



St. John's Episcopal Church - Newsletter Sunday, September 25, 2022

### **LET US PRAY:**

O God, who has blessed and sustained this parish through the years; we ask that you continue to lead us, stretch us, and direct us, in our search for a new rector. Raise for us, we pray, a priest and pastor who will boldly proclaim your Gospel, faithfully administer your Sacraments, and serve your people with love and compassion, that we may continue to grow in the likeness of Christ and be a beacon of love and hope to our community and the world. To the glory of your holy Name. **Amen.**

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Due to the number of cases in Phillips Co., we will be using our COVID protocols **Low Risk Level (No Masks)** this week. **Social distancing** will be practiced in church and temperature checks, hand sanitizer and masks are available as you enter. The church is professionally sanitized each week using an ozone generator.

CDC COVID-19 guidelines (Vestry approved) Complete list is on table in the back of church.

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### **WORSHIP AND EDUCATION NEWS:**

**Worship:** September 25, the Holy Eucharist, Rite II, with Rev. Teresa Cantrell

**Readings:** Sixteenth Sunday after Pentecost: Proper 21

Amos 6:1a, 4-7; Psalm 146; 1 Timothy 6:6-19; Luke 16:19-31

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**Coming up on October 9,** St. John's will be having service in the garden with the Blessing of the Animals in honor of St. Francis. (weather permitting) The donations will be divided between Leslie Galloway's Meals on Wheels for dogs and Bart Conditt's cat rescue shelter for cats.

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### **PASTORAL NEWS:**

**Pastoral Ministry needs volunteers for Sunday Angelic Autos.** Thank you for your help.

**Please keep the following in your prayers:** Debra Richardson, Kathy Sullivan, Courtney Turner, Kathleen Gibson, Cole Jefferies, Jo Liddy, Janet Juengel, Jim Howe, Cliff Clark, Sylvia Ross, Linda Dowling, Susan Taylor, Abigail Grace Fox, Pam Catlett, Debbie Ewart, Vivian Wright, Chuck Pierotti, Susan Carter, Charles Rowland, Gill Pillow, Jack Myers, Tommy Haycraft, and Jerry Wenzel.

### **OUTREACH NEWS:**

**St John's ECW** is sponsoring **Bingo** at **The Manor** monthly on the second **Tuesday** from 1 – 2, **September 27**. Contributions are welcome for the prizes. There is a small box at the back of the church for these prize donations. Thank you.

**Grace Food Pantry** – **plastic bags** go in the labeled container in the narthex.

**CAMP MITCHELL – News from Lindalu**

The Board of Visitors of Camp Mitchell will be meeting this year on **Saturday, September 24, 2022** at Camp Mitchell. This year our goal is to raise \$15,000.00 to renovate one of the cabins and make it an indoor chapel. The Chapel of Transfiguration is an outdoor chapel, which has recently been given a facelift!!!! **I will be attending the BOV meeting on September 24, 2022.** If you would like to **make a donation**, please call me at 870/995-2825 and I will be happy to come and pick up your check. OR drop your check off at the church office. All checks are tax deductible and are to be payable to **BOV - Camp Mitchell.**

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### **CHURCH OFFICE NEWS AND ANNOUNCEMENTS:**

**Sept 21**, Wednesday **Mid-Week Healing Service** at 5:30 in the chapel with Rev. Joe Porter.

**Sept 25**, **Adult Sunday School Class** – at **9:15 am.**

**Sept 25**, **Holy Eucharist Service** at 10:30 am at St. John's with Rev. Teresa Cantrell

**Lay Eucharist Minister:** Melody Rogers

**Acolyte:** Katherine Pillow

**Altar Guild:** Andrea Clark & Julie Pittman

**Ushers:** Ben Pittman & Brooke Tappan

**Video - Facebook:** Julie Pittman

**Altar Flowers:** Henry & Munnie Jordan

**Angelic Autos:** Paulette Parker

**Sept 27, Tuesday at noon in the undercroft, there will be an open meeting for anyone interested in working with the search committee for St. John's full-time priest.**

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**\*\*See message below on chanting from Rev. Teresa Cantrell.**

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For those that cannot attend in person, there will be live streaming on Facebook.

**The link for Sunday service is:** <https://www.facebook.com/groups/929943537685987>

Facebook Group: **St. John's Episcopal Church-Helena, AR**

St. John's Church Office: Phone: 870-338-8115

Email: [office@saintjohnshelena.org](mailto:office@saintjohnshelena.org) Mailing address: P.O. Box 770, Helena, AR 72342

Website: <http://www.stjohnshelena.org/> (New)

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**\*\*This fall, we will be trying something new to many at St. John's as we experience a few parts of our service through the ancient practice of liturgical chant. Chanted liturgy and prayer is common around the world and throughout the Episcopal Church in the United States. In ancient and medieval churches, large parts of the service would have been sung. Sung liturgy and prayer brings another layer of meaning and feeling to the service and as participants in the service, it forces us to slow down as we literally focus on our breath and words. It is easy to stumble through a spoken prayer in distraction. It's harder to rush through a chant, and in fact, your body will warn you very quickly if you try to cram too much into a single breath. Modulating the speed of our prayer through this focus on breath can be one of the most spiritually-enriching changes to liturgy and prayer; the use of the word**

"spiritually" is quite intentional, as the words "spiritual" and "spirit" and "spiritually" all come from the Latin word spiritus, which means breath.

In a modern world of written words, many of us are used to thinking silently inside our heads. But the silence of our own minds can be an ironically-noisy place. Our silent thoughts and silent prayers can move at the speed of light, ricocheting around inside our heads and raising a plethora of distractions and anxieties. Because chant requires such attention to our breath, it forces us to slow down and organize ourselves, as the Spirit of God flows into our lungs and then out into our prayer. I encourage each person to have an open mind and heart as we try something new. I also encourage each person to reflect on the experience and ask yourself how chant might be drawing you closer to God.

Thank you, Teresa Cantrell