

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

Message of the Moment

Dear St. James friends,

I have some very exciting news to share with you! Bishop Cathleen Bascom has given us new guidelines to follow, and as long as Sedgwick county cases remain low and we remain in the Yellow Zone, **we will be making several changes this coming Sunday, May 16 at St. James.**

The Bishop's guidelines are:



Indoor social distancing measures may be relaxed with provisions made for those who wish to remain socially distanced. Each church should keep some 6-foot-spaced seating.

— Vaccinated individuals may sit more closely with other vaccinated individuals. If another's vaccination status is unknown, assume they are unvaccinated and keep them safe by keeping socially distanced.

— Unvaccinated individuals are welcomed and encouraged to keep themselves and others safe through social distancing.

Indoor singing and chanting (congregational, ensemble and individual) may begin again.

Masking continues to be necessary for public worship, so singers and chanters must be masked. However, we encourage a gradual approach as vaccination continues.

— Consider bringing sung hymns back over time: start with a few weeks of post-communion and departing hymns, then add a processional, etc. Build over several weeks to music in the middle of the service.

Coffee hour may resume for congregations in the Yellow and Orange Zones.

So what does all of this mean for St. James? When an usher seats you this Sunday, please let them know if you're fully vaccinated and if you are, they will seat you closer to other fully vaccinated members. We will start singing together again with masks, and the Worship Committee will work on our program with our clergy and music director to ensure we do it methodically and one step at a time.

We can have coffee hour, starting at 9:45 a.m. each Sunday. This will include only coffee and water. If you want to bring your own snacks, you are welcome to do so! I know that so many of you have missed this, so I hope this extended time in fellowship with one another will help bring back even more joy in returning to church. Many of you have also asked when we can start holding our Saturday night service and our earlier Sunday service. As of now, the Vestry has chosen to hold only one service. When Mother Dawn returns from sabbatical on June 20, we will definitely discuss this topic.

I also want to take the time to congratulate our parish's graduates. We always recognize and

congratulate our graduates this time of year because graduating from high school, college or even beyond IS quite an accomplishment! We look at these young people and it feels like yesterday when they set off on their adventure, and as adults we can't believe they have already finished! Please join me in congratulating high school graduates Jayden Brookins, Olivia Laycock and Katie Seminoff and college graduates Jose Alonso-Hernandez, Paul Leeker and Gracie Moore on this great accomplishment. We pray that God will hold them close while they embark on their next adventures!

We are getting to sit together again, sing together again, and celebrate graduations again. We are slowly but surely emerging from this pandemic, and I'm so glad we're all in this together!

With love in Christ,
Joan Moore
Senior Warden

First Things First

Yes, we will have coffee hour at 9:45 a.m. Sunday.

Coffee will be served in the Guild Hall to allow for more spacing. Please wear a mask unless you are actively drinking your coffee.

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 the office to request a copy and receive instructions. We look forward to a very festive Pentecost celebration this year!



Eucharistic Visitors, (E.V. for short), are lay members of the Church who carry the consecrated Sacrament to members of the congregation, who, by illness or infirmity, are not able to be present at the celebration. According to the Episcopal Canon, this ministry extends our Communion table to those considered homebound. "Personally, I believe eucharistic visitors are called to be such," said Terry Anderson, who helps coordinate eucharistic visitors. "So, while I am asking for volunteers, I humbly ask that volunteers might spend a bit of time reflecting on this opportunity and considering if it not only is something you might be able to do but is something Spirit may be nudging you to do. Sometimes that nudging might feel scary! That is OK too. Most of the time, it resonates within." Tristan Holmberg is coordinating St. James' EV ministry. Training in EV nuances, as well as Safe Church training, is required. An introduction to Eucharistic Visitor volunteers will be offered after worship Sunday, July 11. Anyone is welcome to simply learn about this ministry. For those who have been eucharistic visitors but were sidelined with the pandemic, please come back if you are able. Please let Tristan know if you want to remain on the EV roster. It would be great to start seeing homebound parishioners in June.

You may contact tristanjholmberg@icloud.com or Terryanderson384@gmail.com for more information. Correspondence in June should go to Tristan.

The American Red Cross (ARC) blood drive is back! Please mark your calendars for June 20. Appointments will be available beginning at 8 a.m. and ending at 1 p.m.

There are several ways to sign up for an appointment time:

- Login or create an account on the [ARC website](#) and pick your time
- Call Dottie Evans at 785-341-4532
- Email Dottie at dottieevans6@gmail.com

Any questions or concerns about the event can be directed to Dottie.

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 Susan Picotte — is below in "Parishioner Profile and Parish News."

Readings This Week

O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. **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 Seventh Sunday of Easter:

[Acts 1:15-17, 21-26](#)

[John 17:6-19](#)

[1 John 5:9-13](#)

[Psalm 1](#)

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.



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.](#)

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.

“You are not a reservoir with a limited amount of resources; you are a channel attached to unlimited divine resources.” — Apple Gold

“Be still in the presence of the Lord, and wait patiently for Him to act.”
— Psalm 37:7

“If God is the source of love, then the only way I can worship God is by loving ‘wastefully.’ By ‘wasteful love’ I mean the kind of love that never stops to calculate whether the object of its love is worthy to be its recipient.” — John Shelby Spong

Service to the Community

Shortly after the end of World War I, a small cohort of east Wichita residents proposed an Episcopal parish be founded in College Hill. Among them was the Bleckley family, whose son, Erwin, received the Medal of Honor for his service as an aviator with the 50th Aero Squadron in searching for the Lost Battalion. He was killed when the plane he was flying got shot down. This was a borrowed plane as the one assigned to Bleckley received damage

earlier. That plane, too, has been lost to history, but an identical aircraft from that era has been reconditioned to recreate the exact plane that Bleckley flew. Now that aircraft is coming to live in Wichita, and efforts are now underway to create an exhibit on Bleckley at Eisenhower Airport filled with actual artifacts. Given St. James's ties to Bleckley, Jay Price, one of our vergers, thought it seemed appropriate to let the parish know about these efforts. People who want to know more can visit <https://www.bamfoundation.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.

Parishioner Profile and Parish News

Meet Susan Picotte

Susan Picotte has been attending St. James for about 20 years. She is a former Presbyterian.

Born in Omaha, Neb., Susan has lived in Wichita since she was about 6 years old.

She recently retired after working in the health care field for about 50 years. She started out as a respiratory therapist and then went back to school to earn bachelor's and masters degrees in nursing at Wichita State University, eventually becoming an advanced practice registered nurse.

Her last role was in case management at Via Christi St. Francis. Health care interested her because "you could continue to learn. I feel like I'm a lifelong learner. I was an office nurse. I was at patients' bedsides. I was in administration. I didn't really have to change jobs. I continued to learn through the years and just loved it."

Susan has a son and two daughters, all of whom live in other states.

Her son is new to her life as are his four children.

"When I was 18, I gave up my son for adoption. He just got in touch with me about four years ago. He's been a wonderful blessing," Susan said. "He is a principal in Arizona."

Susan enjoys reading and gardening, especially flowers, herbs, cactus, tomatoes and lettuce.

She also does yoga and tai chi. She recently began volunteering at the Assistance League. She also is mom to a corgi, Melodii.

At St. James, she has served on the vestry and nominating committee and helped at the Olde English Tea. She is a member of Daughters of the King.



What do you do to rest and return to God?

"I have prayer in my life daily, several times a day. I have meditation. I just need to have peace and quiet, and that helps to refocus."

What do you like about St. James?

"I have loved how welcoming everybody is and how well everybody works together. They're so inclusive instead of exclusive. That is really what has attracted me to the people of St. James."

Interested in brainstorming about what we might do at St James for Creation Care or the environment? Diocesan-wide, four areas have been identified: land use, legislative presence, green team and spiritual practices. There are numerous possibilities within these areas. Organizational meetings will occur soon by Zoom or in person with precautions. If interested in

sharing ideas or for more information, contact Pat Butin by text at 316-250-0589, voicemail at 316-686-6578 or by email at Patandwalk@aol.com.

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.

The Congregational Book Read is watching [**"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 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:

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

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

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

Radical Acceptance Requires Practice

Radical Acceptance is a skill that requires practice. The ability to accept that traffic is heavy, that it's raining on the day you wanted to go to the beach, and that your friend cancels when you had plans to spend the day together is important for coping well and living a more contented life. When you practice acceptance, you are still disappointed, sad, and fearful in situations, but you don't add the pain of non-acceptance to and make things worse. Practicing acceptance helps you prepare for more difficult circumstances.

Everyone experiences losing someone they love. The death of a parent, child, spouse, or dear friend is particularly difficult. Your first reaction may be to say something like: "No, it can't be!" even though you know it is true.

The death of a loved one will always be difficult and painful. Acceptance means that you can begin to heal. Resisting reality delays healing and adds suffering to your pain. When you practice acceptance every day, you allow your mind preparation for the most difficult experiences in life. So, accepting the heavy traffic is about easing your suffering in that moment — and about being able to decrease your suffering in more difficult situations that may come.

Reasons to Not Accept Reality

Sometimes people behave as if not accepting something will change the situation. These people feel as if accepting painful situations or emotions is being passive or giving in. That's not it. Acceptance is allowing reality to be as it is.

Other times, people don't want to feel pain. There are many painful life situations which are not in our control. We can't avoid the pain they cause, but we can control how much we suffer over the experience. Suffering is the part we can control.

A Place to Begin

Life gives us lots of opportunities to practice acceptance. If you have a problem that you can solve, then that is the first option. If you can't solve your problem, but can change your perception of it, then do that. If you can't solve it or change your perception of it, then practice Radical Acceptance.

Begin by focusing on your breath. Notice thoughts such as: "The situation isn't fair," or "I can't stand what happened." Let those thoughts pass. Give yourself an accepting statement such as: "It is what it is." Practice it repeatedly. Using the skill of acceptance effectively requires repetition.

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>

Prayers

Parish Prayers for the Week of May 16

In the Anglican Cycle of Prayer: Pray for the Anglican Church in Mexico.

In the World Council of Churches Cycle of Prayer : Pray for the people of Kenya and Tanzania.

In the Kansas Cycle of Prayer: Pray for St. Paul's, Kansas City.

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; Ann Gilson, mother-in-law of Mother Christine; Gloria Tilford; Cindy, the daughter of Judy Thompson; and Cathy.

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**.

The Calendar This Week

Sunday, May 16

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=MINPSUszSUF2akFhRmtWOW05c1N1dz09>

10:45 a.m. - Worship Service and Graduate Recognition

Monday, May 17

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

[Contact Mary Kay Chavez](#)

7 p.m. - Graduate EfM Online

[Contact Jeff Roper](#)

Tuesday, May 18

7:30 p.m. Handbell Choir

[Contact Marlene Hallstrom](#)

Wednesday, May 19

6 p.m. - Evening Bible Study on Zoom

[Contact Phil Speary](#)

7 p.m. - Choir

[Contact Marlene Hallstrom](#)

Thursday, May 20

11 a.m. - Congregational Book Read

<https://zoom.us/j/94318073867?pwd=UWICSVhidnFqOWpTSFpacmFhME5FQTo9>

6 p.m. - Vestry

[Contact Joan Moore](#)

6:30 p.m. - EfM Online

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

7 p.m. - Congregational Book Read

<https://zoom.us/j/96988499682?pwd=enIEbndxTFdoNWJqZk5SUIBkMmJEZzo9>

Helpful Links

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

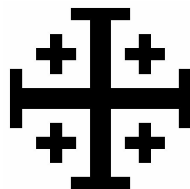
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Contact Us



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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.**

