

The Messenger

October

2009

Volume 14

Number 2

Published regularly by the parishioners of
St. Paul's Episcopal Church

201 E. Ridge Street * Marquette * Michigan 49855 * (906) 226-2912

Common sense precautions in dealing with swine flu

Schools are back in session, and once again we are hearing news about the H1N1 Flu (formerly called "swine flu"). Here is some information that will help to avoid spreading not only this year's flu bug, but colds and other communicable diseases, as well.

What about taking communion? Is it safe?

Studies have shown that being in church, interacting with parishioners and receiving Communion constitute only minimal health risks.

Clay Morris, program officer for worship and spirituality at the Episcopal Church Center in New York, said his office has been collecting research that shows that the practice of sharing the chalice, called the "common cup," generally carries a very low risk of infection. "We are told repeatedly that the common cup is not a health hazard," he said.

Studies have shown that people intincting (dipping the bread or wafer) is actually *more* likely to spread germs, since sometimes fingers touch the wine. If you wish to intinct, hold the bread in your hands until the chalice bearer comes to you, and let them dip the bread and place it in your mouth.

Here are some common sense precautions that not only will protect worshippers but will help allay normal fears.

1. **Worship leaders should wash their hands.**

Anyone handling communion elements should wash their hands (or use hand sanitizer) before distributing communion and again afterward. Proper hand washing includes vigorous rubbing with soap and warm water for at least 20 seconds; sing the first verse of any song and it will be about the right length of time. If using hand

sanitizer, use a dime-sized amount and rub vigorously until hands are dry

2. **Rotate and firmly wipe the chalice.** Those administering the chalice should be certain to rotate the cup at least a quarter-turn after each communicant and to wipe the inside **and** outside of the chalice rim **firmly** with a purificator. Use fresh purificators frequently, and wash soiled linens in hot, soapy water.
3. **Communion in one kind.** Worshippers should also know that if they are concerned about receiving the wine, communion in one kind – bread only – is a full communion.
4. **At the Peace.** Casual handshakes during the Peace have not been documented as a high risk for infection.
5. **Make sanitizing gel available.** Churches may wish to make hand sanitizing gel available to worshippers. Use before receiving communion will reduce the risk of infection, also.

As with any illness, people who exhibit any symptoms of flu should stay home. Guidelines call for people to stay home for 24 hours after the fever has gone.

Where can people get more information?

The Center for Disease Control offers a wealth of information on its special [swine flu website](#). It also includes an up-to-date list of what states have seen outbreaks. Note especially their section, [Swine Flu and You](#). It includes information about flu symptoms, how to cut down the risk of exposure and what to do if you become ill.

Episcopal Relief and Development has created a [special website](#) devoted to planning in the event of a pandemic influenza outbreak.

--Thanks to the Diocese of Kansas for this information.

LifeCycles

by Kevin G. Thew Forrester

Reflections on Being At-One with God

All of us are theologians

LifeCycles recognizes that each one of us is a theologian. I would invite you to understand theology as an *act of reflection* upon experience, which, of its very nature, is transformative. This act of reflection (which can focus on any experience – our own as well as of others, past and present) is something we undertake together, in community. We endeavor to see or *envision* more clearly who God is and how God is present in our midst as well as who we are and how we are to live in God’s creation.

If one is a biologist, some version of evolutionary theory provides the fundamental resource for reflecting upon the data. If one is a physicist, there are certain “laws” of physics (such as those pertaining to thermodynamics) which guide inquiry and conversation. Every discipline has primary resources to which it turns to help it make sense of what it studies. These resources, for good and for bad, often determine what we are able even to see. There was once a time when those who studied the land and the sea were convinced that the horizon was where the earth dropped off, since the known “laws” declared the earth to be flat. Prior to Copernicus, the prevailing laws of astronomy stated that the sun and stars revolved around the earth. One’s resources, therefore, cannot only help to reveal reality, but they can also at times obscure and hide. The same is true for theology.

Resources for Reflection

In theology, we also have resources upon which to draw as we reflect upon our experiences (or theologize) in life. Since Richard Hooker, one of the great theologians of the Elizabethan era (16th Cent.), Anglicans speak often of theology drawing upon the wisdom of scripture, tradition, and reason (the three-legged stool), I would like to touch briefly on how it is we draw upon the scriptures.

In the *Doubleday Pocket Bible Guide*, Linda L. Grenz distinguishes three ways Christians tend to understand God’s relationship with the scriptures. Although she does not give a title to each of these ways, the following seem consistent with her descriptions.

- **Dictated by God.** According to this view, God dictated, word for word, phrase by phrase, the entire contents of the Bible. Here there is no room for error or fallibility. Every word and fact is correct and true. The author is God, and human beings are passive vessels used by God. Not only does Scripture instruct us about God, but it also has much to say about such subjects as geology and biology. Scripture is understood as being *inerrant* because its source is an infallible God.

- **Inspired by God.** The Spirit of God inspired or guided the many different writers to pen the ancient orally-transmitted stories. Human persons were not passive vessels but cooperated with the Spirit, drawing upon their own strengths, limited by their own weaknesses. There are mistakes in the scriptures, but they are seen as minor and having little or nothing to do with who God is revealed to be.
- **Grounded in God.** The scriptures are written by human beings created in the image and likeness of God. Human persons were not passive vessels but actively and willingly drew upon their God-given gifts to write what they felt called by the Spirit to write. Scripture itself is a text where human ignorance, prejudice, anger, greed – that is, human brokenness – is part of the stories. Passages of scripture at times conflict, images of God and community evolve and change, and there are errors to be found. Yet, *in it all*, God is present and inviting the community into fullness of life. The scriptures are not meant for teaching geology, biology, astronomy, etc.

Every theology has biases. *LifeCycles* most often utilizes a theology drawing upon the scriptures as Grounded in God. Broadly speaking, scripture is understood as a collection of stories which we, as Christians, hold as especially sacred. In and through these stories we are able to discover how others laid claim to the presence of God in all facets of their lives. Within the scriptures we have stories describing who God is and who we are as the people of God. Not all of the stories are necessarily consistent with each other, but all have the gracious capacity to invite us into a reconsideration of who we know God and ourselves to be. We draw upon the scriptures as a resource-companion, not as an answer-book. The stories disclose a God persistently inviting us into a journey where we learn to trust in God’s abiding presence and envision a life where all are free to live in the Spirit. We look to our forbears, such as Abraham, Sarah, and Hagar, as companion-sojourners. Their lives give us hints of who God is, who we are, and where we might be going.

Because we draw upon the scriptures as writings Grounded in God, we are not only free to use our entire mind, body, and soul, to make sense of them, but we have a responsibility to do so. Over the past 100 years the field of biblical criticism has flourished and grown. Criticism, as I use it here, does not mean to “criticize” something as being wrong. Rather, it means we use our God-given talents of reason, imagination, and inquiry to grapple with the scriptures as a guide for creating a common life embodying love and restoring justice and wholeness.

St. Paul's Choir Welcomes YOU *by Sandy Purrington*

Have you ever considered being part of the choir at St. Paul's? We have a wonderful time -- both musically and with the friendships formed from our singing together. We at St. Paul's are blessed to have Jan Brodersen, Choral Director and Teacher at Marquette Senior High School, as our Director of Music. She selects some great music and continues to inspire us.

Choir rehearsals begin at 7:00 p.m. on Wednesdays and at 9:45 a.m. before Sunday services. If you enjoy singing, please consider joining us and contact Jan or any choir members if you have any questions. No auditions required -- just a love of music.

Liturgical Leadership

Sundays

<u>Date</u>	<u>Sunday</u>	<u>Preside</u>	<u>Preach</u>	<u>Deacon</u>
October 4	Pent 18/Pr 22	Kevin	Kevin	Coralie
October 11	Pent 19/Pr 23	Vince	Vince	Pat
October 18	Pent 20/Pr 24	Bob	Judd	Coralie
October 25*	Pent 21/Pr 25	Marcia	Jo	Pat

Holy Days (combined with Wednesday Evening Prayer)

<u>Date</u>	<u>Holy Day</u>	<u>Preside</u>
October 21	Luke/James of Jerusalem	Marcia
October 28	Simon & Jude	Bob

*Youth Sunday

October Birthdays

Pat Vacilek	1
Susan Micklow	4
Adam Carpenter	6
Carol Cappuccio	9
Katrina Goodrich	10
Florence Tuominen	14
Paul Berg	16
Kai Carrigan	17
Fred Loehde	18
Sophia Harding	21
Tina Ostwald	29

Reminder: Change in details of Niles' Sunday meal

Please see the July-August Messenger for full details. Two significant changes:

- 1) The brunch will be served after church (rather than before). Coffee hour hosts for that day will be assisting the Niles rather than providing food (see comments on back of Fall Quarter schedule).
- 2) The brunch will be done on the last Sunday of each month (rather than fourth Sunday).

House Blessing

Jim and Arlene Stone (N10261 Shore Drive, Au Train) will host their house blessing on Saturday, **October 10**, at 4:00 p.m. (it had been postponed from its original May date due to a family emergency).

It will include Holy Eucharist and a pot-luck dinner. A ride sheet is posted (on the "sign-up" bulletin board in the chapel hallway) for those who would like to car-pool; a map is included in that display.

They will have balloons located at the intersection of MI-28 and Shore Drive (last left turn before being able to see Deer Lake) and at their driveway (4.8 miles from MI-28).

Seasonal Planning

Sunday, October 25 is the last day to sign up for the Lent/Holy Week seasonal planning team. Highlights of this season include Ash Wednesday (February 17); and Holy Week (Palm Sunday through Holy Saturday), with its possibility for and tradition of unusual services. Lent is a traditional season for study groups. The sign-up list (with info on the seasonal planning process) is on the bulletin board in the chapel hallway; it will remain posted through January for the remaining seasons of the 2009-2010 liturgical year.

Second in St. Paul's series: "Feeding our Hearts, Souls, Bodies & Minds"

Health, healing, and the science of happiness

Mohey Mowafy

Professor of Nutrition, Northern Michigan University

As the country continues to debate the need to reform health care, most of the current debate is about its cost and the justice of the logistics of insuring its availability. And, as most people continue to perceive health as merely the absence of disease, current research continues to show that the absence of disease is but a fraction of a far more complex nature of health. This presentation will focus on three H's, health, healing, and happiness as an introduction to overall personal wellness. Mohey will provide a wide menu of suggestions about how to reach all three while one is enjoying life fully.

Tuesday, **October 20**, 2009, at 7:00 p.m. in the Healing Arts Center (Morgan Chapel), St. Paul's.

Annual Hunger Walk : Sunday, October 11

As usual, our friends at ELCA are organizing the annual, ecumenical Hunger Walk. This year, the official walk location will be an exploration of the recently opened Heritage trail, leaving from Trinity Lutheran Church in Ishpeming. Walkers are invited to gather at Trinity (on E. Ridge St, three blocks north of Ishpeming High and one block east of Third St.) between 2:00 and 2:30 pm; they plan to start walking at 2:30 regardless of the weather. As always, walkers who cannot make the official day and place may do their walk at their convenience.

Walkers will be recruited by the usual suspects: Al Raymond & Bob Railey. If you take a walker's envelope from the display on the chapel hallway bulletin board, please enter your information for that number of envelope on the display listing. We are required to turn in all envelopes, regardless of whether they were used; all envelopes must be turned in to Al or Bob no later than Sunday, **October 25**. A ride sheet is posted with the display for those who wish to carpool to Ishpeming.

As usual, funds will go 75% to combat world hunger (via CROP—Communities Responding to Overcome Poverty, an agency of Church World Service) and 25% to local food pantries. Circulate your walker's envelope at work, school, clubs, everywhere you can find caring folks to support this effort at combating world-wide and local hunger. Not a walker—scan the walker listing to see which St. Paul's walker(s) you would like to pledge your dollars to.

Watch Sunday bulletins for more details.

Welcoming Rick Simmon - by Sandy Purrington

Rick Simmon joined St. Paul's this spring between his graduation from NMU and his departure from Marquette for the military. He was born in Bethesda, Maryland, but because of his father's military career, he moved to California and then to Maine where he spent most of his years and graduated from high school. When his family moved to Michigan, he enrolled at NMU, his father's alma mater, where he pursued two of his lifelong dreams, a career in law enforcement and serving in the military. He graduated summa cum laude with a double major in Criminal Justice and Economics and, after four years on an ROTC scholarship, a commission as a 2nd Lieutenant in the U.S. Army. He entered active duty in June, 2009.

Currently, he is at Fort Knox, KY, at the Armor Officer Basic Course, after which he will be stationed at Fort Carson, CO with the 4th Infantry Division. He is an "Intelligence Officer detailed Armor" which, he says, "means I will spend the first few years of my career as an Armor Officer (tanks, armored vehicles, scout/reconnaissance, etc.) and then go into Intelligence. I am considering the armed forces for a 20-year career, but I am keeping other options open. No matter what, I definitely want go to graduate school and further my education in economics."

Rick is happy to be receiving The Messenger and other information from St. Paul's. He enjoys correspondence with his St. Paul's Family and can be contacted at rsimmon09@hotmail.com. He reports, "I am doing quite well. I have been very busy lately but I have been learning quite a bit. I have been thinking of everyone at Saint Paul's also. When I come back to Michigan in the near future I would definitely like to make it up to Marquette to visit everyone and worship once again at St. Paul's. Thanks for all the thoughts and prayers."

October 2009

Thursday	1	Mindfulheart Meditation	7:45 am
		Room at the Inn	5:30 pm check in
Friday	2	Room at the Inn	5:30 pm check in
Saturday	3	Room at the Inn	5:30 pm check in
Sunday	4	Room at the Inn concludes	7:00 am
		Ministry Support Team	9:00 am
		Holy Eucharist: 18 Pentecost	10:30 am
Tuesday	6	Mindfulheart Meditation	7:45 am
		Executive Committee	10:00 am
		Altar Guild	7:00 am
Wednesday	7	Evening Prayer	5:30 pm
		Choir	7:00 pm
Thursday	8	Mindfulheart Meditation	7:45 am
Sunday	11	Holy Eucharist: 19 Pentecost	10:30 am
Tuesday	13	Mindfulheart Meditation	7:45 am
		Finance Committee	12:00 pm
Wednesday	14	Evening Prayer	5:30 pm
		Choir	7:00 pm
Thursday	15	Mindfulheart Meditation	7:45 am
		Vestry	7:00 pm
Friday	16	Ladies Luncheon, The Stone's home, Laughing Whitefish Point	11:30 am
Sunday	18	Holy Eucharist: 20 Pentecost	10:30 am
Tuesday	20	Mindfulheart Meditation	7:45 am
		Health and Nutrition Presentation by Mohey Mowafy	7:00 pm
Wednesday	21	Evening Prayer	5:30 pm
		Choir	7:00 pm
Thursday	22	Mindfulheart Meditation	7:45 am
		Scottish Folk Dancing	7:00 pm
Sunday	25	Holy Eucharist: 21 Pentecost	10:30 am
		Youth Sunday	
		Outreach Sunday: Marquette Coalition for Emergency Services	
		All Parish Brunch	following the service
Tuesday	27	Mindfulheart Meditation	7:45 am
Wednesday	28	Evening Prayer with Holy Eucharist	5:30 pm
		Soup Supper – Vestry hosts	6:00 pm
		Choir	7:00 pm
Thursday	29	Mindfulheart Meditation	7:45 am
Friday	30	Diocesan Annual Convention, St. Stephen's, Escanaba Registration	3:00 pm
Saturday	31	Diocesan Convention concludes, St. Stephen's	5:00 pm
		Happy Halloween	

What: **The Lemon Run** is being held by Alex's Lemonade Stand.
 Alex's Lemonade Stand raises money for pediatric cancer research

Where: **Berry Events Center, NMU**

Time: Registration 12:00 p.m., run begins at 1:00 p.m.

Price: 10 and under - \$10
 Students - \$10
 Adults - \$15

When: **October 25**, pre-register by October 7 for guaranteed T-shirt.
 Pre-registration forms can be picked up in the church office.

Questions? Contact Meghan Connell (our nursery attendant) at meconnel@nmu.edu
 or call (906) 250-1978



Late Breaking News

October's Ladies' Luncheon by Barb Carpenter

The October Ladies Luncheon will be held on Friday, October 16 at 11:30 a.m. at the home of Arlene and Jim Stone at Laughing Whitefish Point off of M-28. Everyone is asked to bring a salad to share. Dessert and drinks will be provided.

We will be carpooling from St. Paul's at 10:45 a.m. Please email (bandcarpenter@charter.net) or call (226-7571) Barb Carpenter for reservations by Thursday at noon.

The Fair is Coming! ... The Fair is Coming!

December 4th and 5th: International Gift Fair.

As always, it can't occur without your help and support. This year we will be looking for people to:

- Complete inventory before and after the sale.
- We will need help in displaying our items. (Karen Benstrom has done this the last few years, and always enjoys partners!)
- We will need floor staff to assist customers.
- We will need cashiers and baggers. (Geoff Smith and Emma Wussow are again coordinating this area.)
- We will need someone who loves to do advertising.
- We may need assistance in putting up and taking down shelving ... we are waiting on the Boy Scouts, cross your fingers!

(For those working the sale, there will be Early Bird shopping on December 3rd!)

The deadline for the November Messenger is Friday, October 16.

Return Service Requested

Non-profit
U.S. Postage
Paid
Permit #32
Marquette
Michigan

October
2009
Volume 14
Number 2

The Messenger
Published regularly by the parishioners of St. Paul's Episcopal Church
201 E Ridge Street * Marquette * Michigan 49855 * (906) 226-2912