

A weekly email publication for the community of St. James Church in College Hill

Message of the Moment

Dear St. James Friends,

The Rev. Canon Patrick Funston will be preaching Sunday, and the St. James Summer Choir will fill the nave with beautiful music. We hope you will join us.

Mother Dawn returns from her sabbatical on Tuesday, June 22, and we are very much looking forward to seeing her.

Thank you to everyone who made Mother Christine's last week with us so special. Mother Christine will continue to serve as vicar at St. John's in downtown Wichita. Please keep her in your prayers as she works hard to serve that parish.

VBS begins Monday evening, and our director of programs, Chelsea Whipple, has beautifully transformed our church into Knights of North Castle.

Look for the new St. James website on Monday!

With blessings,

Deb Gruver

Administrative/Communications Assistant



Mother Christine with Megan Upton Tyner and Dakota Bennett

First Things First

The nursery is open and available but not staffed. We will let you know when it will be staffed again.

Please take a moment to review the prayer list in today's eTower. If you or a loved one or friend no longer need or wish to be included on the prayer list, please email Deb at office@stjameswichita.org.

Mother Dawn's "Radical Acceptance" series continues in today's eTower. See it under the "Radical Acceptance" section later in this email and on our website.

The **Parishioner Profile** is on another one-week hiatus as Deb focuses on the last few details of the new website, new eTower and other projects.

Readings This Week

O Lord, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

[Click here to go to the Lectionary Page](#)

[Click here for a free PDF download of the Book of Common Prayer](#)

Lessons appointed for the Fourth Sunday after Pentecost:

[1 Samuel 17:1a, 4-23, 32-49](#)

[Mark 4:35-41](#)

[2 Corinthians 6:1-13](#)

[Psalm 133](#)

Children and Youth

Thanks to those who have volunteered for setting up, working the sale and tearing down the sale. There are still opportunities available to help. Please reach Anne Clark at 816-797-6177 or aws1155@yahoo.com to let her know if you can help. We still need people to sit at the front desk and direct people to the sale.

If you are wanting to donate items, we are asking people to bring things July 3 and 5th as those are days we are setting up. If you need to drop stuff off early, you can bring things to the stage as long as there is still room. Thanks for all of your help!

[Click here to join our Children's Ministry Email list.](#)

[Click here to read the latest Children's Ministry email.](#)

Service to the Community

The American Red Cross (ARC) blood drive is back! Please mark your calendars for **June 20**. Appointments will be available beginning at 8 a.m. and ending at 1 p.m.

There are several ways to sign up for an appointment time:

- Log in or create an account on the [ARC website](#) and pick your time.
- Call Dottie Evans at 785-341-4532.
- Email Dottie at dottieevans6@gmail.com.

"Service is the rent we pay for room on this earth." — **Shirley Chisolm**

"What I want to say is that the past is the past, and the present is what your life is, and you are capable of choosing what that will be." — **Mary Oliver**

"If there ever comes a time when we can't be together, keep me in your heart. I'll stay there forever." — **Winnie the Pooh**

WE'RE COLLECTING WATER AGAIN...



**A LOT OF HOT, THIRSTY PEOPLE COME TO
BREAKTHROUGH / ESS, EVERY DAY**
They really appreciate a cold bottle of water!

Please donate a case of water—Any size bottles!

This is an annual St. James' Outreach Project—greatly appreciated by ESS!

Radical Acceptance

Whatever your attention is on, that's what life is at that moment.

I hope you will stop and think about the sentence above.

Example: You've decided to take a break from working so you can make yourself some tea; as you stand at the stove, your mind wanders off and ruminates about a conversation you had yesterday. You don't get a break because your mind isn't on the tea; your mind is worrying and carrying you away.

Example: You are sitting in a session with a therapist who cares about you and has a kind expression on her face; but you're not looking at her face...not really. Instead, you are feeling so self-conscious and ashamed that you begin to "space out." You miss out on a moment of connection with a person

who cares for you and instead have one more moment of rejecting yourself.

“The repetitive act of directing your attention to only one thing in this one moment” means training your mind to pay attention to what you choose to pay attention to instead of letting your mind hijack you. There are lots of metaphors that describe what the untrained mind is like and they provide a good contrast to the trained mind. Here are several:

Your mind is a TV that’s always on, but you can’t find the remote. The TV set gets 300 cable channels but because you don’t control the remote, your untrained mind keeps playing the same painful or scary or enraging show repeatedly.

This one’s from Zen. The untrained mind is like a new puppy. You tell your puppy to sit and stay, but your puppy immediately runs away, rummages in your closet, chews up your new shoes, goes through the garbage can, and has an accident on the carpet.

A third metaphor comes from a Christian contemplative, Thomas Merton. He said the untrained mind is like a crow flying over a wheat field in winter. The crow spies lots of things that sparkle in the field, swoops down to pick them up, only to discover that what is glittering in the field is old pieces of scrap metal, not something delicious to eat or something useful for a nest.

If you train your mind to pay attention, then you’ve found the remote control, trained the puppy, and become a smarter crow. To teach your mind to pay attention, you practice paying attention repeatedly.

By Marsha Linehan, Ph.D., ABPP

<https://linehaninstitute.org/mindfulness/>

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of June 20

In the Anglican Cycle of Prayer: Pray for the United Church of North India.

In the World Council of Churches Cycle of Prayer : Pray for the people of Brazil.

In the Kansas Cycle of Prayer: Pray for St. Paul's, Marysville.

Pray for those serving in the military: Alexis (Lexi) Reed, Will Corkins, and J. David Anderson-Lusk.

Pray for those who have died: Tucker; Gloria Tilford; Donald Yoder; Marsha Bacon; Nancy Rollins; Christopher "Chris" Erickson, son of Jennifer and Mark Erickson; David T. Childs; The Rev. Wayne Blakely; Jeff Gibson, (son of Deacon Barbara Gibson); Larry Edwin Rahal (father of Nancy Carroll); and Caroline Rudnick-Rowley.

Pray for those who are in trouble, sorrow, need, sickness or any other adversity: Pray for Marge Rine, her son Wes, and the rest of their family. Pray also for Dal Harrison, her husband Rick, and their family. Pray for Joan Janzen and her daughter, Catherine. Please continue in your prayers for the recovery of Gary, Bill, and Pete. Lift up all people with COVID-19 and all health care workers. Please pray for Pam; LouAnn M.; Jayne; Iola; Martha; Betty; Gus; Jessica; Bob; Joe; Jean; Jerry; Teresa; Larry S.; Jan and Joan; Mary; Joann, Mike and their granddaughter, George; George II; Christina; Bill; Floyd; Gene; George; Jean; Jan and family; Tucker; Ashley and Taylor; Carly, granddaughter of Delmar and Mary Klocke; Tom Tadtman, brother of Marilyn Taylor; Cindy, the daughter of Judy Thompson; Cathy; Joe Tanner; Kam; and The Rev. Jeff Roper, our Deacon who is undergoing knee surgery June 23.

Our Parish Prayer List — The most up-to-date parish prayers appear here weekly. All members of our parish community are asked to pray for everyone on our prayer list. To share your prayers of thanksgiving (births, weddings, new jobs, anniversaries, etc.), to notify us that someone you love is serving in the military, to share that you or someone you love is suffering, or to tell us of a death, please call 316-683-5686 or email office@stjameswichita.org.

Let Us Pray

Almighty and everliving God, ruler of all things in heaven and earth, **hear our prayers for this parish family.** Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen.

Everliving God, whose will it is that all should come to you through your Son Jesus Christ: **Inspire our witness to Christ,** that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

O Father of mercies and God of all comfort, our only help in time of need: We humbly beseech thee to **behold, visit, and relieve thy sick servant for whom our prayers are offered.** Look upon them with the eyes of thy mercy; comfort them with a sense of thy goodness; preserve them from the temptations of the enemy; and give them patience in their affliction. In thy good time, restore them to health, and enable them to lead the residue of their life in thy fear, and to thy glory; and grant that finally they may dwell with thee in life everlasting; through Jesus Christ our Savior. Amen.

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant for whom we pray the help of your power, **that their sickness may be turned into health,** and our sorrow into joy; through Jesus Christ our Lord. Amen.

O God of heavenly powers, by the might of your command you **drive away from our bodies all sickness and all infirmity.** Be present in your goodness with your servant for whom we pray, that their weakness may be banished and their strength restored; and with their health being renewed, they may bless your holy Name; through Jesus Christ our Savior. Amen.

Sanctify, O Lord, those whom you have called to the study and **practice of the arts of healing, and to the prevention of disease and pain.** Strengthen them by your life-giving Spirit, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. Amen.

O Lord, your compassions never fail and your mercies are new every morning: **We give you thanks for giving both relief from pain and hope of health renewed.** Continue in the course of recovery, we pray, the good work you have begun; that those who heal and daily increase in bodily strength may rejoice in your goodness, and order their lives and conduct to always think and do those things that please you; through Jesus Christ our Lord. Amen.

The Calendar This Week

Sunday, June 20

8 a.m. to 1 p.m. - American Red Cross Blood Drive

9 a.m. - Adult Forum on Zoom

Topic: Understanding the Sabbath

Join Zoom meeting at this link:

<https://zoom.us/j/95070519126?pwd=MINPSUszSUF2akFhRmtWOW05c1N1dz09>

9:30 a.m. - Coffee Hour, Lounge

10:45 a.m. - Worship Service

Monday, June 21

5:30 p.m. - Contemplative Prayer Group on Zoom
[Contact Mary Kay Chavez](#)

6 p.m. - Vacation Bible School

7 p.m. - Graduate EfM
[Contact Jeff Roper](#)

Tuesday, June 22

10 a.m. Grief Support Group, Lounge

4 p.m. - Outreach Committee
[Contact Judy Goodpasture](#)

6 p.m. - Vacation Bible School

Wednesday, June 23

6 p.m. - Evening Bible Study on Zoom
[Contact Phil Speary](#)

6 p.m. - Vacation Bible School

Thursday, June 24

6 p.m. - Vacation Bible School

Helpful Links

[Watch and Listen to Last Week's Service](#)

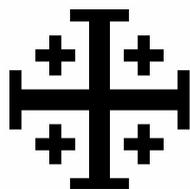
[Parish Web Calendar](#)

[Contribute to St. James Church online](#)

[2021 Parish Leadership](#)



Contact Us



St. James Episcopal Church
3750 E. Douglas Ave., Wichita, KS 67208
316.683.5686
office@stjameswichita.org
www.stjameswichita.org

[Jose Alonso](#), Sexton

[The Rev. Dawn Frankfurt](#), Rector*

[The Rev. Christine Gilson](#), Priest-in-Charge during Mother Dawn's sabbatical

[Deb Gruver](#), Administrative/Communications Assistant

[Marlene Hallstrom](#), Organist and Director of Music

[Susie Stallings](#), Bookkeeper

[Chelsea Whipple](#), Director of Programs

*Mother Dawn is on sabbatical through June 20.



Whoever you are
and wherever you find yourself on your
journey

of faith, you are welcome here.

St. James
Episcopal Church

CELEBRATING



1920-2020

A COMMUNION
OF SAINTS