



The Messenger

St. John's Episcopal Church

Springfield, Missouri

June & July 2026, Issue 142, Nos. 6 & 7

June & July



Pridefest is Saturday, June 13 this year. Activities include a Pride Mass at 10 a.m. at Christ Church, a parade starting at 11:30 at the Martin Luther King Jr. Historic Bridge, and a booth downtown on the square from noon until 5 p.m. The Rev. Benjamin George-Thoms will be the Homilist, and the Celebrant will be The Rt. Rev. Amy Dafler Meaux at the Mass. We are looking for volunteers:

- Sing in the choir at the Mass; contact person; Kenny Kabak
- Create items to be given away at the booth
- Help with set up / clean up at the booth
- Just come: pray with us at Mass & celebrate diversity
- Readers for the Mass are needed
- Donate water and/or cookies for the booth
- March in the parade
- Volunteer to work in the booth

Contact Melissa (417 440-0288; melissa.gallian@gmail.com) to sign up for greeters (one hour or more) in the booth, want to march in the parade, donate water and cookies, and/or read a lesson at the Mass (one volunteer). If you wish to join the choir, contact either Melissa or Kenny Kabak at Christ Church. Thank you in advance for whatever help you can provide.

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St. John's Episcopal Church

Bishop
The Right Reverend Amy Dafler Meaux

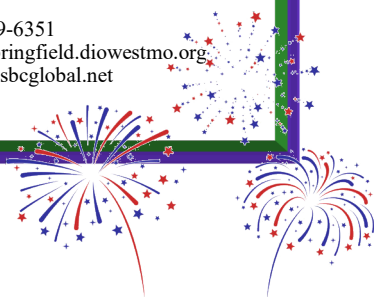
Rector
The Reverend Benjamin George-Thoms

Director of Music
Kevin Grice

Senior Warden
Mark O'Dell

Junior Warden
Linda Robertson

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Fourth of July Parade

Midtown Neighborhood Association

Springfield's 35th Annual Old-Fashioned 4th of July Parade & Celebration is quickly approaching. We hope you will consider being part of this year's festivities. The parade will once again begin at 10:00 a.m. on Friday, July 4th in Midtown. Following the parade will be the annual celebration in Washington Park until 1:00 p.m. Festivities will include live entertainment, children's games, and food. Our 4th of July event is a rare opportunity for the public to step back in time for the nation's birthday. The historic Midtown District still retains its architectural integrity of the Victorian era. Join us in enjoying our 19th century porches and stroll along our 100-year-old brick sidewalks. We hope you will consider being a part of the 35rd Annual Midtown 4th of July Parade & Celebration and we can't wait to see you this year!

Mundane Musings

Beloved of God,

The Book of Common Prayer describes the Eucharist as “the principal act of Christian worship.” What are Christians if not principally a worshipping people? This isn’t to say that that is all we are. We are also sacrificial people and a people of service, but all of who we are and all of what we do begins first in worship. It is in our sharing of this Sacrament of Christ’s Body and Blood that we are united to Christ’s own eternal self-offering to the Father and become a living sacrifice ourselves. It is in our receiving of our Lord’s great gift of himself that we, like the bread and wine we place on the altar, are also made a means of God’s presence in the world and strengthened for the mission of the Church: the reconciling of all things to God in Christ. It is from our worship, the Great Thanksgiving, that all else flows.

One of the biggest changes in the BCP ‘79 from previous editions of the Prayer Book is this same restoration of the Eucharist as the regular worship of the Church on Sundays. This, of course, wasn’t a sudden change, but it was the fruit of a growing movement in the Anglican Communion since the 1800s to recover the norms of the Early Church expressed in both Scripture and historical writings. Many of the changes were also related to how we talk about and even understand the Mass. In 1971, The Anglican-Roman Catholic International Commission (ARCIC) released *The Windsor Statement* and affirmed that both of our traditions believe in the Real Presence of Christ in the Eucharist. It expressed our agreement that, when we receive the Eucharist, we receive the true body and blood of our Lord.

The Commission was later reformed as the International Anglican-Roman Catholic Commission for Unity and Mission (IARCCUM). In 2007, they released a follow-up document reaffirming that our traditions are in fundamental agreement on the nature of the Mass and Communion. It states: “Before the Eucharistic Prayer, to the question: ‘What is that?’, the believer answers: ‘It is bread’. After the Eucharistic Prayer, to the same question [the believer] answers: ‘It is truly the body of Christ, the Bread of Life’.” Perhaps to the surprise of many Anglicans, it even acknowledges the practice of Eucharistic Adoration within the Anglican tradition!

One of the recovered practices since the 1800s is the act of adoring the true presence of Christ in the consecrated bread and wine. If, as we say, Christ is truly present, then the presence of the God-Man is in our midst, and that is certainly something worth reverencing and giving thanks for. On June 10th, at our 6:00pm Mass, we will celebrate the Feast of Christ’s Body (Corpus Christi) with the bishop’s permission. After the conclusion of the Mass, after we have received Our Lord’s great gift of himself, we will conclude our worship with a service of Eucharistic Adoration and Benediction along with a Eucharistic procession to pray God’s blessings for ourselves and our neighbors. I hope to see you there to join in the celebration!

Ever yours in Christ,
Fr. Ben

[ARCIC 51 ~ Anglican-Roman Catholic International Commission I, Eucharistic Doctrine ~ IARCCUM.org](#)
[International Anglican-Roman Catholic Commission for Unity and Mission, Growing Together in Unity and Mission: Building on 40 years of Anglican-Roman Catholic Dialogue ~ IARCCUM.org](#)

Being a Disciple

Jesus' last command to his followers was "Go therefore and make disciples of all nations..." (Matthew 28:19). By this command, Jesus gives us his mission, and, along with that command, we are empowered by the promise of Jesus' presence when he tells us, "I am with you always, to the end of the age" (Matthew 28:20). He asks us, enabled by Word and Sacrament, to use our time, talents, and treasures to carry on his work.

We become disciples by obeying the first command Jesus ever gave to his twelve disciples: "Follow me" (Matthew 4:19). A disciple is a follower of Jesus and one who learns from him. Jesus said, "You also are to love one another. By this all people will know that you are my disciples if you have love for one another" (John 13:34-35). Because God has first loved us, we are able to love others. Most of us never tire of singing, "Jesus loves me, this I know, for the Bible tells me so." God's love within us should overflow through us to those in our midst. Jesus tells us that our love for others is the clearest evidence that we are followers of Jesus. Whether we are at school, at work, in our homes, or in our neighborhoods, we have the opportunity to be Jesus' disciples and reach out to others with God's love. What a joy it is also to sing, "They will know that we are Christians by our love."

Just as Jesus called the twelve disciples to follow him, he calls us to follow him too. To be called by God to follow him is both very humbling and very exhilarating. As disciples, our lives are changed forever, so that we can be God's agents of change in the world.

Dehydration is a Silent Threat: Staying Hydrated this Summer.

In the summer, the likelihood of dehydration increases, causing changes in our body that can range from annoying to quite serious. Mild dehydration can cause dry mouth and more concentrated urine, but moderate dehydration can lead to constipation, kidney damage confusion, drowsiness and loss of energy. If you are feeling bored and hungry in the mid-to-late afternoon, you may be dehydrated. By the time you feel thirsty, you are already at least mildly dehydrated. And as we get older, we are much less likely to experience thirst, so our risk for dehydration increases significantly.

We have heard that we are to drink eight 8-ounce glasses of water a day, but like everything else in health, this is not a one-size-fits-all proposition. Our water needs increase with greater activity and warmer temperatures, but also increase when the humidity drops, as we lose over 16 ounces of water each day through our breathing. Since our bodies use water to humidify the air we breathe before it enters the lungs, drier temperatures from indoor air conditioning induce greater water loss.

Signs that you are becoming dehydrated

- * Dry mouth or lips
- * Fatigue
- * Urine becomes deeper yellow
- * Thirst
- * Dizziness
- * Confusion

Quick Hacks to help prevent dehydration:

- * Purchase a reusable thermal water bottle, or two, and start the day with it full of ice and a little water. Add a slice of lemon or a sprig of mint if you want some additional flavor
- * Don't wait until you are thirsty to have a drink. Place 5 or 6 rubber bands around your wrist. Each time you have finished drinking the water in the bottle, refill it and move one of the rubber bands to the bottom of your bottle. The rubber bands on your wrist remind you that you need to take another drink, and you know at the end of the day how many times you have refilled your bottle.
- * Coffee and tea (including iced) DO COUNT toward your daily intake. Avoid drinking more than a couple of cups of coffee or tall glass of iced tea, because caffeine does cause a higher rate of urination, so don't undo the benefits you are gaining
- * Eat fresh fruit and vegetables as snacks during the day. They provide additional fluids and generally have fewer calories than their chips/cracker alternatives.

Outreach Ministry Group Report

We've chosen easy-to-prepare food and items with pop-top lids to collect for June and July. These items are especially needed for Crosslines food pantry when children are home for the summer. Eligible individuals can shop the client-choice pantry six times a year. Some suggestions are soup, tuna, peanut butter & jelly, cereal, granola bars, macaroni & cheese (microwave), and fruit cups. Let's continue our "Holy Habit" of helping others in need.

Please join us in collecting ready-to-eat food in June and July for Crosslines food pantry. It's the largest client-direct food pantry in Greene County. Some suggestions are fruit cups, cereal, macaroni & cheese (microwave), tuna, granola bars, soup, peanut butter & jelly. These items are especially needed in the summer when children are at home. Our "Holy Habit" of helping others makes a difference.

Food that is easy to prepare is especially needed for the Crosslines food pantry during the summer. The need is greater now that school isn't in session. We're collecting ready-to-eat food and cans with pop-top lids. Some ideas are macaroni & cheese cups, granola bars, soup, peanut butter, jelly, cereal, fruit cups and tuna. Please help us restock the Crosslines food pantry.

How to Quickly Recognize an Oncoming Stroke

Roughly 162,000 people die from a stroke each year in the U.S. Even more are seriously disabled. But using the BEFAST method, you can help yourself or your loved ones recognize symptoms and contact 911 for help more quickly to minimize damage to the brain and improve outcome.

BEFAST stands for:

- **B**alance: Inability to balance while standing
 - **E**ye: Vision changes
 - **F**ace: Drooping eyes or mouth
 - **A**rm: Inability to hold up both arms
 - **S**peech: Slurring words
 - **T**ime to call 911: If you notice any of these signs, call 911 immediately
-

Green Team Tip

It's not easy being green....

Save on your water bill and prevent plumbing issues by using your garbage disposal as little as possible. Scrape plates into your kitchen garbage, and let your dishwasher get the rest – it has it's own garbage disposal that does not require additional water.



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

Return Service Requested

The Messenger

**a Newsletter of
St. John's Church**

Remembering Special Dates & People

Birthdays

June 3 Colbie Stiles
Dax Stiles
June 4 Nikki Chaffin
Eden Olson
June 6 Bettie McAndrews
Lindsey Parks
June 7 Leslie Ballew
Nicholas Wilkinson
June 9 Nadda Gamel
June 11 Lenora Samaniego
June 12 Anita Harper
June 13 William Webb III
Alisa Gamel
June 15 Paige Iott
Lindsey Nelson
June 16 Conner Hank
Ruby Hilton
June 19 Mary Branscom
Hannah Redden
June 20 Krista Harris
June 24 Anabelle Lee Chaffin
Todd Wilkinson
June 26 Sonja Chaffin
Vicki Ratcliff
June 28 Russell Axtell
~*~
July 1 Robert Hollis Wilhoit
July 2 Joseph Bendon
July 5 Elaine Simpson
July 7 Nathan Branscom
July 10 David Westervelt
July 11 Patricia Blair
James McMillen
July 14 Meghan Arnall
July 16 Melissa Gallian
John Paul Jones
July 17 John Walstrand

July 18 Fr. James Moon
Mark O'Dell
July 20 Adele O' Dell
July 21 Tyler Branscom
July 24 Mary Neal
July 29 Jennifer Stammers
July 30 Elizabeth M. Lohman

Anniversaries

June 2 Larry & Jacque Gray
June 3 Mark & Tiffany Bowers
June 26 James & Nikki Chaffin
June 27 James & Janice Hancock
June 30 Michael & Roberta Richerson
~*~
July 23 Thomas & Mary Ann Arnall

Faithful Departed

June 1 Robert S. Cravens
Margaret Fendlason
Thomas H. Hill
June 3 Arabella Braig
Bertha Edwards
Robert Jones
June 4 Ann Merica
June 5 James McCoy
June 6 Zenor Byrum
Arch Price
Ray Woolridge
June 7 Helen Cunningham
June 9 Margaret Bailey Horny
June 11 George Edwards
Louis Nelson
June 15 Julia Dorothy Coover
June 16 John Braig
June 21 Mary Virginia Johnson
June 24 Henry Ledgerwood
June 25 Etta Crews

June 26 Susan Alive Cutting
June 28 John Patton
June 29 Einar Jacobson
~*~
July 3 George D. Burns
July 5 Alberta Comstock
July 6 Florence Silsby Brown
July 7 Rolland Comstock
July 9 Helen Marie Crooks
Peggy White
July 10 Edward Millikin
Ralph Rimbey
July 11 Julia Guthrie
July 12 Frances Lee Wingo
July 14 Wilfred G. Barker
July 15 Ralph E. Bostwick
Bob Bradley
July 16 Dorothy Ann Deck
July 21 Dixie Anderson
Edward E. Wadley
July 24 Julia Holiday
July 25 Annie Coover
Col. Harry Kirkpatrick
July 27 M.J. (May) Barker
July 29 Jack Armour
July 31 Mildred McCarthy
Karen Ollis