

The Messenger

St. John's Episcopal Church, Springfield, Missouri

January 2025, Issue 141, No. 1



Notice of Annual Meeting

St. John's will conduct its Annual Meeting in the parish hall on **Sunday, January 26, 2025, at 12:30 p.m.** Prior to the meeting, a potluck lunch hosted by the Vestry will be served after the 10:30 a.m. Mass. Meat and beverages will be provided, and parishioners are asked to bring a dish to share. At the meeting, the congregation will elect new Vestry members for three-year terms and will receive annual reports from the wardens, treasurer and committee chairs.

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ALTAR FLOWERS RESUME

At the end of the Twelve Days of Christmas, regular altar flowers resume. They will continue through March 2, then have a hiatus during Lent and resume again on May 4. An offering of altar flowers is an excellent way to honor people and occasions you would like to celebrate or especially remember. Making a donation to supply these flowers is a particularly good way to remember those dear to us who have departed this life to continue with the living Christ. The cost to provide both of the two flower arrangements at the altar on a chosen Sunday is \$50. It is also possible for two families to share a Sunday's flower offering by each paying \$25. Please be sure to coordinate (before signing) with anyone who has already signed up for a date you would like to share. There is a sign-up sheet for specific Sundays in the hall near the glass doors. Please consider taking part in this special ministry.

St. John's Episcopal Church

Bishop Provisional

The Right Reverend Diane M. Jardine Bruce

Interim Rector

The Reverend Ronald Keel

Director of Music

Kevin Grice

Senior Warden

Victor Matthews

Junior Warden

Jan Rorrer

Parish Office: (417) 869-6351

website: www.stjohnsspringfield.diowestmo.org

e-mail: stjohns-spgfld@sbcglobal.net

Thank you. Karen Horny, Altar Flower Coordinator



Saying Yes to Life

As the new year, 2025 begins, may we, at St. John's Episcopal Church, welcome and embrace it with curiosity, anticipation and hope for new revelations of God amongst us, new incarnations, new opportunities for ministry and, of course, a responsiveness to God's leadership in our Rector search.

Writer - activist Lydia Wylie-Kellerman considers how children offer us an opportunity to both give and receive wisdom. May the St. John's family be so blessed ... her observations follow:

We all find the life that calls to our bones. Perhaps we nourish life by putting pen to paper or hands in the dirt. Perhaps we help those who are dying to walk with joy, or a classroom of kids to sing a little louder, or by feeding the birds. Perhaps we have claimed the title of aunt, uncle, godparent, neighbor, or friend to a beloved child. All of it is necessary.

Having kids has been one way for me to pour out my love in celebration of life. It has not made the grief lighter ... perhaps it has deepened it. But it has also expanded my hope, my joy, my longings, and my insistence on what is possible in this moment.

Community and imagination are powerful forces and, gosh, do kids know how to call upon it. Don't look away from death, but in its midst, choose life. Choose life. Choose life ... and consider these words of wisdom:

Ask the hard questions.

Trust yourself.

Don't take yourself too seriously.

Lean on the ancestors.

Follow the wind.

Trust others on their path.

Embrace the mess.

Give thanks for uncertainty.

Lean into the wisdom of community.

Know that the arc is long.

Ask the creatures for advice.

Know that there is no right way.

Find yours.

Give your life to a holy, undeniable "Yes!"
whatever that yes may be.

And know, that this "had to happen" How lucky we are to be alive!

Submitted by Fr. Ron Keel

Nominating Committee for Vestry Candidates

At the Parish Annual Meeting on January 26, 2025, three persons will be elected to the Vestry to fill vacancies created by the expiration of terms. Persons elected will serve a three-year term, ending in January of 2028. Under the Parish Bylaws, the retiring Vestry members may not be candidates for election to the Vestry until 2026.

Persons who meet these requirements and are interested in serving the Church in these important positions of leadership and responsibility are asked to make themselves known to the Nominating Committee. They will meet January 12th and 19th.

Thank you,
Clerk of the Vestry

Annual Meeting and Parish Potluck Celebration

Sunday, January 26th, is the day of our annual meeting, at which we will elect three new Vestry members to replace our outgoing members. Also, we shall review the annual budget, which is the financial expression of who we are as the Church, the sacramental Body of Christ. As we transact the business of Saint John's Episcopal Church, it seems a fitting time to celebrate what this parish has accomplished over the year.

Information regarding voting in Church meetings and eligibility requirements for Vestry candidates is specified in the *Bylaws of St. John's Episcopal Church, Springfield, Missouri (2009)*.

ARTICLE III [MEETINGS OF MEMBERS]. Sec. 2. Voting. No person shall be entitled to vote at a Church meeting unless he or she has been an enrolled member of the Church for at least six months, be at least sixteen years of age, and who has regularly contributed to the support of the Parish for a full six months next preceding such meeting, which fact shall be determined by the books of the Treasurer of the Parish, in case any question arises with reference thereto. A person entitled to vote may hereafter be referred to as an elector. No person shall be permitted to vote by absentee ballot or by proxy.

ARTICLE IV [VESTRY]. Sec. 2. Number and Qualifications. The Vestry shall consist of the person holding the office of Rector of the Church and nine qualified adult confirmed communicants in good standing of the Church. Each member of the Vestry shall be sixteen years of age or older and in good standing and shall have contributed regularly to the financial support of the Church for at least six months immediately prior to the meeting at which he or she is elected and shall be conscientiously attached to the doctrine, discipline and worship of the Church.

ANNUAL REPORTS ARE DUE

Annual departmental reports are due no later than **January 15**, in the parish office. The following people should be sure they have submitted their reports. Please use an **e-mail attachment**. Contact the church office if you need assistance.

- Clerk
- Wardens
- Treasurer & Budget
- Breakfast Club
- Computers & Technology
- Choir Director/Organist
- Church School Committee
- Endowment/Legacy Committee
- Gift Shop
- Green Team
- Evangelism
- Memorial Committee
- Parish Health
- Pastoral Care
- Rector's Report
- Shepherd's Group
- Stewardship Committee
- Usher & Liturgical Ministries

OUTREACH MINISTRY GROUP

OUTREACH REPORT FOR 2024!

The Outreach Ministry Group is again very pleased to report on the continued generosity of the members of our congregation who have given so much to the special projects we have focused on throughout the year. For the Twelve Days of Christmas 2024, Outreach raised \$1,065 in parish contributions to enable purchase of communion wine for Fr. Jesse's four rural congregations in Africa.

For Bowerman students' Star Store, we were able to contribute \$1,328.59. They especially enjoy chocolate milk! For both Thanksgiving and Christmas, Outreach again supplied support for three nearby families. Numerous food items were donated and sign-up lists provided both food and cleaning items for Christmas baskets. Because of in-kind items from the congregation and extra monetary donations of \$560 to purchase perishable foods, all three families received a trunk load of groceries.

The Lenten collection for Episcopal Relief and Development provided \$1,230 and the Chili Cookoff and silent auction totaled \$1,550 for Harmony House

During 2024, the projects sponsored by the Outreach Ministry Group raised over \$5,000 in funds and donated goods.

The Outreach Ministry Group regularly consists of Alice Barber (Convenor), Pat Schreiner, Patti Goforth, Nadine Gentry, Melissa Gallian, Mary Newman, Jeremiah Moorhead, Kim and David Westervelt, and Karen Horny (Recorder).

Choral Scholars Program at St. John's: A Celebration of Music and Ministry

This past fall, the Choral Scholars Program at St. John's Church received a generous grant from the Diocese of West Missouri, which will fund 50% of the program's 2024-2025 term. Established in 2013, the Choral Scholars Program has been integral to our mission of worshiping the Lord in the beauty of holiness. Over the years, dozens of student singers have enriched our choir with their talent, and many have gone on to become confirmed members of the Episcopal Church, thanks to the welcoming spirit and support of this parish.

This article serves two purposes: first, to express our heartfelt gratitude for your continued generosity, which ensures the continuation of this important part of our worship together. It costs approximately \$9,000 to support four singers for the fall and spring terms. Your contributions have been crucial in sustaining this ministry and nurturing the next generation of church musicians.

Second, we are delighted to introduce one of our current scholars: **Chase Glore**, a junior Vocal Music Education major at Missouri State University. Originally from Potosi, Missouri, Chase brings his exceptional talent and passion for music to our choir. He also sings with the MSU Chorale, MSU Men's Chorus, and Queen City Chorale in Springfield. An aspiring choral director, Chase is dedicated to sharing his love of music with everyone he meets.



MASON BEE SEMINAR & HOUSE KIT BUILD

Scheduled February 1, 2025 Snow date: February 8, 2025
Parish Hall 10:00 am – noon*

Oh my goodness, 2025 is upon us! Green Team is busy tying up 2024's theme of solitary bees and their benefit to the ecosystem with a seminar by a Missouri State University graduate student. We also would like to have bee house kits to put together as a fun project, but so far I have found only instructions for a wide variety to make from various materials or ready-made houses that you can replace the reeds and tubes in each year.

So, options are available depending on what people wish to select to do from the following:

1. [Dripdepot.com](https://www.dripdepot.com) offers readymade Mason bee houses at very reasonable prices (under \$20.00). They have various shapes. I liked the tower and the teardrop. Alternatively, we can make some from the following.
2. Old or new bluebird houses. Walmart has Pennington red cedar bluebird houses on sale right now for \$12.98. The door can easily be removed to fill the nest box with various sized paper straws, cardboard tubes and native stems and reeds (DO NOT USE BAMBOO, though it appears the most frequently sold) to provide nest cavities for female mason bees to lay eggs, leave pollen and seal between sections with clay soil. If you aren't handy at measuring, sawing and joining wood, like me, this is an easy option and one I'm definitely going for.
3. Tin cans- I like the idea of using dog food or canned veggie cans. You can easily attach them to a fence and they are the right length for reeds, straws and tubes (about 6 inches). Contact paper makes the outside attractive.
4. I've seen flower pots used in a similar fashion, though you need to plug the drainage hole to keep predators and parasitic wasps out. The clay pots are fun to paint with bright colors that attract the bees.
5. Plastic bottles can be cut to size and designed to keep rain out as a holder for the various-sized cavities and are easily mounted in an optimal spot. the plastic can be lined with paper with colors and drawings on them to attract the bees, though natural colors and wood tones work.

It was our initial concept to select a design and provide the materials, but I think it would be much more fun to see a variety. So if you are interested in building a bee home and showing off your project at the seminar with materials you are providing for yourself or would like Green Team to obtain the particular materials for you, please let Lindsey Parks know on the sign up sheet. Or, if you want to go with a bluebird house or premade bee house, which one you would like, and whether you want the Green Team to purchase it for you (or you may purchase one yourself", just make sure to bring it so we may enjoy making them together). Green Team will supply the reeds and tubes. Be sure to sign up or update your sign up. Any questions, ask Lindsey Parks at church, or by email Lindsey.horse@yahoo.com. Even better, text her at 805-886-2534. Thanks bee to God!

Seminar - donation: \$10 Seminar plus premade house or bluebird house - donation: \$35

*Refreshments will be available.

Breath and Prayer

As a family nurse practitioner and RN for 52 years, I have always been aware of how important breath and breathing are to life. From helping women with their breathing to get through labor contractions to breath-work techniques when dealing with anxiety, breathing is often overlooked and downrated.

The Hebrew word for “breath” in the Old Testament was “Ruah,” meaning “wind” or “spirit.” Even more importantly, “Ruah” was specifically understood to signify the “breath of God” that animates all of God’s living; a distinct presence of God that enables life to be.” (<https://eastsidefaith.org/young-adult>)

There are several references in the Old and New Testament to God’s breath as an animating force. In Ezekiel 37:5, God instructs the prophet to prophesy “to the breath.” This causes the rearticulated bodies to come back to life just like Adam becomes a living person when God breathes into him (Gen 2:7). In John 20:22, the resurrected Jesus appears to the disciples and brings them to a new life of service by breathing on them and causing the Holy Spirit to enter them.

How can we use our faith and our breath to help us through everyday life experiences? A good friend of mine recently gave me a book entitled *Breath as Prayer*, by Jennifer Tucker. The following was an opening admonition to the reader: “Calm Your Anxiety, Focus Your Mind, and Renew Your Soul.” She reviews the basics of “Breath Prayer” and breathing techniques before going into 84 Breath Prayer Themes. (Now – take a deep breath (J), we are not covering all 84, but only 2!!)

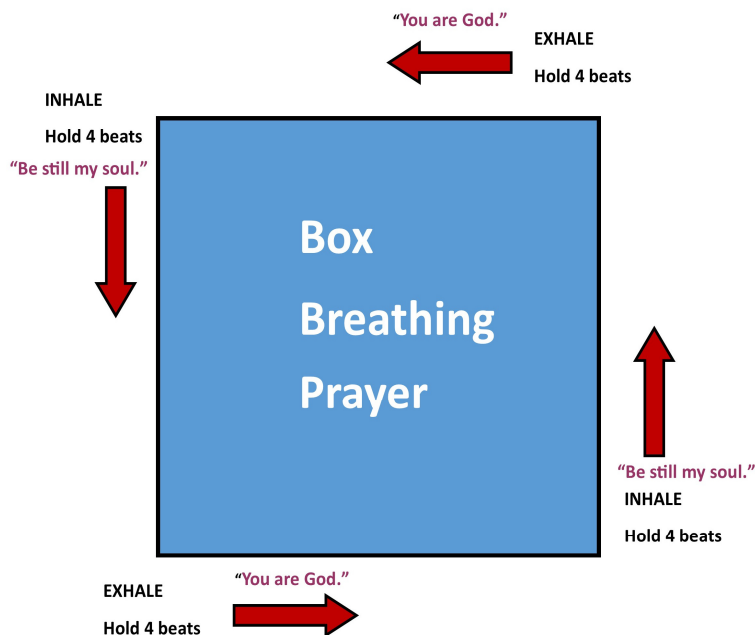
Jennifer recommends practicing breathing exercises 3 times every day. An exercise I find helpful is “square breathing.” Close your eyes and imagine a square drawn before your vision. Inhale slowly through your nose for a count of four; hold your breath for a count of four. Exhale slowly through the mouth for a count of four. Finally, hold your breath for another count of four, and then breath naturally.

Add the prayer element when you have this Square Breathing down. The following are two recommended prayer topics: Prayers of Needs and Prayers for Strength in Waiting. These prayers can include any topic that is on your heart and mind. Just keep them short so that they fit into the Square Breathing Pattern. Here are examples:

(1) *God Knows Your Needs*
 INHALE: You already know.
 EXHALE: Everything I need.

(2) *God Gives Strength in the Waiting*
 INHALE: I will wait for you, Lord,
 EXHALE: Give Me Strength and Courage.

Today’s life is full of things to do, places to go, and people who could use our help. Before we set out each morning, let’s remember the “box and prayer” exercise. We always have time for at least three of these each day, because we HAVE to breath! Breathe, pray, and thank God for the JOY and Blessings that He has given us. AMEN.



Dr. Carol Matthews, DNP

The Order of St. Vincent

The St. John's chapter of the International Order of St. Vincent will hold a brief admission ceremony at the Peace during the 10:30 a.m. Mass on Sunday, January 19, 2025. All new and recently renewed members are welcome and encouraged to participate. OSV Members are encouraged to wear their vestments and their OSV medals.

OSV Members are dedicated to service in a variety of roles at the altar, committed to education, bound by fellowship, and avowed to the order's rule of life. The feast day of St. Vincent of Saragossa, patron saint of the order, is celebrated on January 22nd.

If you are interested learning more about the order, please contact Chapter Warden Todd Wilkinson at 417 860 7862 or toddwilkinson@jamesriverbasin.com.

Visit the order's website at: <https://orderstvincent.org/>.



St. John's Episcopal Church
515 E. Division Street
Springfield, MO 65803

Return Service Requested

The Messenger
a Newsletter of
St. John's Church

Reminder

When Springfield Public Schools are closed due to inclement weather, the Wednesday Night Program and other groups will also be cancelled. Mass will also be cancelled. Please watch for announcements on Facebook, our website and robocalls cancellations over the weekends.

Remembering Special Dates & People

Birthdays

Jan. 2 Jason Hancock
Jan. 5 David Robertson
Jan. 6 Brian Michael Stauffer
Jan. 8 Juan Brown
Jan. 10 Stephanie Blevins
Jan. 11 Jim Gallion
Jan. 13 Ginny Richards
Jan. 14 Richard Simons
Jon Stammers
Sage Valhdick
Jan. 16 Joyce Nelson
Linda Porterfield
Jan. 17 James Newman
Jan. 18 John Svagera
Jan. 19 Roberta Richerson
Kristy Roop
Jan. 20 Sydney Daniels
Gwen Walstrand
Jan. 23 Maks Anoka
Jim Merrill
Jan. 25 Skye Aldridge
Jan. 27 Gary Benskin
Jan. 30 Janie Naname
Stacey Stiles
Jan. 31 James S. Anderson
Enid Harris

Anniversaries

Jan. 6 James & Kristie Gallion
Jan. 20 Lenora & Gates Samaniego
Jan. 23 Victor & Carol Matthews
Jan. 28 John & Gwen Walstrand

Faithful Departed

Jan. 1 Charles Leshner
Marion Roberts Lincoln
Jan. 2 Ben McCoy, Deacon
Jan. 3 Frank L. Shipe
Jan. 5 Oral Dean Benskin
Jan. 6 Kay Ryan
Rita Watson
Jan. 8 Bruce Ratcliff II
Jan. 9 Pauline Napper
Jan. 10 Arthur E. Weigel
Jan. 12 Dana B. King
Lawrence Stauffer
Jan. 13 Sonny Dunkle
Josephine Reddick
Jan. 14 Robert Armstrong
Jack Robert Drussa
Charles Madden
Gertrude Madden
Carson Vahldick
Jan. 15 Ray Follis
Collyn Nowak
Jan. 16 Frank Pelcher
Carolyn "Peggy" Williams
Jan. 17 Mildred Fendlason
Jan. 18 Richard Norman Abson
Jan. 19 Jon Scott Aldridge
Ralph W. Cogswell
Joan M. Schulke

Jan. 20 H. P. Hilton
Frank & Mary Ann Schaeffer
Jan. 21 Marjorie Edwards
Murray V. Kennedy
Betty White
Jan. 23 Emma Mettler Lines
Jan. 26 Pat Patterson
Robert Ryder
Jan. 28 Hazel Dugan
May Fendlason
Wanda Follis
Lenora Wells
Mabel Bowman Whitlock
Jan. 29 Josephine Lea
Jerry Rolufs
Jan. 30 Melva King
Jan. 31 Garold E. Baker
Lona Goss
William H. Schaller
Nicholas Weigel