

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

Message of the Moment

Dear St. James Friends,

While our pews are filling back up, the ranks of volunteers have not. Some of our volunteers have either retired or are not yet comfortable attending in person. That means we need you!

Many people contribute to the behind-the-scenes work for each service at St. James. I thought I would share with you information about all the people involved in a service.

Altar Guild. This group is headed up by Crystal Barber and Craig Rich. They and the members of the Altar Guild ensure we have flowers and linens in the correct color. They set up for each service, making sure the wine, water, hosts, and silver service wear are there and in the correct amounts as well ensuring there is water for the clergy and tissues and hand sanitizer around when it's needed. They also clean up afterwards (doing God's dishes) and water the flowers. There's a trained team assigned for services each Sunday.

Readers prepare for the readings in advance and give us the benefit of their talent. Ideally there would be three readers for each service.

Deacons are our ministers of the word and assist Mother Dawn and Mother Christine at Communion.

Celebrant and Preacher. Sometimes both of these roles are filled by Mother Dawn, and during her sabbatical, Mother Christine. We now have a complete service available to us to utilize when we don't have a priest-celebrant available.

Sound technicians Danny Blair and Randy Harrison . On a normal Sunday, the sound would be set in advance with only minor changes made if needed.

Chalice Bearers. When we are able to all receive from the common cup again, they will make a reappearance in our service.

Acolytes. We'll see them again this summer when they are available. In the fall we hope to have trained and ready teams of three each Sunday at the 10:45 a.m. service and a single server at the 8:30 a.m. service. Acolytes carry the cross and torches, assist at the altar and ring the bells when appropriate. When we have incense, they are in charge of that as well.

Vergers(s) are the backup players. If something unexpectedly needs to be taken care of during the service, the vergers see to it. Currently there are three of us, but starting July, it will be Dr. Jay Price and me. David Johnson is going to take a well-deserved retirement from verging (his second retirement from verging). His work in this ministry has been faith-filled, invaluable and an absolute necessity during our COVID-driven online and abbreviated services.

Music. Marlene Hallstrom and the handbell choir, adult choir and musicians continue to amaze and create beautiful meaningful accompaniment to each service.

I want to thank Peggy Johnson for scheduling readers and other volunteers and standing in wherever needed. She is stepping back from scheduling at the end of June.

Your St. James worship committee is open to anyone who is interested in how our liturgy gets done each week. We meet on the second Wednesday of each month to look and plan ahead.

Please prayerfully consider joining one or more of the ministries mentioned. You are more than welcome to text or call me at 316-258-7385 for information on the worship committee or if you have questions about these ministries.

With love,
Mary Halley, Verger

First Things First

The gardening crew will not meet Saturday. See below for its schedule.

Our grief support group will begin meeting in person again next week. It will meet at 10 a.m. Tuesdays in the lounge.

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

Sack Lunch Sandwich Saturday is June 12. Good Shepherd is spearheading the largest portion of this effort this month. Thanks to Meg Rice and Judy Montgomery, who have taken on this effort of forming a sandwich group at Good Shepherd. There will also be some continued participation from St. John's Church for June. We will need volunteers again in July for the second Saturday, July 10. We also need three to five volunteers on that date to help hand out lunches, clothing and other items. We are finally at a point where we can all participate in a larger capacity. Please let Joan Bledsoe know if you are interested in either making sack lunches and/or helping with distribution by emailing her at pansy1918@icloud.com.

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.

Any questions or concerns about the event can be directed to Dottie.

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.

This week's Parishioner Profile — about Barry Carroll — is below in "Parishioner Profile and Parish News."



Readings This Week

O God, from whom all good proceeds: Grant that by your inspiration we may think those things that are right, and by your merciful guiding may do them; 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 Second Sunday after Pentecost:

[1 Samuel 8:4-11, \(12-15\), 16-20, 11:14-15\)](#)

[Mark 3:20-35](#)

[2 Corinthians 4:13-5:1](#)

[Psalm 138](#)

Vacation Bible School

Volunteer Needs: Come be a part of the adventure this summer as we welcome our kids back to enjoy in-person VBS. The fun happens from 6 p.m. to 8:15 p.m. June 21 to 24. Contact Chelsea at formation@stjameswichita.org if you are interested in volunteering.

Material Needs:

We are looking for bulk quantities of the following items.

- Two-liter bottles
- Polyester fiber fill (lots and lots, to imitate snow)
- White sheets (the sheets can be used, will also be used to imitate snow)
- Cardboard boxes (the larger the better, but will take any size)
- Duct Tape: Black or gray



Please drop off supplies in the laundry basket in the front marked "VBS Supplies." If the items are too large for the laundry basket, please just set it by the basket and mark "VBS" on it. Once we have enough of a certain supply, we will take it off this list. Questions? Contact Chelsea at formation@stjameswichita.org.

Children and Youth

Thanks for all interested in making a donation for the rummage sale. We will be collecting things early in July. Our biggest need right now is people to staff the event, which is July 8 to 10. Please email or call if you are available to work the event Thursday, Friday and Saturday. We may have to condense the dates if we don't get enough help! Reach Anne Clark at aws1155@yahoo.com or 816-797-6177.

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

Service to the Community

The Breakthrough/ESS Clubhouse Open House on June 1 was a success! Clubhouse members met guests at the door, gave tours, served treats, and then spoke about their positive experiences at the Clubhouse. One young woman who used to be afraid to leave her home has become accustomed to social interaction, is now employed, and has returned to school. An immigrant from Africa said the relationships formed at the Clubhouse brought meaning and joy to his life. Another woman said that the clubhouse had helped her find help for her dental bills. Each speaker thanked the Clubhouse staff for their guidance and friendship. Thank you Episcopal donors to Breakthrough/ESS and the Clubhouse program benefiting people with mental health issues!

Many grandparents and other relatives are caring for the children of parents who have been removed from the home because of abuse, drugs, jail, death, and other troubles. Knowing that many of these patchwork families have very low incomes, the **Kansas Children's Service League** helps them through the **Kinship Navigator program**. This program offers an evaluation of needs, training, workshops, child care, support groups, answers to legal questions, and case management services. With the support of Kinship Navigation, these makeshift families can function in healthy and productive ways. Currently our **Pocket Change Ministry** is collecting funds to help these fledgling families. Please save your pocket change for this effort.

The **Outreach Committee** will not meet in June, but will resume in July.

"At the end of the day, it's not about what you have or even about what you have accomplished. It's about what you have done with these accomplishments. It's about whom you have lifted up, whom you've helped." — Denzel Washington

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the power to turn a life around." — Leo Buscalia

"Faith in action is love, and love in action is service." — Mother Teresa

Parishioner Profile and Parish News

Meet Barry Carroll

Barry Carroll began attending St. James in 1985. He knew little about the Episcopal church at the time, having been raised in rural Kentucky in a "hellfire and brimstone" kind of church.

His wife at the time wanted "our kids to have a church experience. I reluctantly agreed to that. I was sort of a church dropout for about 25 years. I just wanted to get away from that kind of religion."

He found St. James to be a place he wanted to be.

Barry planned to be a high school social studies teacher, but he was drafted for the Vietnam War.

"My son was 6 months old," he said. "I was anti-war.

After getting out, I was in Bowling Green, Kentucky. There were no open teacher positions when I got



out, so I heard about a social work job from a friend of mine."

He worked in child protection for Kentucky's agency akin to the Kansas Department for Children and Families (formerly SRS).

He saw a lot of abuse and neglect during that time and left after two years. He then worked at Western Kentucky University for a project that provided technical assistance to Head Start programs throughout the state.

Barry moved to Wichita in 1982 and worked for a time with Big Brothers Big Sisters and at a drug and alcohol detox center. He worked for the City of Wichita for about 20 years starting in 1985, stationed in the city manager's office. Later he worked for the Self-Help Network, a consumer-run organization for people with severe and persistent mental illness.

Barry also worked as director of the Medical Reserve Corps for the Sedgwick County Health Department and as volunteer coordinator for the Department on Aging.

He founded Bike Walk Wichita in 2010.

It has "wildly exceeded my expectations," he said. "We've become sort of a go-to bike/ped organization for the city. We have good relationships with our elected officials and now have 50 miles of bike lanes, 50 miles of bike paths and more coming on line all the time."

He serves as president of the Wichita Bicycle and Pedestrian Advisory Board, which meets at 5:30 p.m. the second Monday of every month.

Biking and running are important to him.

"People who exercise have less problems with depression, and for me, that's something I struggle with. Alcoholism runs in my dad's family. I had my struggle with alcohol in the '60s and '70s. I pretty much stopped drinking in '85, which was one of the best decisions I've ever made."

Barry noted he wanted to include that information because it may be helpful to someone else.

Barry and his wife, Nancy, have a blended family. He has three biological children, and she has two. Together they have five grandchildren.

Barry has served on the vestry, as junior warden and on the Endowment Funds Board. He also has been a reader, acolyte and chalice bearer.

What do you do to rest and return to God?

"I ran track in high school, back in '64 or '65. I ran hurdles. That's what my body was built for. I took a respite in college and got back into running in 1978. For me, running is much more than running. It's a spiritual, physical, mental, and emotional thing that refreshes me. I feel very close to God when I run. When I got older, I transitioned into bicycling. For me, I've got to move. Movement and getting outdoors, feeling the wind, the heat, the rain, with the natural world, it just recharges my batteries."

What do you like about St. James?

"You don't have to check your brain at the door. I embrace other religions such as Buddhism and practice yoga and meditation. Having relationships in the church in addition to the other practices I do help me maintain closeness to God. The liturgy was new to me. I like that continuity. I love the readings in the Book of Common Prayer. I like the pace of it. I like that it's kind of quiet. Episcopalian's are god's frozen people. I like that we're welcoming, that we're inclusive. I couldn't participate in a church that wasn't inclusive. I like that we talk about social justice, environmental justice."

Eucharistic Visitors, (E.V. for short), are lay members of the Church who carry the consecrated Sacrament to members of the congregation, who, by illness or infirmity, are not able to be present at the celebration. Tristan Holmberg is coordinating St. James' EV ministry. Training in EV nuances, as well as Safe Church training, is required. An introduction to Eucharistic Visitor volunteers will be offered after worship Sunday, July 11. Anyone is welcome to simply learn about this ministry. For those who have been Eucharistic visitors but were sidelined with the pandemic, please come back if you are able. Please let Tristan know if you want to remain on the EV roster. It would be great to start seeing homebound parishioners in June. You may contact tristanjholmberg@icloud.com or Terryanderson384@gmail.com for more information. Correspondence in June should go to Tristan.

Interested in brainstorming about what we might do at St James for Creation Care, or the environment? Diocesan-wise, four areas have been identified: spiritual practices, land use, legislative presence, green team. There are numerous possibilities within these areas. If interested, or for more information, contact Pat Butin by text at 316-250-0589; voicemail at 316-686-6578 or email at Patandwalk@aol.com.

Since church has resumed, so have our weekly fresh flowers at the main altar. Please donate so we

can continue this practice. Just sign up on the hallway to the guild hall. Send in your check and put "flower fund" in the memo blank and attach a thanksgiving or memorial note. If you are unable to sign up, call the office and let them know your wishes to donate and send in your check with your thanksgiving or memorial note attached.

The gardening crew is at it again and needs your help!

We'll plan on being there about 9 a.m. on the dates below. If these time or dates don't work for you, please don't hesitate to go and work on your own. If you are interested in helping, please send Anne Clark a text at 816-797-6177 or email aws1155@yahoo.com so she can update you on tasks for that week.

June 19: cleaning

July 3: cleaning

July 24: cleaning

August 7: cleaning

August 21: cleaning

Sept. 4: cleaning

Oct. 9: cleaning and planting fall bulbs

Nov. 6: cleaning prep for winter

Remember Breakfast Sundays, OPUS, countless potlucks, luncheons, dinners and receptions?

This year, we launch our second century and look forward to eventually being able to gather for food and fellowship. With that goal in mind, it's time to replace our heavy pottery due to the number of dinner plates that have chipped or broken. We are asking for donations of CorningWare Corelle "Winter Frost White" dinner plates. Corelle is practically indestructible and resists chips and cracks. Lightweight and easy to handle, plates stack up in less space (12 plates in only 2 inches!) If you have dinner plates to donate ("Winter Frost White" ONLY), or find some at a garage sale or thrift store, please bring them to the church.

Forms to order our 100th anniversary book are online . [Click here to go directly to the order form](#), which you can print out and return in person, by mail, or by email to the church office. Books are \$25, and shipping is \$5 for every two books.

Radical Acceptance

The Distinction between Unavoidable Pain and Self-Inflicted Suffering

There is an important distinction to make between the unavoidable pain of having a problem with a person you love versus the suffering you cause yourself by letting fear control you, judging yourself for feeling afraid, assuming nothing you could try would work instead of trying out solutions, feeling guilty about feeling anger towards someone you love, or judging the person for causing the problem. There are so many ways mindfulness could help with the above example, it's hard to know where to start. Because of limited time and space, I'll only discuss a few.

- You could use mindfulness skills and bring your full attention to the feelings of annoyance, instead of pushing them away or trying to talk yourself out of them. Maybe you are afraid you can't stand to feel annoyed, but, when you observe how you feel, you may realize, "Hey, it's just annoyance for 10 minutes, and I can stand that."
- You could use mindfulness to become a great detective and notice exactly how and when you feel annoyed. Maybe it's when he or she has had three cups of coffee before seeing you; maybe it's when both of you are tired; and maybe it's when he or she's had a bad day at work. In this way, you use awareness to get specific and clear about what contributes to the problem. The more specific you get about what goes into the problem, the better chance you have to solve it. Ask her to drink less coffee or switch to decaffeinated coffee; make plans to get together when you're both rested; don't meet on bad workdays.

- You could use your mindfulness skills to watch how your mind generates thoughts like "It shouldn't be this way; why can't we just get along! Real friends don't have problems." Listening in on your thoughts, you realize that your expectations don't fit with reality, so you work on changing your expectations.
- You could use mindfulness skills, as you talk through the problem with your friend, to bring your full and open awareness to whether you experience your friend listening to and understanding you or defending herself and criticizing you. If she's really listening and caring, you might notice relief inside and decide to keep working with her on the problems in the friendship. On the other hand, if you notice that she is dismissive or non-responsive each time you talk about a problem, you might notice that you are sad and disappointed but not willing to put more energy into a friendship that makes you unhappy.

Mindfulness is awareness, without judgment, of life as it is, yourself as you are, other people as they are, in the here and now, via direct and immediate experience. When you are mindful, you are awake to life on its terms, fully alive to each moment as it arrives, as it is, and as it ends. Of course, building and maintaining mindfulness requires repeated practice of specific skills.

By Marsha Linehan, Ph.D., ABPP

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

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of June 6

In the Anglican Cycle of Prayer: Pray for the Church of the Province of Myanmar (Burma).

In the World Council of Churches Cycle of Prayer : Pray for the people of Lesotho, Namibia, South Africa and Swaziland.

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

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

Pray for those who have died: 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; and Kam.

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 6

9 a.m. - Adult Forum on Zoom

Topic: Understanding the Sabbath

Join Zoom meeting at this link:

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

10:45 a.m. - Children's Chapel

10:45 a.m. - Worship Service

Monday, June 7

5:30 p.m. - Contemplative Prayer Group on Zoom

[Contact Mary Kay Chavez](#)

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

Tuesday, June 8

10 a.m. Grief Support Group, Lounge

5:30 p.m. - Executive Committee on Zoom
[Contact Joan Moore](#)

Wednesday, June 9

4:30 p.m. Worship Committee on Zoom
[Contact Mary Halley](#)

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

Thursday, June 10

5:30 p.m. - Finance Committee on Zoom
[Contact Woody Swain](#)

Helpful Links

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

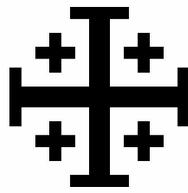
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Contact Us



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[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.**

