



The Herald

St. Raphael the Archangel Episcopal Church

Vol 56 Issue 8

August 2021

From Our Rector

The 'One Anothers'

The past few months have been seeing us coming, sometimes enthusiastically, sometimes gingerly, together on Sundays for worship. We have welcomed a wonderful new Choir and Music Director, Clif Cason, and we are making plans for a renewed choir and children's ministry to restart on Sept 5. We have revived and rebuilt new teams for worship, planned mission and social events for renewed involvement together, and we are moving forward.



Rev. Canon Dr. Helen Van Koevering

My son's wedding fills my thoughts in August! The Gospel they have chosen for their wedding in John 10, and the verse, 'Love one another as I have loved you' is wonderful affirmation of love, though it is, I think, a tall order for all our human relationships. It is both an instruction and a command, with an end goal of unity, love, humility, as well as a good 'how to' for the life of every community, whatever the shape, size, or purpose. Every Sunday, in-person or online, we hear Jesus' 'new' commandment to 'love one another.' I recently found a fun infographic that lists, along with 'carry one another's burdens', 'forgive one another', one hundred other 'one another's' in the New Testament. Apparently, 47 of those are given as instructions to the followers of Jesus, and 60% are given as commands by Paul.

- One third deals with unity in the church: be at peace, don't grumble, be of the same mind, accept, wait, don't bite or envy, tolerate, forgive, seek good, confess to one another.
- One third instructs us on the meaning of loving one another: love, serve, tolerate, greet, be devoted to one another.
- 15% instruct us on humility in our relationships: wash feet, serve, be subject, honor, prefer, regard one another.
- And the rest: don't judge, encourage, speak truth, pray, teach, admonish, sing, don't lie, be hospitable to one another.

Seems to me that these 'one anothers' provide a road map for all the bumps in the road, all the twists and turns, valleys and high grounds that community life offers. And worth the effort and time we choose to work with these 'one anothers.' My dad used to say, 'don't worry about the others - you can only change yourself.' There's truth in that, but the greater truth is that as people of faith and in our faith community of St Raphael's, the Spirit is also active in revealing who we are, and who we are becoming. And that understanding is part of the peace, joy and healing that we know when we welcome one another to participate in the life of our church and community.

Love one another!

Rev Helen

Rev. Helen on Vacation

August 9 - September 3 as vacation for her family gathering and son's wedding in California. Rev Nancy Turner Jones is supplying for us on August 15, 22 and 29, and all service planning and bulletins will be in hand by end of July.

For any unforeseeable pastoral emergencies, please contact either Dean Carol Wade or Rev Laurie Brock, or Sr. Warden Dave Sevigny.

Senior Warden's Corner



Dave Sevigny
Sr. Warden

The 2020 Olympics

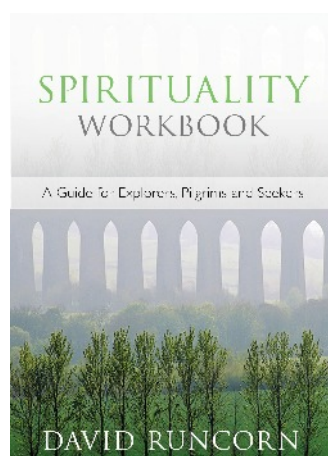
Is it me, or is it funny that all the signage still says "2020 Olympics"? Another experience with a year lost. I'm finding myself glued to the TV playing DVR of the Olympics, skipping through the commercials and catching highlights. Watching this year is a bit different. Not a ton of crowd noise (like.... none), you can hear individuals cheering their teammates on. An extra year of training for many folks is surely making a difference. Olympians have used this extra time to fine tune their game.

This past Sunday, during the bishop's visit, we introduced our St. Raphael's team that takes part in our worship. Over 40 individuals are part of the team that enable our Sunday's solid "10" score. We are so fortunate to have people involved to make each Sunday special. Our execution isn't always flawless, but the love and support that each of us take to make our Sunday's better is truly appreciated. Each person brings their unique talent and gift to their ministry. And God is providing the loudest cheers!

Talent and gifts. We've certainly seen a lot this week in Tokyo. We also saw it this past Sunday at St. Raphael's. Don't hide your light under a bushel. We need your talent and gifts. If there is something that you have some talent or interest in that you can share with us? Olympians get where they are from coaching and practicing. If you have a passion for some church work, please let it be known to a vestry member, parishioner or Rev Helen. We really need each of you on Team St. Raphael. We are going for the gold!

Parish Book Study for season of Pentecost

We are working through the book "Spirituality Workbook: A guide for Explorers, Pilgrims, and Seekers" by David Runcorn. This book suggests an integrated vision for spirituality that looks at historic roots, life together, identity and stages of our life journeys. A book to pray with and learn together between services Sunday (Chapter 9 for next Sunday) and individually. Copies are for sale in church and available from booksellers.



A View from the Pew

God when I grew up

When I grew up there was God. We prayed to God. We trusted God. We listened to local Appalachian singers croon “He’s got the whole world in His hands.” At the simple little Methodist church in Whitesburg, just across the street from our home on Hayes Street, we ended each prayer to God with a simple “Amen”. Mom always answered questions with “God willing, yes.” Dad often told me to just “Trust in God.” God delivered our young family from trials and tragedies, like the horrific car accident that took the life my little brother Willie. We moved to Lexington the next year, giving our family a new start and expanding the growth of our business beyond the mountains. Just like dad always said, God was behind their family every step of the way. For both my parents, God was everything. God.



Richard Dawahare

It was all God. The Jesus of my childhood I remember more from the pages of my coloring books. I enjoyed giving pastel life to the stories of Jesus in those books. Gosh, I'd like to have them now. We were taught at some point that Jesus was the son of God. Christmas, incomparably-can't-imagine-life-without-it great Christmas, was, we were taught, a celebration of the birth of Jesus. Jesus, son of God. I later came to marvel at the teachings of Jesus, which became the pattern I try to daily follow. But Jesus as God? I guess they'll pass anybody in Confirmation classes, because I/we weren't taught that, we just weren't.

The other concept that completely floored me and which I had never heard of until recently is that today's Christian theology says that Jesus was right there with God at the very beginning of it all, right there with God in Genesis. All my life all I ever heard was "In the beginning God created the heaven and the earth" and so on and so forth. In the King James Version, the word “God” appears 32 times in Genesis 1. “Jesus” none, “Lord” none. In Genesis 2, God appears 14 times, 11 of those as “Lord God”. And so on throughout the Old Testament, with zero mention of Jesus (excluding prophecies later interpreted as containing allusions to Jesus).

All I know is that my whole life, my whole life, I have always believed in a God who equally covered everybody everywhere, regardless of and beyond any religion or belief system. I have always believed that God sheds God's grace and goodness on everybody everywhere, and that God welcomes into God's eternal heaven everybody everywhere. This is my prayer, this is my faith, and even more, this is my certain knowledge. Amen.

An editor's note from Rev. Helen

NB For statements on the historic Episcopal Church understanding of our faith expressed in our Creeds, please see our Book of Common Prayer: the Catechism p845-862, and the Historical Documents p867-877

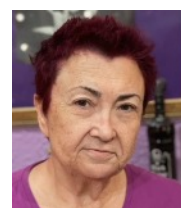
Building a United Interfaith Lexington Through Direct Action

For the past three years I have been a member of the BUILD Ministry. St. Raphael members are among 26 diverse religious congregations meeting to address the most pressing concerns of our community; concerns such as, substance abuse, mental health issues, rising gun violence, inequalities in the educational system that set up our children for failure, & the lack of affordable housing. Not only have I heard the personal stories of others who have experienced the negative impact of one of these issues on their own family, but have also had the opportunity to share my own story. To hear how clergy & lay justice ministers of these congregations have studied these issues through a process of education, training, research & action has truly been impressive. Even more impressive has been BUILD's engagement of our local leaders who have the power to bring about change. In September, St. Raphael's invites you to attend one of the two House Meetings at the parish to learn more about this organization. You'll have the opportunity to listen to others, learn about & share concerns about your community. You can be a part of an interfaith community of shared values to promote the welfare, dignity & justice for all citizens.

Diane Whorley

Goodbye Sunday School – Hello Children's Chapel

Recent scholarship and input from various church leaders has concluded that traditional Sunday School is just plainly not working. The concept is a bit tired, and kids are not excited by the set curriculum. That's not to say that years and decades of traditional Sunday School wasn't at all helpful to our children's spiritual growth. Heck, I still have my Episcopal Sunday School attendance pin with bars on it for each year I attended.



Janis Rosebrook

But as I think back, what did it all mean? Did I learn anything? The only thing I remember is refusing to go Sunday School when they showed Jesus movies. I knew that Jesus was headed for death on a cross. Too much of a trauma for me! I begged my mother to stay in church that week.

The new thinking is that we need to mix it up for kids: make it fun and creative so they can find their love of faith, help them to think of others, pay attention to how they learn, and how to best reach that place where kindness, love, tolerance, and outreach to the less fortunate comes internally, not externally.

We are gifted to have Chris Young available to us each Sunday to bring music to our children. Chris worked this summer at Cathedral Domain (camp) and has a repertoire of great children's music. We would love to incorporate dance, movement, musical instruments and talk about the joy that Christ brings into our lives.

Our team of Chris Young, Diane Whorley, Sr. Becky Collins, and me are set as the initial adult guidance teachers. We hope to structure some of our 25 minutes that we have the children to include understanding parts of the service that is going on upstairs: What does the creed mean? Why do we say the Lord's Prayer? Help them tell us what mysteries Church holds for them.

The Team will have an August planning meeting, and any parents or individuals who would like to volunteer are more than welcome and should contact me (Janis) at 626-389-7474.

A Church Mouse in God's House



Are you watching the Olympics? I am! It's amazing. The things you humans can do (and in some cases the things you humans *want* to do) just boggles my little mouse brain. And what really surprises me is how much of it is not just physical. I was watching rowing the other day and the announcer said, “at this point this is basically a chess match.” I mean, wow, I never thought of it that way. I thought that they were just rowing boats!

As is so often the case things are different in our world. We mice don't usually put a lot of thought into things. That doesn't mean that we're just physical beings, it means we rely on instinct not intellect. My guess is that you rely on instinct quite a bit too, but your big brains seem to rule the day.

I wonder how your athletes train both their bodies and minds to compete. I guess if their bodies aren't in the best shape they aren't going to make it that far anyway. But what if they aren't mentally prepared? It seems like there's an awful lot of pressure. I can't imagine trying to play chess while rowing a boat. Actually I can't imagine playing chess at all. Or rowing a boat.

I know that most of you aren't Olympic athletes. But still, you must have some of the same concerns. How do you manage to stay physically and mentally healthy? What if you are healthy in one area but not the other? If you go to the gym do you also go to the therapist? Do you support each other or shame each other?

Sometimes I'm glad I'm a mouse. I could never balance all of the dimensions of your complex lives. I might try to play chess though, just to challenge myself. I love horses and the bishop seems pretty cool.



Announcements

Please continue to support St. Raphael Episcopal Church.

Introducing a new online giving portal in 2021 - Engage

To access Engage and setup your user account, please go to
<https://engage.suran.com/sreclex>

You can also access this page via the menu on our website at sreclex.org.

FISHES AND LOAVES NEEDS YOUR HELP

FOOD PANTRY LOCATION:

2702 S. Lake Drive

Prestonsburg, Kentucky 41653

DONATIONS:

100% of your donation stays local. All donations are tax deductible. Please make checks payable to:

Fishes and Loaves Food Pantry

2702 S. Lake Drive

Prestonsburg, Kentucky 41653

A ministry of St. James Episcopal Church Episcopal Diocese of Lexington

Thanks to all who serve in volunteer and ministry roles at St. Raphael Episcopal Church, including:

Wardens & Vestry: Dave Sevigny: Senior Warden, Mike Booth: Junior Warden, Afsi Davis, Janis Rosebrook, Amy Smereck, Margaret McGladry, Dana Berry, Chris Young

Eucharistic Ministers: Diane Whorley, Sr Becky Cooper, Erica Formisano, Dave Sevigny, Paula Sevigny, Ben Harper, Erika Mayer, Janis Rosebrook, Jonathan Melton, Leslee Roberts

Eucharistic Visitors: Diane Whorley, Sr Becky Cooper, Erica Formisano, Dave Sevigny, Erika Mayer, Janet Morris, Paula Brockman, Carol Summers

Lectors: John & Laurie Daugherty, JeanEllen, Jonathan and Kate Melton, Steve and Jenny Krolak, Diane Whorley, Kevin Davis

Altar Guild and Flower Arrangers: Diane Whorley, Bev Bouse, Paula Brockman, Rose Canon, Bonnie Conaway, Hilda Fletcher, Amy LoBianco, Helen Massaquoi, Janet Morris, Janis Rosebrook, Diana Trapp, Amanda Whorley, Lucy England, Marthanne Manion, Steffen Wilson

Ushers, Welcomers & Videographers: Mike Booth, Roger Kirk, Bev Bouse, Richard Dawahare, Janis Rosebrook, Sr Becky Cooper, Barbara Connell, Chris Young, Tim Allen, John Hazlett, Ben Harper, Dave and Paula Sevigny, John and Laurie Daugherty, Kimberly Saihkoohi; Kevin Davis, Jonathan Melton, Steve Krolak, Dave Sevigny.

Please note: THESE LISTS WILL CHANGE AS PARTICIPATION IN SERVICES INCREASES. IF ANYONE IS INTERESTED IN JOINING IN ANY OF THESE MINISTRIES, PLEASE LET REV HELEN KNOW!

Save these Dates!

July 31: Deacon Charles' Ordination, 11 a.m. at the Cathedral

August 5: Bill Thompson Memorial Service

August 7: Greater Gardenside Tacos on Two Wheels 5:30 p.m. at El Gran Taco

August 8: Back to School Blessings and Ice Cream Social

August 12 - 15: Diocesan ECW Women's Weekend at Cathedral Domain

August 19: Sages meal

Bill Thompson's memorial service with committal of ashes

We realize that this announcement may not be received in time, however, it was posted in the weekly Eminders. We just wanted to follow up with those who may not have been able to make it. Please keep the family in your prayers. His service Saturday, July 30, at 6.30 pm in the columbarium with pre-service snacks and drinks with the family. Diane, Bill and Sharon's daughter, invites all the friends at St Raphael's to this brief service of remembrance to share memories.

Baptism July 4, 2021 Elizabeth and Marcia (MJ), Janet Morris' grandchildren.



August Birthdays & Anniversaries

Birthdays

Martha Helen Smith	8/1
Mason Whorley	8/1
Diane Davis	8/4
Kay Price	8/4
Ava Curci	8/15
Danielle Binkauskas	8/20
Connor Krolak	8/21
Medina Mullins	8/21
Leslee Roberts	8/25
Steve Garvin	8/27
Tyler Jacobs	8/27
Ginger Garvin	8/29

Anniversaries

Nancy Christiano & Hunter Mathews	8/2
Erica & Ron Formisano	8/6
Marguerite & Jim Emmons	8/7
Kimberly & Karim Siahkoohi	8/16
Ray & Diane Davis	8/24
Diane & Larry Whorley	8/24
Rose & Brad Canon	8/26

Please let us know if we missed a birthday or anniversary! We try to keep the records up to date, but if you've recently joined the parish, we want to celebrate your special days with you! So, let us know! Contact Dana Berry, (danabruceberry@gmail.com) or the parish office.

Prayer Requests:

Long term prayer list: Art, Jack, Hilda, Lee, Mary Jane, Roy, Joan, Martha-Helen, Pat Dinsmore, Steve & Ginger, Rose, Sonya, Don & Gail, Sarah & Jeannie, and Annette.

Currently in need of prayer: Angela, Erika, Diane, Kenneth, Bob, Seth, Elaine, Eloise, Amanda, Hendree, Becky, Alison, Leigha, Dana, Chris, Marthanne, Patricia.

Recently deceased: Maude

Please keep in your prayers all who have fallen ill from Covid-19. Please stay safe and find ways to stay connected and express love for one another while following recommended health guidelines.

Reminder:

Articles and news information for September must be submitted by **August 25, 2021** to Dana Berry at danabruceberry@gmail.com

Services - Current Schedule

Sunday Services

In Person worship 8:30 & 11:00 (with music)

Virtual Worship on Facebook & You Tube

11:00 a.m. Rite II

Come early for coffee! We now have speakers to broadcast the service outside. Sitting outside will be an option for all indoor services. We have some new tables and chairs by the front entrance. If sitting outdoors you can take part in Communion.

Livestreams are available on demand afterwards and are posted on our website when available at <https://sreclex.org/virtual>

Each week the Wednesday Noon Healing Service will be published to the Facebook Page.

Compline services

Rev. Helen will lead on Sundays, Sister Becky Cooper and Rose Canon alternate Tuesdays, Erika Mayers and Diane Whorley will alternate on Fridays. Find the livestreams on our Facebook Page.



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