's the last week of our Annual Undies Sundays Drive . Please help children served at the Wichita Children's Home by donating new underclothes sizes infant through adult. There is a special request for diapers sizes 4, 5, and 6. There is a basket by the red doors for donations.

Breakthrough Episcopal Social Services is having a come-and-go reception for retiring executive director Barbara Andres from 3 p.m. to 4:30 p.m. May 13 at Botanica Pavilion.

Please remember to help us collect funds for the Pocket Change Ministry's gift to Breakthrough/ESS. You may send a check to St. James with "Pocket Change" written in the memo section.



Children and Youth

Episcopal Summer Camp at Camp Wood will be June 6 to 12. This fun summer camp is for third to 12th grade (you must have completed third grade). Registration is available and open to all kids. There are scholarships available from the Diocese and St. James. Register at <https://edokformation.wordpress.com/camp/>. For questions about or assistance with scholarships, please email formation@stjameswichita.org.

[Click here to join our Children's Ministry Email list.](#)

[Click here to read the latest Children's Ministry email.](#)

The Calendar This Week

Sunday, May 9

9 a.m. - Adult Forum

Topic: Hell, Satan, and Evil - How, Why, and What???

Join Zoom meeting at this link:

<https://zoom.us/j/95070519126?pwd=MINPSUzSUF2akFhRmtWOW05c1N1dz09>

10:45 a.m. - Worship Service

Monday, May 10

1 p.m. - Donald D. Yoder Service

5:30 p.m. - Contemplative Prayer Group Online

[Contact Mary Kay Chavez](#)

7 p.m. - Graduate EfM Online

[Contact Jeff Roper](#)

Tuesday, May 11

7 p.m. - Executive Committee

[Contact Joan Moore](#)

7:30 p.m. Handbell Choir

[Contact Marlene Hallstrom](#)

Wednesday, May 12

4:30 p.m. - Worship Committee

[Contact Mary Halley](#)

6 p.m. - Evening Bible Study on Zoom

[Contact Phil Speary](#)

6:30 p.m. - Youth Group
[Contact Tristan Holmberg](#)

7 p.m. - Choir
[Contact Marlene Hallstrom](#)

Thursday, May 13

11 a.m. - Congregational Book Read
<https://zoom.us/j/94318073867?pwd=UWICSVhidnFqOWpTSFpacmFhME5FQTo9>

5:30 p.m. - Finance Committee
[Contact Woody Swain](#)

6:30 p.m. - EfM Online
[Contact Deb Bagby](#) or [Paul Rillema](#)

7 p.m. - Congregational Book Read
<https://zoom.us/j/96988499682?pwd=enEbndxTFdoNWJqZk5SUIBkMmJEZz09>

Parishioner Profile and Parish News

Meet Randy Harrison

Randy and his family have a long history at St. James. He began attending church here in 1970 when he was 10 after his family moved to the College Hill neighborhood. Neighbors Bob and Janice Wilson, who were longtime members of St. James, brought Randy and his siblings to church with them one Sunday.

"Little did I know at the time that it would turn into such a huge part of my life," Randy said.

He became an acolyte and was involved with the youth group during his early years. Randy joined a Boy Scout troop that met at East Heights United Methodist Church. During his early teens, Randy began working with parishioner Bob Deeds, a member of St. James and a leader of Randy's troop.

"He and I met every Saturday morning for six months for in-depth study of the Episcopal Church, which culminated in my receiving of my God and Country award on the Chancel Steps when I was 17," Randy said. "Around the same time, I achieved the rank of Eagle Scout."

As a young man, Randy did youth work at St. Stephens, St. Christopher's and St. John's and volunteered as a counselor at Episcopal Youth Camp.

In 1994, he returned to St. James, where he became reacquainted with his longtime friend, Deb.

"We were married at St. James, and although we chose to part ways a few years ago, we continue to remain close friends," Randy said.

He is a member of the choir and has served on the vestry and as junior warden. He was a regular volunteer in the kitchen for Breakfast Sundays and Rod Hansen's right-hand man for years at the Oyster Dinner. "After Rod's death, I accepted the challenge of keeping the breakfast alive, and my family jumped right in to help," Randy said. "I've also been an active participant for many years with the Olde English Tea, helping the women with anything they asked me to do."

Randy works as a senior application analyst for the City of Wichita and maintains the computer systems for Wichita Public Libraries as well as keeps the technology operational for weekly City Council meetings.

He is St. James' unofficial IT desk as well, helping staff with computer issues.

He enjoys remodeling project at his home as well as theater and singing. He serves as the technical director/sound designer for the Guild Hall Players and has been an active member of the Heart of America Men's Chorus for 17 years.



What do you do to rest and return to God?

"Singing is my connection and respite. When life gets crazy and I need to return to God, I sing, which is one reason this pandemic has been so hard since we haven't been able to sing in church for a year."

What do you like about St. James?

"Having a degree in religion and philosophy gives me a real appreciation for the beauty of our worship. I'm a little bit conservative and old-fashioned where church is concerned so I love that we have so many wonderful traditions, and I have found that it is through those traditions that many are drawn to St. James. We don't have praise bands or video screens with the words projected on them, which is really nice.

St. James is a place of peace and solitude where it's possible to meet God in any way that feels right to you."

Ushers, greeters and readers, oh my! We desperately need more of all of them. If you would like to help welcome people back to St. James or read during services, please contact Peggy Johnson at johnsonorganist@gmail.com.

Since church has resumed, so have our weekly fresh flowers at the main altar. Please donate so we can continue this practice. Just sign up on the calendar in the hallway to the guild hall. Send in your check and put "flower fund" in the memo blank and attach a thanksgiving or memorial note. If you are unable to sign up, call the office and let them know your wishes to donate and send in your check with your thanksgiving or memorial note attached.

New to St. James? Join our Newcomer Network . Future sessions are scheduled for 7 p.m. May 16 and May 23 on Zoom. To keep the groups small, please RSVP. The group is open to people who have been at St. James two years or less. A few longtime members will join in as well. Please email or call Chelsea at formation@stjameswichita.org or 316-993-4672 for more information and to RSVP.

The gardening crew is at it again and needs your help!

We'll plan on being there about 9 a.m. on the dates below. If these time or dates don't work for you, please don't hesitate to go and work on your own. If you are interested in helping, please send Anne Clark a text at 816-797-6177 or email aws1155@yahoo.com so she can update you on tasks for that week.

May 15: pruning and planting

June 5: preen weed prevention application and cleanup

June 19: cleaning

July 3: cleaning

July 24: cleaning

August 7: cleaning

August 21: cleaning

Sept. 4: cleaning

Oct. 9: cleaning and planting fall bulbs

Nov. 6: cleaning prep for winter

Remember Breakfast Sundays, OPUS, countless potlucks, luncheons, dinners and receptions?

This year, we launch our second century and look forward to eventually being able to gather for food and fellowship. With that goal in mind, it's time to replace our heavy pottery due to the number of dinner plates that have chipped or broken. We are asking for donations of CorningWare Corelle "Winter Frost White" dinner plates. Corelle is practically indestructible and resists chips and cracks. Lightweight and easy to handle, plates stack up in less space (12 plates in only 2 inches!) If you have dinner plates to donate ("Winter Frost White" ONLY), or find some at a garage sale or thrift store, please bring them to the church.

Forms to order our 100th anniversary book are online . [Click here to go directly to the order form](#), which you can print out and return in person, by mail, or by email to the church office. Books are \$25, and shipping is \$5 for every two books.

Radical Acceptance

Refusing to Accept Reality

People often say, “I can’t stand this,” “This isn’t fair,” “This can’t be true,” or “It shouldn’t be this way.” It’s as if we think refusing to accept the truth will keep it from being true, or that accepting means agreeing. Accepting doesn’t mean agreeing.

It’s exhausting to fight reality, and it doesn’t work. Refusing to accept something adds to the pain you experience. You can refuse to accept that you were fired for something you didn’t do, that your friend cheated you, or that you weren’t accepted into the college you wanted to attend, but that doesn’t change the situation.

Accepting reality is difficult when life is painful. No one wants to experience pain, disappointment, sadness, or loss. But those experiences are a part of life. When you attempt to avoid or resist those emotions, you add suffering to your pain. You may build the emotion bigger with your thoughts or create more misery by attempting to avoid the painful emotions. You can stop suffering by practicing acceptance.

Life is full of experiences, some that you enjoy and others you dislike. When you push away or attempt to avoid feelings of sadness and pain, you also diminish your ability to feel joy. Avoidance of emotions often leads to depression and anxiety. Avoidance can also lead to destructive behaviors, such as gambling, drinking too much, overspending, eating too little or too much, and overworking. These behaviors may help you avoid pain in the short run, but they only make the situation worse in the long run.

Acceptance means that you can turn resistant ruminating into acceptance. “I’m in this situation. I don’t approve of it. I don’t think it’s OK, but it is what it is, and I can’t change that it happened.”

Imagine that you are late for an important job interview. Traffic is especially congested, and you are stopped by red light after red light. Raging at the traffic lights or the drivers in front of you will not help you get to your destination sooner and will add to your upset. Accepting the situation and doing your best to stay disengaged will be less painful, and more effective. With acceptance you will arrive at your interview less stressed and better able to manage the situation.

By Karyn Hall Ph.D.

Reference: Linehan, M. CBT of Borderline Personality Disorder. New York: The Guilford Press, 1993.

<https://www.psychologytoday.com/us/blog/pieces-mind/201207/radical-acceptance>

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of May 9

In the Anglican Cycle of Prayer: Pray for the Anglican Church of Melanesia

In the World Council of Churches Cycle of Prayer : Pray for the people of Sudan, South Sudan and Uganda

In the Kansas Cycle of Prayer: Pray for the retired clergy of the diocese

Pray for those serving in the military: Alexis (Lexi) Reed, Will Corkins, and J. David Anderson-

Lusk.

Pray for those who have died: Donald Yoder; Marsha Bacon; Nancy Rollins; Christopher "Chris" Erickson, son of Jennifer and Mark Erickson; David T. Childs; The Rev. Wayne Blakely; Jeff Gibson, (son of Deacon Barbara Gibson); Larry Edwin Rahal (father of Nancy Carroll); and Caroline Rudnick-Rowley (wife of Bruce, mother of William and Madeline).

Pray for those who are in trouble, sorrow, need, sickness or any other adversity: Pray for Marge Rine, her son Wes, and the rest of their family. Pray also for Dal Harrison, her husband Rick, and their family. Pray for Joan Janzen and her daughter, Catherine. Please continue in your prayers for the recovery of Gary, Bill, and Pete. Lift up all people with COVID-19 and all health care workers. Please pray for Pam; LouAnn M.; Jayne; Iola; Martha; Betty; Gus; Jessica; Bob; Joe; Jean; Jerry; Teresa; Larry S.; Jan and Joan; Mary; Joann, Mike and their granddaughter, George; George II; Christina; Bill; Floyd; Gene; George; Jean; Jan and family; Tucker; Ashley and Taylor; Carly, granddaughter of Delmar and Mary Klocke; Tom Tadtman, brother of Marilyn Taylor; and Ann Gilson, mother-in-law of Mother Christine.

Our Parish Prayer List — The most up-to-date parish prayers appear here weekly. All members of our parish community are asked to pray for everyone on our prayer list. To share your prayers of thanksgiving (births, weddings, new jobs, anniversaries, etc.), to notify us that someone you love is serving in the military, to share that you or someone you love is suffering, or to tell us of a death, please call 316-683-5686 or email office@stjameswichita.org.

Let Us Pray

Almighty and everliving God, ruler of all things in heaven and earth, **hear our prayers for this parish family.** Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen.

Everliving God, whose will it is that all should come to you through your Son Jesus Christ: **Inspire our witness to Christ,** that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

O Father of mercies and God of all comfort, our only help in time of need: We humbly beseech thee to **behold, visit, and relieve thy sick servant for whom our prayers are offered.** Look upon them with the eyes of thy mercy; comfort them with a sense of thy goodness; preserve them from the temptations of the enemy; and give them patience in their affliction. In thy good time, restore them to health, and enable them to lead the residue of their life in thy fear, and to thy glory; and grant that finally they may dwell with thee in life everlasting; through Jesus Christ our Savior. Amen.

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant for whom we pray the help of your power, **that their sickness may be turned into health,** and our sorrow into joy; through Jesus Christ our Lord. Amen.

O God of heavenly powers, by the might of your command you **drive away from our bodies all sickness and all infirmity.** Be present in your goodness with your servant for whom we pray, that their weakness may be banished and their strength restored; and with their health being renewed, they may bless your holy Name; through Jesus Christ our Savior. Amen.

Sanctify, O Lord, those whom you have called to the study and **practice of the arts of healing, and to the prevention of disease and pain.** Strengthen them by your life-giving Spirit, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. Amen.

O Lord, your compassions never fail and your mercies are new every morning: **We give you thanks for giving both relief from pain and hope of health renewed.** Continue in the course of recovery, we pray, the good work you have begun; that those who heal and daily increase in bodily strength may rejoice in your goodness, and order their lives and conduct to always think and do those things that please you; through Jesus Christ our Lord. **Amen.**

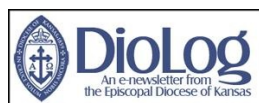
Helpful Links

[Watch and Listen to Last Week's Service](#)

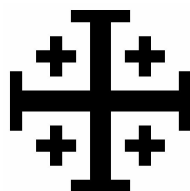
[Parish Web Calendar](#)

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[2021 Parish Leadership](#)



Contact Us



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[Jose Alonso](#), Sexton

[The Rev. Dawn Frankfurt](#), Rector*

[The Rev. Christine Gilson](#), Priest-in-Charge during Mother Dawn's sabbatical

[Deb Gruver](#), Administrative/Communications Assistant

[Marlene Hallstrom](#), Organist and Director of Music

[Susie Stallings](#), Bookkeeper

[Chelsea Whipple](#), Director of Programs

*Mother Dawn is on sabbatical through June 20.



**Whoever you are
and wherever you find yourself on your
journey
of faith, you are welcome here.**

