

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

## Message of the Moment

Dear St. James Friends,

To everything there is a season and a time for every purpose under Heaven. Spring is here — perhaps in more than one way. The season of COVID-19 seems to be slowly drawing to a close. It isn't gone yet. It is fighting to stay longer and torment us for a bit more, but it seems to be on the run. Some new variants keep popping up. There have been a few cases where vaccinated people have contracted the virus. The number of new cases and number of hospitalizations are certainly on the decline. Vaccinations continue, and now youth at age 12 and up may receive the Pfizer vaccine. The CDC, Sedgwick County and the Bishop have significantly relaxed precautionary guidelines.



That being said, we are not into full summer yet and as the vestry continues to review current information, we have made changes to our service. Masks are not required inside the building for **fully vaccinated people**. We are singing shortened hymns, just a stanza or two. **We wear our masks when we sing!** An area will be reserved in the nave closest to the doors that open to the outside for those who may not be comfortable with the reduced distancing. Communion in one kind will continue for now. Coming to the steps for Communion seems to be well-received and will continue for now. Exiting may resume through whichever door you wish. Just be mindful that everyone may not be comfortable, so please respect their feelings.

Coffee hour has resumed and will be available in the Guild Hall starting at 9:45 a.m. Please join us and catch us up on everything that is happening in your life. The nursery will remain open but is not staffed for now. For the present, we will continue to have just one service. We are fully aware of how much the Wednesday, Saturday and 8:30 a.m. Sunday services are loved, but they just can not be staffed yet. We simply do not have the people available until more have returned to regular worship and we can fill the volunteer positions. Let me take a moment to thank all of the priests, vergers, our Deacon Jeff Roper, the lay readers, Marlene Hallstrom our music director and organist, the Altar Guild, the ushers, the St. James staff and any who I may have missed for their tremendous efforts and dedication to bring St. James back to life after what seemed to be an unending winter. You are wonderful.

Now, what has changed? The new lounge carpet has been installed, and the furnishings and memorials committee members have been busy creating a fresh look that hopefully will be a wonderful welcome back to our parishioners. The pew cushions are being made and will be installed as soon as they arrive. This will be a few weeks yet, but they are coming.

This Sunday is Pentecost. We will worship outside. The choir will sing. Chairs will be provided. We continue to transmit on FM 89.5 with no plans to stop. We continue to record and publish our service on YouTube and Facebook. **IT WILL NOT RAIN!** But if it does, we will scramble to the nave. Don't

forget to wear your red.

Let me take a moment to thank every one of our church members for your patience, understanding and support during this time. It has been a task to try to provide everything that can be safely engaged in. I can't wait until we can return safely to all of our activities and social gatherings. Potlucks, barbecues, Breakfast Sunday, The Olde English Tea, the Oyster Dinner, all of it. Until then, know that this too shall pass and we will all be fully engaged in worship and in fun soon.

Peace be with you.  
Danny Blair  
Junior Warden

## First Things First

**We will follow our custom of reading Acts 2:1-11 in various languages on Pentecost Sunday.** So far we have Spanish, French, German, Latin and Russian covered. If you would like to read in a language other than English, please plan to meet with Deacon Jeff Roper and Jay Price at 10:30 a.m. Sunday at the front desk. They will give you instructions. You also may visit



<https://www.biblegateway.com/> for the reading. Click on "All" for the various languages.

**New to St. James? Join our Newcomer Network .** The last session is scheduled for 7 p.m. May 23. 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](mailto:formation@stjameswichita.org) or 316-993-4672 for more information and to RSVP.

**This Wednesday, May 26, we'll be painting on the canvas tarps for the Porch Parade for Riverfest (see photo above).** All ages are welcome to join in! Come and go between 5 p.m. and 8 p.m. Wear painting clothes. **No special skill needed!** Please contact [Racine Zackula](#) if you have questions.

**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](mailto:dottieevans6@gmail.com)

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

**Please take a moment to review the prayer list in today's eTower.** If you or a loved one or friend no longer need or wish to be included on the prayer list, please email Deb at [office@stjameswichita.org](mailto:office@stjameswichita.org).

**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 Marilyn Taylor — is below in "Parishioner Profile and Parish News."**

## Readings This Week

Almighty God, on this day you opened the way of eternal life to every race and nation by the promised gift of your Holy Spirit: Shed abroad this gift throughout the world by the preaching of the Gospel, that it may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of 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 Pentecost Sunday:**

[Acts 2:1-21](#)

[John 15:26-27; 16:4b-15](#)

[Romans 8:22-27](#)

[Psalm 104:25-35, 37](#)

## Vacation Bible School

**VBS needs volunteers!** Come be a part of the adventure this summer as we welcome our kids back to enjoy in-person VBS.

There are many opportunities in which your skills will meet our needs. VBS is 6 p.m. to 8:15 p.m. June 21 to 24. Volunteers will need to be present about 5:30 p.m. every evening.

There will be a mandatory volunteer orientation at 6:30 p.m. June 16.

All volunteers will need to be trained in Safeguarding God's Children before VBS. Email Chelsea if interested, [formation@stjameswichita.org](mailto:formation@stjameswichita.org)



## Children and Youth

**Our next Children's Chapel** will be at 10:45 a.m. June 6.

**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](mailto:formation@stjameswichita.org).

**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, which is July 8 to 10. 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](mailto:aws1155@yahoo.com) or 816-797-6177.

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

# 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.

“ 'We have such a long way to go,' sighed the boy. 'Yes, but look how far we have come,' said the Horse.” — Charlie Mackesy

“Great opportunities to help others seldom come, but small ones surround us every day.” — Sally Koch

“Come unto me, all ye that travail and are heavy laden, and I will refresh you.” — Matthew 11:28-29

## Service to the Community

**St. James Outreach Committee** will hear from **Kim Pennington, Director of Development at the Wichita Children's Home** at 4 p.m. on **Tuesday, May 25** via Zoom. If you wish to join us, please send an email to [jgoodpasture@cox.net](mailto:jgoodpasture@cox.net). We welcome visitors.

**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 Marilyn Taylor

Marilyn Taylor began attending St. James seven years

ago.

Marilyn is from a military family and was born in Australia and also lived in Italy and Japan. When her father retired, the family moved to Winfield, where she met her husband.

They began dating in high school and married after college.

Marilyn spent almost 40 years in education, including as a teacher and instructional coach. She earned her bachelor's degree in elementary education from Kansas State University and her master's degree in curriculum and instruction from Southwestern College.

She lived in Winfield for 43 years and attended Grace Episcopal Church there. After her husband died in 2012 and she retired in 2014, Marilyn needed a change and "so I decided to move to Wichita."

Marilyn has a son who lives in Denver and a daughter who lives in Kansas City. She has two granddaughters and two grandsons.

Marilyn enjoys playing golf, exercising, reading and doing crafts such as needlepoint.

"I like to spend time with friends and family and travel," she added.

She has served on the outreach committee and on the committee for the parish's 100th anniversary.



### **What do you do to rest and return to God?**

"I don't feel like I'm ever away from him. I always feel like he's with me or that he's part of my life."

### **What do you like about St. James?**

"The people. I love the architecture of the church and the building. It reminds me of my little church in Winfield. I love all the people I've met. "

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**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. 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 [tristanholmberg@icloud.com](mailto:tristanholmberg@icloud.com) or [Terryanderson384@gmail.com](mailto:Terryanderson384@gmail.com) for more information. Correspondence in June should go to Tristan.

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**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](mailto:Patandwalk@aol.com).

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**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](mailto:johnsonorganist@gmail.com).

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**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.

### **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](mailto:aws1155@yahoo.com) so she can update you on tasks for that week.

**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

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**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.

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**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 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=UWICSVhidnFqOWpTSEpacmFhME5FQTo9>

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

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

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**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

## What is Mindfulness?

Mindfulness skills have emerged as an important focus of several empirically supported treatments – DBT, mindfulness-based cognitive behavior therapy for depression, and mindfulness-based stress reduction (MBSR) are effective treatments that are all based in mindfulness. The roots of mindfulness practice are in the contemplative practices common to both eastern and western spiritual disciplines and to the emerging scientific knowledge about the benefits of “allowing” experiences rather than suppressing or avoiding them.

**How do you describe mindfulness?** Mindfulness in its totality has to do with the quality of awareness that a person brings to everyday living; learning to control your mind, rather than letting your mind

control you. Mindfulness as a practice directs your attention to only one thing, and that one thing is the moment you are living in.

You can practice mindfulness anytime, anywhere. Many people choose to dedicate time each day to practicing mindfulness and watching their mind. You might also find yourself in a moment of mindfulness when:

- You walk through a park and you actually walk through the park. What does that mean? It means you let yourself “show up” in the park. You walk through the park aware of your feelings about the park, or your thoughts about the park, or how the park looks, or the sensation of each foot striking the pavement. This is different than taking a walk in the park and not “showing up” – instead, walking through the park while you are distracted by thoughts of what you’ll have for lunch, or the feelings towards a friend with whom you just argued, or worries about how you’re going to pay this month’s bills.
- You eat dessert and notice every flavor you are tasting, instead of eating the dessert while having a conversation and looking around the room to see who you know. If you’re being mindful, you’re not thinking about “Is it good or bad to have dessert?” You’re just really having dessert.
- Having gotten free of your anxiety or self-consciousness, you dance to music and experience every note, instead of wondering if you look graceful or foolish.
- Thinking about someone you love or someone you hate, pay attention to exactly what your love or your hate feels like. You’re not caught up in justifying the love or hate to yourself; you’re just diving into the experience, with full awareness that you’re diving in.
- When you recognize the moment, what it looks like, feels like, tastes like, sounds like – you are being mindful. Further, mindfulness is the process of observing, describing, and participating in a non-judgmental manner, in the moment, and with effectiveness. At the same time, mindfulness is the window to acceptance, freedom, and wisdom.

*By Marsha Linehan, Ph.D., ABPP*

<https://linehaninstitute.org/mindfulness/>

**Yours in Christ,**

**Mother Dawn+**

# Prayers

## Parish Prayers for the Week of May 23

**In the Anglican Cycle of Prayer:** Pray for the Anglican Communion Office and its work on behalf of the Communion.

**In the World Council of Churches Cycle of Prayer:** Pray for the people of Malawi and Zambia.

**In the Kansas Cycle of Prayer:** Pray for St. Margaret's, Lawrence.

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

**Pray for those who have died:** Gloria Tilford; 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.

**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; Cindy, the daughter of Judy Thompson; Cathy; Joe Tanner; and Kam.

**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](mailto: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 23**

**9 a.m. - Adult Forum**

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

Join Zoom meeting at this link:



10:45 a.m. - Worship Service Outdoors (unless there is bad weather)

## Monday, May 24

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

[Contact Mary Kay Chavez](#)

7 p.m. - Graduate EfM Online

[Contact Jeff Roper](#)

## Tuesday, May 25

4 p.m. - Outreach Committee

[Contact Judy Goodpasture](#)

## Wednesday, May 26

6 p.m. - Evening Bible Study on Zoom

[Contact Phil Speary](#)

6:30 p.m. - Choir Social

[Contact Marlene Hallstrom](#)

## Thursday, May 27

11 a.m. - Congregational Book Read

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

6:30 p.m. - EfM Online

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

7 p.m. - Congregational Book Read

<https://zoom.us/j/96988499682?pwd=enIEbndxTFdoNWJqZk5SUIBkMmJEZz09>

## Helpful Links

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

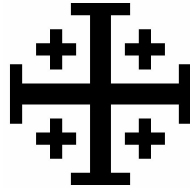
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## Contact Us



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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.



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**Whoever you are**  
**and wherever you find yourself on your**  
**journey**

**of faith, you are welcome here.**

St. James  
Episcopal Church

CELEBRATING



1920-2020

A COMMUNION  
OF SAINTS