

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

Message of the Moment

Dearest Friends,

Now what do we do?

Over the past year, I kept having dreams about attending a service at St. James and either forgetting my mask and freaking out or freaking out that folks were not masked and distanced. The common feeling was “what do I do now? Do I stay here or leave or do something else?”



It is strange how that feeling seems to be more evident now that vaccines are available. I suspect I am not alone. There are a lot of us who breathed a sigh of relief and had a sense of joy when the vaccines became available. As soon as we could, we ran out to get our shots. Now we have had our shots or are finishing up on shots and are mindful of masks and distancing. We also know that we have a long way to go, and we know that spreading the virus is still possible. There are different, sometimes even conflicting levels of advice and guidance, and we are not sure how social we can safely be. It is no wonder we face massive anxiety when considering whether to eat out or travel or gather with friends or go to worship services in person. We don't know whether we are a Henny Penny irrationally worried that the sky is falling or a Pollyanna blithely going about ignoring the danger signs.

That is why St. James continues to offer options for worship:

- For those comfortable with worshipping in person, there are services in the nave at 10:45 a.m. Sundays during which social distancing and mask requirements are in place.
- During the 10:45 a.m. service, people can also worship in their cars listening to the broadcast service at 89.5 FM. There are even a few parking stalls reserved for that purpose.
- For those who prefer to worship at home, we record and broadcast the service via YouTube.

From time to time, we still plan on holding outdoor services as well. As we say, “wherever you are in your journey of faith, you are welcome here” and in this case, “wherever” can take a lot of forms.

During this midpoint in the season of Easter, it may be appropriate to reflect on how the Disciples may have had some oddly similar feelings. By this time in the story, that sigh of relief and sense of joy following the Resurrection had settled in. The building question was “now what?” The Disciples probably wondered what was next and how to function in what we would probably call “the new normal.” In a few weeks will be the feast of the Ascension when Jesus departs, and one suspects that the sense of what to do next then became *really* intense. Jesus's commands could be challenging or confusing but at least all the Disciples had to do was follow instructions ... or try to. With him not in the picture telling them what to do, it fell to each of them to sort out for themselves how to implement things on their own. It was not until Pentecost that the sense of direction equipped the Disciples for

their new set of tasks. Yet, as we learn in Acts, there was no common agreement about what to do next.

So, perhaps not knowing what to do is appropriate for this point in the liturgical year. Easter reminded us that the crucifixion and Good Friday were not the end of the story. We now see that the hope of Resurrection is not the end of the story, either. The Disciples had to work out their lives in a post-Resurrection world, and we have to work out our lives in a world of both vaccines and new variants. In their case and ours, it is not enough to sit by and wait for orders to come. It is up to us to decide for ourselves how to develop this next chapter in the narrative.

With Blessings,
Jay Price

[Photo courtesy of Vanderbilt University](#)

First Things First

Our Easter lilies are up for adoption . You'll find them by the front desk. The Sedgwick County Extension Service offers these tips for planting: let the blooms die off, trim them and plant when temperatures are reliably above 60 degrees. It may be best to plant them in a pot. Please keep in mind that Easter lilies are toxic to cats.



Have you been spring cleaning? We are planning the youth rummage sale for July 8 to 11. Please begin to collect items from your home and arrange a time to take them to church by calling or emailing Anne Clark at 816-797-6177 or aws1155@yahoo.com. The youth will need lots of help setting up the weekend before as well as people to help work the sale. Please let Anne know if you can help.

If you are new to St. James (within the last two years), we invite you to join our Newcomer Network. These virtual events will be a small group of new and a few seasoned members so you can meet and get to know one another. They will be hosted on Zoom at 7 p.m. on Sunday evenings. To keep the groups small, you must RSVP for an evening that best fits your schedule. Please email or call Chelsea Whipple, our director of programs, at formation@stjameswichita.org or 993-4672 for more information and to RSVP.

We are looking for ushers and greeters . If you want to help welcome people back to St. James, please contact Peggy Johnson at johnsonorganist@gmail.com. This is an important ministry, and we could use more people willing to help.

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 Jessica and Chase Moore — is below in "Parishioner Profile and Parish News."

Photo by [Serafima Lazarenko](#) on [Unsplash](#)

Readings This Week

O God, whose Son Jesus is the good shepherd of your people: Grant that when we hear his voice we

may know him who calls us each by name, and follow where he leads; who, with you and the Holy Spirit, lives and reigns, 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 Fourth Sunday of Easter:

[Acts 4:5-12](#)

[John 10:11-18](#)

[1 John 3:16-24](#)

[Psalm 23](#)

Service to the Community

The Annual Undies Sundays Drive is underway. Our project to collect new underwear for the **Wichita Children's Home** continues through the week of May 9. Please help 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.

Since 1893, the **Kansas Children's Service League** has been aiding children in need and strengthening troubled families. Please consider joining our **St. James Outreach Committee** meeting via Zoom at 4 p.m. **Tuesday, April 27** to hear **Vicky Roper** talk about the important work done today by KCSL. For a Zoom invitation, please email Judy Goodpasture at jgoodpasture@cox.net.

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

Children's Chapel will meet in person at 10:45 a.m. May 2. Chelsea Whipple, our director of programs, is excited to see your kiddos again.

Episcopal Summer Camp at Camp Wood is happening 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/>.

VBS is coming ... join us June 21 to 24 for fun, learning, games, and more. [Click here for more details and to sign up.](#)

[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, April 25

9 a.m. - Adult Forum

Join Zoom meeting at this link:

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

10:45 a.m. - Worship Service

7 p.m. - Newcomer Network

[Contact Chelsea Whipple](#)

Monday, April 26

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

[Contact Mary Kay Chavez](#)

7 p.m. - Graduate EfM Online

[Contact Jeff Roper](#)

Tuesday, April 27

4:00 p.m. - Outreach Committee

[Contact Judy Goodpasture](#)

7 p.m. - 100th Anniversary Committee

[Contact Susie Stallings](#)

7:30 p.m. Handbell Choir

[Contact Marlene Hallstrom](#)

Wednesday, April 28

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, April 29

11 a.m. - Congregational Book Read on Zoom

Join Zoom meeting at this link:

<https://zoom.us/j/94318073867?pwd=UWICSVhidnFqOWpTSEpacmFhME5FQT09>

6:30 p.m. - EfM Online

[Contact Deb Bagby](#) or [Paul Rillema](#)

7 p.m. - Congregational Book Read on Zoom

Join Zoom meeting at this link:

<https://zoom.us/j/96988499682?pwd=enlEbndxTFd0NWJqZk5SUIBkMmJEZz09>

Parishioner Profile and Parish News

Meet Jessica and Chase Moore

Jessica and Chase Moore have been regular attendees since we began worshipping in person again. They watched services online and were drawn to St. James, Jessica said, because "we were looking for a place that was more open and accepting, loving and non-judgmental."

Jessica is a Wichita native, and Chase grew up in Halstead. They've been married for eight years and have two dogs, Phoebe (in Jessica's arms in the photo) and Sugar (in Chase's arms).

The two enjoy traveling, supporting locally owned restaurants and coffee shops and take spin classes together. Jessica also likes to read and volunteer, and Chase likes to golf and fish. Jessica is a salon manager, and Chase is a deputy warden at El Dorado Correctional Facility.



What do you do rest and return to God?

"I feel closest to God when I'm in nature and outside," Jessica said.

What do you like about St. James?

"The people have been so super friendly, like family, and that's what's kept us coming back," Jessica said. "We both love how much the church gives back to the community and places that of high importance."

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 1: work on Celtic Garden

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

Do you have art skills? Did you come up with the theme for your prom or make a float? Or did you ever want to? There's a proposed project to participate in Riverfest as a faith family. If you are interested, email Racine Zackula for a possible way to show that St. James loves Wichita. Call/text Racine at 316-943-3423 or email racinezackula@gmail.com.

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

The Difference Between Resignation and Acceptance, Part Two

While acceptance – like resignation – involves recognizing a lack of power or control, it doesn't stop there. However, unlike the passive experience of resignation, acceptance is an active state in which you deliberately commit to the following processes:

- Acknowledging the reality of your situation
- Validating your own feelings
- Identifying your sense of agency
- Seeking support

Acknowledge the reality of your situation

It's true — you are not always going to have a choice over what happens in your life. The human experience is fraught with unpredictability and some pain is simply inevitable. Being in denial about these facts can certainly have consequences, and that is why it's necessary to come to terms with the reality of whatever it is you are going through.

That said, it's important to be thoughtful in understanding all sides of your experience. It's possible that your view of reality may be distorted. This is something that can happen to all of us at one point or another, usually because of negative past experiences or unhelpful internalized messages which impact your perception over time. Acceptance involves being curious about the way you see the world and being flexible enough to question whether you're seeing the whole picture.

Validate your own feelings

It makes perfect sense to feel disappointed, upset, grieved, or fearful during challenging circumstances. And disregarding these feelings does not make them go away. Instead, it just makes you feel ashamed or frustrated with yourself for having them.

Rather than ignoring or minimizing your feelings, acceptance involves mindfully engaging with them. By accepting your feelings, you give them space to breathe and allow them to do what they are meant to do – take care of you. When you feel sad or angry, you can ask yourself, "what are these emotions trying to tell me?" Do you need to reach out to someone? Do you need to set a boundary? Is there a need to communicate something more clearly? Your feelings are indicators of how to move forward, so it is important to give them as much room as possible to do their job.

Identify your sense of agency (and use it wisely)

A sense of powerlessness is often what prompts resignation. However, by working towards acceptance, you open yourself up to an important truth: you always have some agency. Whether it's your behavior, your choices, or even your breathing – there is always something you can control, even in times where you feel completely overwhelmed.

Even so, the goal is not to grasp for control just for the sake of having it. While that might make you feel empowered for a little while, the security will be fleeting. Instead, allow your decision-making to be informed by your core emotions. Ask yourself: What is your emotion compelling you to do? How can you honor that feeling within the reality of the situation? What do you need to feel safe enough to move forward?

Seek support

Finally, it's important to remember that acceptance always involves the help of others. In a state of resignation, you may forego seeking support, even fearing that you could be a burden. Through acceptance, however, you acknowledge that while your situation may be daunting, you don't have to work through it alone.

Whether you reach out to a loved one, a trusted friend, a therapist, or anyone else who can meet a need or offer comfort, there is such value in connecting with others as you struggle. In doing so, you allow someone else to hold you accountable in recognizing the reality of your situation, validating your emotions, and identifying your sense of agency.

By Christy O'Shoney, LMHC

https://mytherapynyc.com/difference-between-acceptance-resignation/#abh_about

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of April 25

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

In the World Council of Churches Cycle of Prayer: Pray for the people of Djibouti and Somalia

In the Kansas Cycle of Prayer: Pray for St. Timothy's, Iola

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

Pray for those who have died: 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 Vince Nix, the son-in-law of Buck and Gladys Alley. 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; and Carly, granddaughter of Delmar and Mary Klocke.

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](#)

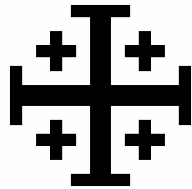
[Parish Web Calendar](#)

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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.



