



# The Herald

St. Raphael the Archangel Episcopal Church

Vol 57 - Issue 6

Fall 2022

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## From Our Rector

I'm not sure which season I enjoy most in Lexington – Spring's buds, Summer's warmth, Fall's colors, Winter's celebrations. Each changing season brings new reflection. In Leo Buscaglia's lovely old book, 'The Fall of Freddie the Leaf' (1982), Freddie notes that all his leaf friends had 'made their tree a rainbow'. His wise leaf friend, Daniel, explains matter-of-factly that "Each of us is different. We have had different experiences. We have faced the sun differently. We have cast shade differently. Why should we not have different colors?" ....Daniel told Freddie that this wonderful season was called Fall.'



Rev. Canon Dr. Helen Van Koevering

Fall this year has me thinking about change and different priorities. It might be because of September's CREDO retreat (*Clergy Recreation, Education, Discernment Opportunity* – offered by the Episcopal Church). We all developed a 'Rule of Life' focused on understanding and naming my values and wellness goals, and how I live them out in various aspects of my life. If any of you might be interested in a similar time of reflection, I will be inviting you to a parish wide, gentle, reflective time during Advent – look out for our Advent devotion this year. And note the invitation to a day retreat at Gethsemane Abbey with me on Dec 6 in our bulletin – that's St Nicholas' day, and midweek.

But I am also hearing of the meaning of change for the Church, and thinking specifically of our congregation at St Raphael. Our lives and community have changed in so many ways and so quickly in the last couple of decades. And whilst I'm tired of talking about Covid, changes during these past 2.5 years have clearly impacted

*Continued on the next page*

## Worship

### Sundays

Holy Eucharist Rite I  
8:30 a.m.

Holy Eucharist Rite II with music  
11:00 a.m.

### Wednesdays

Eucharist with Healing  
Noon

### Compline

Sundays, Tuesdays, and Fridays  
7:00 p.m.

## *From Our Rector, continued*

our community life. This Fall might be a good time to discern our part in moving forward, consider our vision, hopes and dreams for our common worship, ministry to one another, mission to others, and our property responsibilities. You'll read some news on our worship, ministry, mission and property in this edition of the 'Herald'.

This is the season in the year, with Thanksgiving just round the corner, when we are focused on gratitude in action. As I pray over our offerings at every service, 'Father, we thank you for all your good gifts, and of Your own do we give

You'. God's gifts are neatly talked in the church as about time, talent and treasure, and every now and again it's worth reflecting on how we live into gratitude for God's gift of life, love and joy freely given. And we are all beautifully different – and, in that, is the value, beauty and wonder of Fall!

With love and prayers,

*Helen*

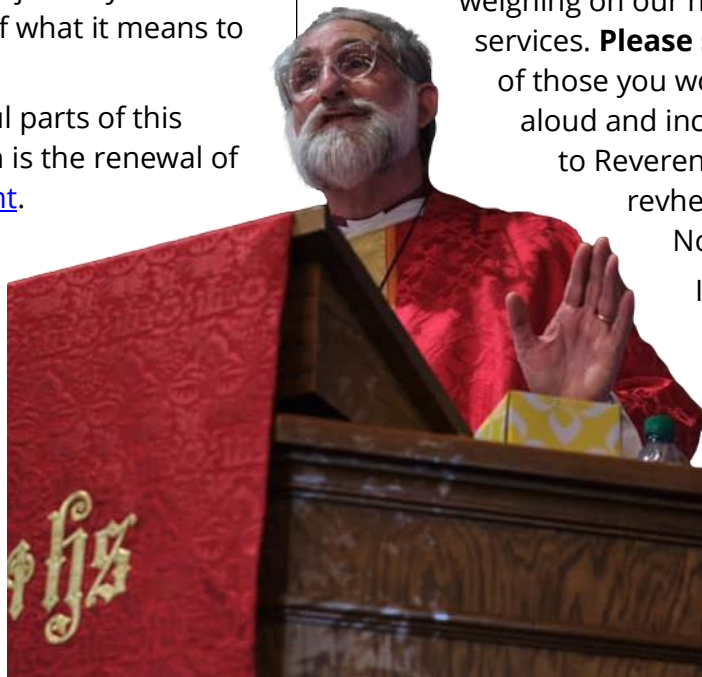
—Rev Helen

### **Bishop Mark to visit St. Raphael's Sunday, October 23**

Please plan to attend church Sunday, October 23 to welcome Bishop Mark. He will be celebrating the Eucharist with us at both the 8:30 and 11 am services and will be receiving and reaffirming members of St. Raphael's. Our support of each other's faith journeys in community is at the heart of what it means to be the church.

Among the most meaningful parts of this service for the congregation is the renewal of our own [Baptismal Covenant](#).

Join us for breakfast between the services, from 9:30 to 10:45 am. Bishop Mark will share that with us too. If you can bring a breakfast item to share or can help with set-up or clean-up please contact Amy Smereck at [amy.smereck@gmail.com](mailto:amy.smereck@gmail.com).



### *Celebrating All Souls and All Saints*

We will celebrate All Souls Day at our Wednesday noonday healing service on November 2. We will celebrate All Saints Day on Sunday November 6 at both services. It has been our custom to read names of departed loved ones who are weighing on our hearts during these services. **Please send the names** of those you would like to be read aloud and included in the bulletin to Reverend Helen at [revhelen@sreclx.org](mailto:revhelen@sreclx.org) by November 1.

If the pronunciation of any of the names is not obvious please include phonetic guidance so Rev. Helen can honor them properly.

## Senior Warden's Corner

Neuroscience research has documented that the human need to connect with other humans socially is even stronger than our need for food or water. The responses in our brains to social pain and pleasure is the same as to physical pain and pleasure.



Amy Smereck

We also need to connect with God. Paul writes "For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths." (2 Timothy 4:3-4) We need to be able to discern between what is true and what is myth. We need to be tuned in to the voice of the Good

Shepherd, the One who has ours and the world's best interests at heart and constantly defends us. Fortunately, we can make in-person human connections and divine ones at the same time at church. Please join me at church for these vital connections, and bring the children too.

The children in our community need connections with community and with God as much as we do. Through Godly Play lessons at Children's Chapel our young people are invited into our stories of faith and guided to wonder about them, making them real and relevant to their own lives.

I also ask you to support St. Raphael's financially by making a 2023 pledge during our annual stewardship campaign, to keep the connections going strong. The church can only be a hub of personal and divine connection, teaching, ministry, and mission for our own community and for those we touch with the generous contributions of our members.

—Amy Smereck

### 2023 Stewardship Campaign begins October 23

It's stewardship season! Your St. Raphael Vestry, with help from Reverend Helen, will soon be working on our budget for 2023.

What can the community of St. Raphael's accomplish next year? We can do even more than we think is possible with God's help. But as the Body of Christ, it depends on our involvement and action.

Please support St. Raphael with a faithful and generous pledge. Submit your 2023 pledge using the form at [sreclex.org/pledge](https://sreclex.org/pledge).



**Walk in love, as Christ loved us and gave himself for us, an offering and a sacrifice to God.**

*Ephesians 5:2*

### HAVE NEWS FOR OUR NEXT ISSUE?

Send articles and information for the Advent issue to Amy Smereck at [amy.smereck@gmail.com](mailto:amy.smereck@gmail.com). The submission deadline is November 11, 2022

**Please continue to support St. Raphael's.**

We use Engage for online giving. To access Engage and set up your user account, please click [here](#).

You can also access the page via the menu on our website at [sreclex.org](https://sreclex.org).

## Money Talk

At the close of September, pledge income was down by around 10% cumulatively for the year while plate income and some other income was slightly higher than budgeted. By keeping a close handle on expenses, we have been able to stay on budget so far for the year. One general expense that has increased significantly is utilities – both electric and gas have increased over last year.

In the last issue of the Herald, the finance report mentioned that some significant expenses were coming our way in 2023. Here are some projects on the horizon:

- Replacement of several ancient air-conditioning units. A few units were installed in the 1990s! Repairing the units is no longer a feasible option. Replacing these units with new energy efficient units will help reduce utility costs. At least 4 units will need to be replaced in 2023 and 2024 at an estimated

cost of over \$30,000.

- An upgrade to our door lock and security system. A security assessment was done and with those recommendations, we will apply for a grant to cover the costs. With God's grace, we will receive the grant, but regardless of whether the grant is awarded, we will need to upgrade our security system in 2023 at a minimum cost of around \$12,000.

As we embark on our stewardship campaign, the Finance committee asks that you prayerfully consider increasing your pledge for 2023, especially if you've haven't done so in recent years. Your giving is a blessing to our ministries.

Thank you for your continued support of St. Raphael. As always, if you have questions about the church's finances, contact Dave Sevigny.

—Laurie Daugherty

## From the Properties Committee

The Property Committee has been quite busy improving our building and grounds, while also lengthening the working life of our equipment and facilities.

If you have been to church recently, you have likely noticed that the weeds in cracks in our parking and driveways have been removed. The most serious cracks were then filled and sealed with resilient filler. This has a two-fold impact. One, it makes our church look much better and more welcoming. Two, it will extend the life of our parking and driveways as they have been sealed against further water and ice erosion and damage. Replacing our parking and driveways would cost tens of

Thousands of dollars.

If you were at church on 10/9, you were the beneficiary of something called heat. Our heating system comes from a very old boiler system, and several boiler pumps needed replacing before fall. This was done before the onset of cooler weather.

And coming up in the next month leading up to the holidays, we will be able to finish the replacement of all our current incandescent lights with LED lighting. This is not only better for our "green" status but helps in a small way with our electrical and mechanical costs.

— Roger Kirk



# Music, Live and Alive at St. Raphael's

It is good to have the choir back. They continue to rehearse on Thursday evenings twice a month. The rehearsal on the first Thursday is preceded by a meal at 6:30pm in Parish Hall.



*Clif Cason*

The second Thursday evening rehearsal is at 7:00pm. Please consider joining the choir by contacting me at your convenience. I would love to hear from you.

The children began last week on preparing music for All Saints' Day (Nov. 6) and the early service on Christmas Eve. It is always special to have the children lead us in worship. We look forward to hearing them soon.

Our newest vocal scholar is Carrie Moscoe. She graduated from Western Kentucky University with a double major in Voice and English. We are blessed to have her with us. Welcome to St. Raphael's, Carrie!



*Carrie Moscoe*

The choir will start rehearsing Advent and Christmas music on Nov. 3. Come join us for the meal at 6:30pm. You will love the food, the fellowship, and the music. What's not to like about that?

—Clif Cason, Organist/Choir Director

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## The Service of Healing on Wednesdays

"Grace and peace be with you, from God our Father and the Lord Jesus Christ." This is the greeting that welcomes parishioners on Wednesday to the noonday Holy Eucharist with Healing. This service of healing is both peaceful and powerful. A short meditation or reflection of faith and hope is shared from the readings and Gospel. The Litany of Healing follows. It is all encompassing, focusing on, "God's will for health and salvation for all people."

We remember and pray for all parishioners, on both our long-term and current prayer lists. We pray for all with physical illnesses and injuries, for guidance to all who are lonely and anxious, for those in broken relationships and emotional stress. We pray for our medical professionals and those who minister to the suffering.

The Eucharist is celebrated and those present may receive laying on of hands and anointing. Come on Wednesday and enjoy a few moments of calm and solitude in the middle of your busy week. You can also join the service on Facebook Live.

—Diane Whorley



## *From our Ministry Committee*

### ***Children's Chapel***

## **We Hope Your Child Will Join Us Each Sunday!**

We continue each week with our Godly Play series. The bible stories are suitable for ALL ages, and the children all seem to enjoy hearing Old Testament, New Testament and Parables. We recently explored the Parable of the Mustard Seed, and Kate Melton wrote an article to tell you all about it. (See page 8.)

This season includes stories about:

- Jesus in the Wilderness (Sr. Becky)
- Elisha and the Chariot (Janis)
- Jesus & Zacchaeus (Amanda)
- The Good Shepherd (Amanda & Diane)
- The Books of the Bible (Janis)

This brings us up to Advent, where we start a new series of Advent stories.

The entire Godly Play team is indebted to Mike Booth who made our Books of the Bible Bookcase and cut and painted 66 wooden pieces to represent each book in the bible. The retail cost for this Godly Play package is in excess of \$500! Also, thanks to JeanEllen

for labeling all the books. A great big THANK YOU to both!

At the ANNUAL MEETING on NOVEMBER 20, our team has prepared a surprise for the adults. Janis will take all the children into the Sunday School area during the meeting for a fun session on Books of the Bible.

ALL SAINTS DAY, November 6, the children will sing in church after the offertory.

THE CHRISTMAS PAGEANT is scheduled for Christmas Eve, late afternoon. Rehearsal is on Saturday, December 17 in the morning. After the rehearsal, we will have a party to decorate cookies for our shut-ins.

Our success in ministering to our children is predicated on them attending regularly. If we can do anything to help with transportation or other issues, please let us know. Contact Janis Rosebrook by text at 626-389-7474 or email at [Janis.rosebrook@mac.com](mailto:Janis.rosebrook@mac.com).

—Janis Rosebrook

### ***Our Children's Chapel Team***

#### **Meet Diane Whorley**

I have been a member of St. Raphael's for 32 years and enjoy the children's ministry. I have worked with preschool and elementary age children in public schools for many years. I began volunteering at St. Margaret's EC in Woodbridge, VA, when my daughter was two. I've continued assisting throughout the years with VBS, Christmas pageants, Children's Chapel and Sunday School. The Children's Ministry has been one of my most rewarding experiences.



## Godly Play: Holy Baptism

One recent Godly Play lesson was Holy Baptism. The following paragraph introduced the lesson.

"There was once someone who said such wonderful things and did such amazing things that people couldn't help it - they just had to ask him who he was. One time when they asked him who he was, he said, 'I am the Light.' This person was Jesus, the Son, the Redeemer. We remember Jesus with light, like the light of the Christ candle that we lit at Christmastime."

As Godly Play was new to me, I was a reluctant team member. Now I'm growing more comfortable and feel it is storytelling at its best. Children enter the holy space that's specially created, softly lit, quietly inviting, to listen and focus on the story. We tell the stories using the program guide with a script and appropriate props. The stories, based on the Bible and history of the Christian church, unfold in a spiritual and wondering manner. Our children are enjoying the stories and responding with many thoughtful questions.

Godly Play is the most-used curriculum in the Episcopal church. We are fortunate to have the resources here at St. Raphael's to present most of the stories. I look forward to working with our children and team to discover and experience God together.

—*Diane Whorley*



## Children's Chapel Schedule

*October 23, 2022*

### **Elisha and the Chariots of Fire**

Instructor: Janis      Aide: Amanda

*October 30, 2022*

### **Jesus & Zacchaeus**

Instructor: Amanda      Aide: Diane

*November 6, 2022*

### **Costumes, Practice for All Saints Singing**

*November 13, 2022*

### **The Good Shepherd**

Instructor: Amanda      Aide: Becky

*November 20, 2022*

### **The Good Samaritan**

Instructor: Diane      Aide: Janis

### **The Books of the Bible**

Instructor: Amanda      Aide: Tim



## Prayer for Children and Families

God, send your Holy Spirit to open our eyes and minds to be the church that nurtures children, young people and families to belong and fully participate in God's Mission. Amen.

"Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven. Whoever welcomes one such child in my name welcomes me." Matthew 18:3-5

## *From our Ministry Committee, continued*

**The Episcopal Church Women (ECW) at Saint Raphael** meet the fourth Sunday of each month after the 11:00 am service at Church. After prayer and a light lunch, topics revolve around the group's missions, ministries and studying the Word, as well as any needs and concerns of members. With our donations and service the past year, ECW has touched the lives of the vulnerable and needy in our Parish and Diocese. This year Saint Raphael ECW, supporting our parish vision, will focus on disadvantaged families and students at James Lane Allen Elementary, residents at The Well of Lexington, babies at The Nest, AVOL of Kentucky, and any community or Diocesan necessities that may arise. We invite every woman in the Church to join us as we pray and serve to make an impact locally and in the world.

Saint Raphael's Episcopal Church Women (ECW) will host the **Annual Meeting of the Diocese of Lexington ECW** on Saturday, November 13, 2022, in Parish Hall. Rev Helen will be the Celebrant and also the speaker at our meeting. Plan to join us at 9:30 am, for coffee and pastries with services and a meeting to follow. Lunch provided at Noon. See you there!

—*Sister Becky Cooper*

### **Sages**

St. Raphael Sages is our group for ages 50+. We meet on the third Thursday of each month at 11:30 am at a local restaurant. Each month's meeting is hosted by a Sages member who is the contact to RSVP for the meeting. The October meeting is scheduled for October 20, 11:30 am at Bru Burger, 3010 Lakecrest Circle, Lexington, KY 40513. RSVP to Janis Rosebrook at [janis.rosebrook@mac.com](mailto:janis.rosebrook@mac.com). November's meeting is scheduled for the 17<sup>th</sup> at 11:30 am. The location will be announced soon.

### **Book Study: The Gospel of Matthew**

We are working our way through the Gospel of Matthew, one chapter per week. Meet in the Bride's Room at 10 am Sundays.

## *A View from the Pew*

### **The Mustard Seed**

A man decided to plant a mustard seed, one of the smallest seeds in the garden. As this mustard seed grew, it became bigger and bigger. Later, it became a tree. It is amazing that something so small can become a tree that is big enough to nest birds in. Then Jesus came and said to them, "This is what the kingdom of Heaven is like."

The mustard seed is like faith, so small, but has so much potential. Even if faith in God feels small, we still have potential to do big things.

—*Kate Melton, with help from JeanEllen Melton*





## From our Mission Committee

### **BUILD: Building a United Interfaith Lexington through Direct Action**

## **LEARN MORE ABOUT GROUP VIOLENCE INTERVENTION**

BUILD's purpose is to powerfully address community problems in the greater Lexington area by creating a self-sustaining, interfaith interracial, proactive organization. St. Raphael is one of 26 member congregations. At our recent House Meeting violence in Lexington neighborhoods was found to be an issue that is universally troubling.

The violence continues to get worse in Lexington. And it will continue to get worse until decisive action is taken. Group Violence Intervention (GVI) is the gold standard for violence reduction when implemented with the expertise of the National Network for Safe Communities (NNSC). Our city deserves the gold standard. GVI is supported by the US Department of Justice; US Agency for International Development, Giffords Law Center, The Justice Collaboratory at Yale Law School; Center for Policing Equity; The National Institute of Justice; National Gang Center; and more. Because it works. GVI is evidence-based, meaning it has been studied and proven to work. If anyone says that it doesn't work, that's simply not what the data shows. We want the community to do the research themselves to learn the facts about GVI! A simple summary of the impact of GVI can be found at <https://nnscommunities.org/impact/impact/>

The next BUILD event is the Community Problems Assembly, Monday November 7, 2022 at 7 pm, Consolidated Baptist Church, 1625 Russell Cave Rd, Lexington KY

## GIVE GVI A TRY!

“ It [GVI] does not work perfectly, it does not work every time, but ”

**it works better, on average, than anything else out there,**  
decreasing homicides and assaults by as much as 30 to 50 percent.

**Thomas Abt**

SENIOR FELLOW COUNCIL ON CRIMINAL JUSTICE IN WASHINGTON D.C.

**Lexington deserves real, proven solutions to the violence.**



[TheNestLexington.org/Event/CoatsforKids](https://TheNestLexington.org/Event/CoatsforKids)

### **Ministry Spotlight: The Nest**

**The Nest** is a safe and healing place for survivors of intimate partner violence. It provides education, counseling, advocacy and support, and reaches thousands of individuals, parents, survivors, and children each year.

The Nest is getting a head start on Winter with their "Coats for Kids" coat drive. Help them reach the goal of collecting 1,000 NEW children's coats by the end of October to prepare the families they serve for winter before it's here! (These coats will also be given away later during their Reindeer Express event.)

Shop The Nest's Walmart Coat Drive Wishlist and have your purchase shipped and delivered directly to us without ever leaving the comfort of home. <https://sreclex.org/the-nest-coat-drive>

## Birthdays & Anniversaries

### Birthdays

October 19 Don C  
October 25 Richard B  
October 28 Michelle B  
October 29 June S  
November 1 Harwell S

November 2 Tony L  
November 8 Luna E  
November 11 Roger K  
November 11 Alaina W  
November 16 Guy H-S

### Anniversaries

October 23 Amy & David F  
October 27 Richard D  
October 29 Joseph & Heidi H  
November 11 Steve & Ginger G  
November 12 Beth B & Jason W

## Prayers Requested

Long term prayer list: Hilda, Mary Jane, Roy, Joan, Martha Helen, Pat Dinsmore, Steve & Ginger, Rose, Sonya, Sarah, Annette, Mary, Kenneth & Seth, Anisa, Mickie, Jim C, Andree, Sheenagh, Peggy and Sue, CC, Betty, and Margaret G.

Currently in need of prayer: Hannah & Volodymyr, Jerry & Trudy, Larry, Liz, Cathy Hunt, Heather.

Recently deceased: Adam

Pray for those affected by Hurricane Ian. Pray for those who have died from Covid-19.

Pray for the people of Ukraine, Afghanistan, the military, and nations in conflict. Pray for victims of flooding (especially in Eastern Kentucky, Florida, South Carolina, Pakistan, and India).

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.

Please contact Rev. Helen for prayer list changes.

## News from our Diocese

### Presiding bishop nominating committee releases churchwide survey, seeks participation by Oct. 31

The Episcopal Church Joint Nominating Committee for the Election of the Presiding Bishop invites all Episcopalians to participate in a survey. The responses will help the committee develop a profile of the skills, qualities, and gifts the church seeks in its next presiding bishop, considering what the church and world may look like in the next decade. The survey can be found here:

<https://www.generalconvention.org/jncepb-survey>

### Keep up with news from around our Diocese!

Subscribe to the Diocesan email newsletter using the form found at <http://diolink.org/diolex/index.php/newsandevents/>.

### Diocesan Vision Prayer

Gracious Father, your Spirit connects and restores all life to unity with You and each other in Christ Jesus. Energize our faith so that we may courageously live into our calling to be the Church by praising your Holy Name, making disciples, and discovering your presence at work in our neighborhoods. Shape us to be the change that brings hope and joy to an aching world; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever, *Amen*.

# Take Part in St. Raphael's Reverse Advent Calendar to Support Vulnerable Children and Families

Traditional advent calendars count down the days in December until Christmas by giving users a surprise. With this reverse advent calendar, you are the one providing a treat to a vulnerable neighbor. Bring items to the admin office on Sundays or from 11 am to 2 pm Monday, Tuesday, or Thursday. We will distribute them to local organizations.



## November



**27** Canned beans (all types)

**29** Postage Stamps

**28** Note Cards

**30** Cleaning Supplies



## December



**1** Packaged Snacks

**13** Peanut Butter

**2** Individual Fruit Cups

**14** Tissues

**3** Baby Diapers and Wipes



**15** Toilet Paper

**4** Toothpaste and Toothbrush

**16** Feminine Hygiene

**5** Gloves

**17** Pasta

**6** Deodorant

**18** Canned Pasta Sauce

**7** New Socks (all sizes)



**19** Canned Fruit

**8** Canned Vegetables

**20** Mac and Cheese

**9** Rice

**21** Granola Bars

**10** Cereal

**22** Scarves and Hats

**11** Soups



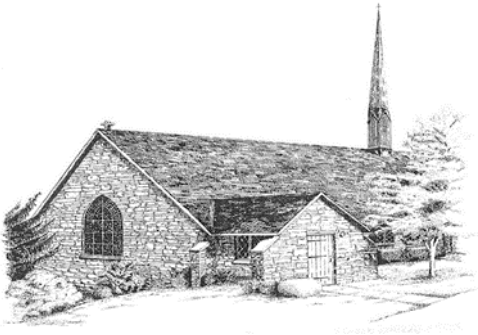
**23** Dessert mix

**12** Tuna and Crackers

**24** Blanket



**25** \$25 Kroger Gift Cards



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