



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

## **Message of the Moment**

### **Simone Biles and the Sabbath Year**

You have most certainly heard of Simone Biles, even if you haven't been following the Olympics this year. She is the veteran gymnast who is leading the U.S. team in Tokyo. She has earned a combined total of 32 Olympic and World Championship medals. She knows what she is doing.

Apparently, what happened to her during the games this year is that the mental and physical pressure she was under led to the incongruity of her mind and her body. The most remarkable thing was that instead of trying to "gut it out" and continue in competition while out of sorts, she put her ego aside, spoke up for herself, and said she wasn't fit to do what she usually did. In her absence, other U.S. gymnasts came to the fore and captured medals, many of them gold.

The press has attempted to explain that Simone did not have a simple case of stage fright. That's obvious to me as the competition she chose to come back for was the balance beam (of all things). She wasn't scared, but she wasn't right inside herself. She was wise not to risk a serious personal injury or to imperil the success of the rest of the team. In former times, this might have been construed as a weak thing to do. Today we understand it as healthy and courageous.

In essence, Simone took a brief sabbath from the Olympics. Taking a sabbath, as we are doing this year, allows our mind and spirit to return to their natural shapes. Under stress we often contort our thoughts, we might neglect established patterns of prayer, and we certainly stretch ourselves way too thin. Who

among us can't relate to these feelings?

Many of us had reached the place of allowing ourselves to hope that the biggest difficulties of the pandemic were in the past. We are disappointed, fearful, and we are out of control over what happens next. What Simone knew when she chose to step away from competition was that she was not in control of what was happening mentally and physically. A gymnast doesn't throw herself into airborne flips and twists without being mindful of what she undertakes.

We shouldn't throw ourselves into living without mindfulness about our well-being. As much as Simone wanted to compete in the Olympics, she knew it was better not to. As much as we want to return to the fullness of our lives, we know it is better not to push too hard. Living with the threat of illness, death, frustration, isolation, and disappointment puts us at odds with health, wholeness, happiness, and security.

As the virus erupts to threaten us again, this is not the time to insist on "gutting it out" and ignoring what this impossible situation is doing to our hearts, minds, bodies, and souls. Our bishop is mandating that we wear masks in church again.

This is the time to take a step back, be mindful of well-being, and seek interior peace. Live with extra caution. Write letters. Pray. Read. Be still. Open your heart and mind to the loving action of the Holy Spirit. God is the only constant. Listen to your faith, which deeply knows, that God will bring us through the discomfort of contortion and heal us into wholeness. It is God whose unfailing providence sustains the world we live in and the life we live.  
**Amen.**

**With Christ's Love,  
Mother Dawn+**

## **First Things First**

**St. James Nursery is looking for more volunteers** who can be with our little ones during services. During "normal time," volunteers typically work once a month at either the 8:30 a.m. or 10:45 a.m. Sunday service (or both if possible). If interested in serving, you will first need to complete Safeguarding God's Children training (Chelsea, our director of programs will set that up for you). To open the nursery, we need at least two adults to be present at all times. This is a life-giving ministry to our children. Email Chelsea at [formation@stjameswichita.org](mailto:formation@stjameswichita.org) or call the office at 316-683-5685 if you are interested.

**Attendance for our grief support group has suffered because**

of the COVID-19 pandemic. We will discontinue the grief support group at this time. Deedee Evans facilitated this group for many years. Thank you Deedee.

**This Sunday ends our Back-to-School Supply Drive** Please bring an item or two to assist schoolchildren this year. Consider a backpack, notebook section dividers, science calculators, earbuds, Kleenex, Crayola markers and Crayola colored pencils. Thank you!

## "Considering Matthew Shepard"

By now you have no doubt noticed that we will begin rehearsals Aug. 21 in a few weeks for "Considering Matthew Shepard," a relatively new choral competition. Performance dates are March 5 and 6. [Read more here](#) about this composition.

## Readings This Week



Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; 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 Eleventh Sunday after Pentecost:**

[2 Samuel 18:5-9, 15, 31-33](#)

[Psalm 130](#)

[Ephesians 4:25-5:2](#)

[John 6:35, 41-51](#)

## Calendar

Click here to view our  
current calendar of events

Calendar

## Community Service

**Breakthrough/ESS** has been doing important work in spite of COVID-19 restrictions.

- The Clubhouse program provides social and vocational programs for people with mental health issues. The Clubhouse attracted 60 members last week.
- The Payee Program helps clients manage their finances.
- The Homeless Food Ministry continues to serve clients regularly.
- The Employment and Career Services program assesses job readiness, finds work that suits each individual's skills, assists with resume and interview preparation, and offers continued support after employment.

Breakthrough had to **cancel its two main fund raisers last year: Dancing with the Stars and the Kindness Walk**. Funding sources have been depleted. Please consider sending a donation to Breakthrough/ESS to help them recover from last year. Send checks to: Breakthrough/ESS, 1010 N. Main, Wichita, Kansas 67203.

**Pocket Change Ministry:** We recently a check for \$500 to **Kansas Children's Service League** to help with their program for kinship foster families. Now we are saving to assist **St. Francis Ministries** with its vital work on behalf of foster children in our city and state. Your coins and bills help us help them.

## Parish and Diocesan News

**Maddy Bishop will be hosting a spaghetti dinner** at 5:30 p.m. Aug. 15 to help offset the cost of attending Princeton Theological

Seminar this fall. Donations of any amount are accepted. Maddy will be here to preach on Aug. 14 and 15. If you can't make, it you can support Maddy by sending a check to the office and writing "Maddy Bishop" on the memo line.

This September, St. James will, once again, offer the seminar **Education for Ministry (EfM)**. Laypersons learn the Bible, the history of Christianity and the Church. We follow a curriculum, developed over many years, which is rich in readings, thought and reflection. We meet weekly during the academic year. If you have questions about the 2021-22 year, please contact Paul Rillema by email [paul.rillema@gmail.com](mailto:paul.rillema@gmail.com) or phone 316-252-4400, or Deb Bagby [debagby@gmail.com](mailto:debagby@gmail.com) or 316-612-0628.

**The 2021 Tocher Lecture** will feature Eliza Griswold, Pulitzer Prize-winning author at 7 p.m. Sept. 1 at Grace Cathedral in Topeka.

**Save the Date: One in the Spirit, One in the Lord:  
Celebrating 20 Years of Called to Common Mission**

All members of the diocese (lay and ordained) are invited the evening of Friday, October 8, and morning of Saturday, Oct. 9. This celebration is jointly organized and hosted by the Central States Synod of the Evangelical Lutheran Church in America and the Episcopal Dioceses of Western Kansas, Kansas, West Missouri, and Missouri.

The event will feature expert speakers on the past, present and future of ELCA/TEC dialogue and communion along with opportunities to connect across denominational lines to work on matters of praxis for our shared mission. Mark your calendar. Registration information will come in the next several weeks.

## Prayer

### Parish Prayers for the Week of Aug. 8

**In the [Anglican Cycle of Prayer](#):** Pray for the Pray for the United Church of South India.

**In the [World Council of Churches Cycle of Prayer](#):** Pray for the people of Pray for the people of Canada and the United States.

**In the [Kansas Cycle of Prayer](#):** Pray for St. Francis', Overland Park.

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

**Pray for those who have died:** Kay Hoffman, Justin Wittman Bayles, son of the Rev. Joseph Bayles; Orville "Bud" Lytle; Lou Ann McFerson; Gloria Tilford; Donald Yoder; Marsha Bacon; Nancy Rollins; Christopher "Chris" Erickson, son of Jennifer and Mark Erickson; David T. Childs; and The Rev. Wayne Blakely.



**Pray for those who are in trouble, sorrow, need, sickness or any other adversity:** Pray for Marge; Dal; Joan; Gary; all people with COVID-19; all health care workers; Pam.; Jayne; Betty; Gus; Bob; Joe; Jean; Jerry; Larry S.; Mary; Jean; George; Jan and family; Carly, granddaughter of Delmar and Mary Klocke; Tom Tadtman, brother of Marilyn Taylor; Cindy, the daughter of Judy Thompson; Cathy; Joe T.; Kam.

**Our Parish Prayer List:** All members of our parish community are asked to pray for each person 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](mailto:office@stjameswichita.org).

**If your prayers have been answered,  
we would love to rejoice with you.  
Please let us know so your name may be removed  
from our list of people most urgently in need. Thank you.**

## 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.

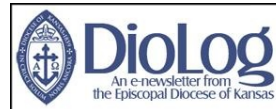
O Lord, your compassions never fail and your mercies are new every morning **We give you thanks for giving both relief from pain and hope of health renewed.** Continue in the course of recovery, we pray, the good work you have begun; that those who heal and daily increase in bodily strength may rejoice 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.

## Helpful Links

[View Last Week's Service](#)

[Contribute to St. James Church](#)

[Parish Leadership](#)



**Whoever you are and  
wherever you find yourself  
on your journey of faith,  
you are welcome here.**



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Episcopal Church  
CELEBRATING  
  
YEARS  
1920-2020  
A COMMUNION  
OF SAINTS

**Get in Touch with St. James Episcopal Church**



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