

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

Message of the Moment

Dear St. James Friends,

Our music director and organist, Marlene Hallstrom, looked up during Pentecost Sunday and noticed a reflection of the church in Lucas Hulett's tuba. She quickly snapped a photo.

Parishioners obviously were still gathered outside at that point. Then, rain began falling, and everyone moved into the nave for the remainder of the service. Mother Christine said everyone handled the disruption so smoothly that the meteorological moment almost seemed choreographed.

Marlene shared her photo with staff the next day, and I fell in love with it, posting it on our social media channels. Several people said it looked like a painting on enamel. I wanted to share Marlene's photo with all of you here.



To me, the message of this photo is clear: The church is reflected in all of us and in all things, often in beautiful and surprising ways.

With blessings,
Deb Gruver
Administrative/Communications Assistant

First Things First

If you have paper-plate fish for the Riverfest Porch Parade, Racine needs them at church by 6 p.m. Wednesday. There's a box for them just inside the red doors.

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:

- Log in 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.

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.

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 Janie Spencer — is below in "Parishioner Profile and Parish News."



Readings This Week

Almighty and everlasting God, you have given to us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of your divine Majesty to worship the Unity; Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory, O Father; who with the Son and the Holy Spirit live and reign, 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 Trinity Sunday:

[Isaiah 6:1-8](#)

[John 3:1-17](#)

[Romans 8:12-17](#)

[Psalm 29](#)

Vacation Bible School

Volunteer Needs: Come be a part of the adventure this summer as we welcome our kids back to enjoy in-person VBS. The fun happens from 6 p.m. to 8:15 p.m. June 21 to 24. Contact Chelsea at formation@stjameswichita.org if you are interested in volunteering.

Material Needs:

We are looking for bulk quantities of the following items.

- 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)
- Duct Tape: Black or gray

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

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

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 or 816-797-6177.

[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.

“Give yourself another day, another chance. You will find your courage eventually. Don’t give up on yourself just yet.” — Anonymous

“Do unto others as you would have them do unto you.” — Golden Rule and Matthew 7:12

“We may encounter many defeats, but we must not be defeated.” —
Maya Angelou

Service to the Community

Our **Pocket Change Ministry** has sent a check for \$500 to **Breakthrough/ ESS**, and now we are collecting for the **Kansas**



Kansas Children's Service League
Stronger families start here.

Children's Service League, an organization that stabilizes families in crisis. KCSL leads our state's effort to combat child abuse and neglect. St. James is fortunate that Deacon Jeff Roper's wife, **Vicky Roper**, works for KCSL and has been honored nationally for her efforts to curb child abuse and neglect. Please save your coins for our Pocket Change Ministry. You also may send a check to St. James with "Pocket Change" written in the memo section.

Our **St. James 100 Year Outreach Project** will be the refurbishing of two or three **family visitation rooms** at **St. Francis Ministries** on Harry Street. Parents have supervised meetings with their children in foster care in these rooms, and these meetings are often quite emotional. We hope to calm tensions by providing fresh and attractive surroundings with new paint, furnishings, family games, and toys. For this effort we are working with **Martin Heiget** from **St. Francis Ministries**.

The Outreach Committee wishes to thank St. James for this year's Undies Sunday Drive. Chairperson Mary Klocke reports that we collected a total of 1,462 new items for the Wichita Children's Home. Of this amount, 1,229 were diapers, all in the sizes requested. We could not have done this without your generous help.

The **Outreach Committee** will not meet in June, but will resume in July.

Parishioner Profile and Parish News

Meet Janie Spencer

Janie Spencer was baptized at St. James by Father Samuel West, the second priest in St. James' history. Janie has attended church here for most of her life except when living out of state.

A Wichita native, she has lived in a suburb of Chicago, Las Vegas, Georgia and California.

She retired from the U.S. Postal Service, where she worked as a sorter, in 2015. She previously worked at Taco Tico's corporate office and Wichita State University.

Janie has two daughters, three stepchildren and 12 grandchildren. Both of her daughters live in the Kansas City area.

Janie sang in the St. James choir as a child and has served on the 100th Anniversary committee and volunteered at the Olde English Tea and Oyster Dinner. Pictured here with her husband, Curt Low, she also has helped with gardening and is a member of the Daughters of the King.

She enjoys arts and crafts such as painting, needlepoint and embroidery. She stopped by the church recently wearing a Shibori top she made herself.

"I kind of go on tangents and do one thing for a while and then stop and do something else for a while," she said of her hobbies.

Janie is a master gardener and helps take care of the gardens in the back of the nearby Frank Lloyd



What do you do to rest and return to God?

"Being with nature. A lot of times I'll go out in the backyard and just sit and listen to nature. It's amazing what you can hear when you listen."

What do you like about St. James?

"It's home to me. I always came back when I moved back to Wichita, and I've been here ever since "

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

Interested in brainstorming about what we might do at St James for Creation Care, or the environment? Diocesan-wise, four areas have been identified: spiritual practices, land use, legislative presence, green team. There are numerous possibilities within these areas. If interested, or for more information, contact Pat Butin by text at 316-250-0589; voicemail at 316-686-6578 or 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.

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.

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

Living Mindfully

If you stop to think about it, you'll realize that very few of us devote ourselves to living mindfully, meeting each moment of life as it presents itself, with full awareness, letting our judgments fall away. Instead, we do things automatically, without noticing what we're doing. We churn out judgments about ourselves and others. We regularly do two or three or five things at once. We frequently get so caught up in our thoughts and feelings about the past or future that we're lost in them, disconnecting from what is happening right now in front of us.

There are lots of rewards for living this way – we can get a lot done quickly, think of ourselves as efficient, and be seen by the world as productive and smart. In highly industrial or technological societies, a high value is placed on doing a lot at once. In fact, people sometimes make fun of each other by saying, “What’s wrong with you? Can’t you do two things at once?”

We also live without awareness because sometimes living with full awareness is very painful. We avoid painful thoughts, feelings, and situations when we are afraid, angry, ashamed, or sad because we are convinced that we can’t change them and because we are convinced, we can’t stand to live with them.

For instance, have you ever avoided bringing up a problem in a relationship because you’re afraid the person will get mad at you, attack you, or leave you? You avoid bringing up the problem because you feel scared. So, you get yourself off the fear “hook” temporarily by not talking it over. In the meantime, you’re ashamed of yourself for not speaking up. You get more and more annoyed with the other person. You try to ignore what he or she does that bothers you, but the problem gets worse and worse. Finally, you give up, letting the relationship end.

By Marsha Linehan, Ph.D., ABPP
<https://linehaninstitute.org/mindfulness/>

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of May 30

In the Anglican Cycle of Prayer: Pray for the work of the Anglican Centre in Rome.

In the World Council of Churches Cycle of Prayer : Pray for the people of Botswana and Zimbabwe.

In the Kansas Cycle of Prayer: Pray for Trinity, 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.

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 30

10:45 a.m. - Worship Service

Monday, May 31

Church office closed for Memorial Day

Wednesday, June 2

6 p.m. - Evening Bible Study on Zoom
[Contact Phil Speary](#)

Thursday, June 3

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=enIEbndxTFdoNWJqZk5SUIBkMmJEZzo9>

Helpful Links

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

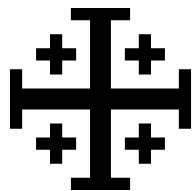
[Parish Web Calendar](#)

[Contribute to St. James Church online](#)

[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.**

