

# St. Francis Episcopal Church

## E- Canticle April 14, 2020

M N84 W16525 Menomonee Ave., Menomonee Falls, Wii 53051



### Mailing Address:

P.O. Box 194

Menomonee Falls, Wi 53052

### Church Location:

N84 W16525 Menomonee Ave

Menomonee Falls, Wi 53051

### Vestry

Senior Warden: Ron Johnson

Junior Warden: Gary Maddox

### Clergy

Priest: The Rev. Mary S. Trainor

Priest Emerita: The Rev. Sue Clark

Deacon: The Rev. Ken Castello

### Vestry Members

Jan Leisner, Evelyn Castello

Jud Williams, JD Polley

Kathy Horn, Ramona Lewis

Craig Korn

[stfrancisepiscopal@sbcglobal.net](mailto:stfrancisepiscopal@sbcglobal.net)

[www.stfrancismf.org](http://www.stfrancismf.org)

Instagram @StFrancisFalls

Greetings in the Lord! St. Francis' community is very active now, in spite of the fact that the church is now closed, in accordance with the requirements of the government and the Diocese. We have a new schedule of regular events, each of which will occur via technology (as we cannot meet in person until this crisis is over)

### Upcoming Schedule

**Daily:** Read Pastor Mary's daily meditation (sent each morning on email, and posted on Facebook - share with a friend, discuss)

**Wednesday at 6 PM** for Evening Prayer and Bible Study via Zoom (Craig sends out an invitation via email, click on the link in that to connect)

**Sunday morning:** Diocesan-wide worship on YouTube at 10:00am: followed by zoom **coffee hour**

**Monday:** Bible study at 10:25; All are invited. Email Brian Kelly ([Brianr.kelly@gmail.com](mailto:Brianr.kelly@gmail.com)) for more information.

## **Write and share your true brief stories please:**

You are interesting! We all want to know more about each other's story. In this time when most of us are quarantined in our homes, it is a perfect time for us to write down moments or incidents from our lives, and share them. The stories can be from times at St Francis, or they can be times elsewhere in our lives. They should be short (~100-200 words), be about you, have a beginning and middle and end, a title/theme. Maybe these three approaches will give you some ideas:

1. **OBSTACLE:** You faced a life obstacle, and you describe the way you overcame or survived the obstacle. How did it shape you or make you a better person? How was your faith a part of your ability to survive the challenge?

2. **LIGHT BULB MOMENT:** A creative idea came to you, and you were able to use it or share it at a moment in your life – and it made a difference (to yourself or others). Or, you learned something new and enlightening about yourself when you were doing something or interacting with someone, and it made a difference to future decisions. Maybe the light bulb moment was an answer to prayer, and this is good news worth sharing. Maybe you had a special holy moment with God.

3. **TEAMWORK:** You faced a problem (could be at church, at home, at work). You brought one or more people together to find a solution, and together your efforts really made a difference (the end result was way better than if one person had worked on the problem). As the Church is the Body of Christ, there are lots of examples at St. Francis.

In my letter this week, I've shared a story from my life with you....and hopefully next week, we can share stories that you all have submitted. Please email your stories to me and/or Shala Johnson ([Ronshala8@hotmail.com](mailto:Ronshala8@hotmail.com) or [pastormaryt@gmail.com](mailto:pastormaryt@gmail.com))

## **Pastor Mary's Letter for Easter Week**

This has been a Holy Week and an Easter Sunday like none other in our lives, but it's Easter anyway. This is a challenging time, but St. Francis is still your church family and is still here for you. Thank you for your feedback about the worship videos and meditations that I have been sending to you via email, and I look forward to receiving more notes from each of you. How can I and your Vestry better support you during this Covid19 pandemic? Please tell us.

This week, I have a request for you: as it says elsewhere in this eCanticle, please write stories and send them in. I want to get to know you and others want to know more about you – sharing is a way of us living out our lives as Christians, is a way of us blessing each other.

Ok, here is a story from my life: My middle son, Karl, suddenly became crippled at the age of 3 ½. I took him to the pediatrician and he told me that my son probably had Muscular Dystrophy...a blood test revealed this was not the correct diagnosis. I prayed, my family prayed, my church prayed, and Karl became even less able to walk. For a year, we went to doctors in three states to obtain a diagnosis, and Karl underwent many difficult medical tests from specialists. Then, a resident at a hospital was determined to find the problem and he stayed up all night studying Karl's thick chart – and he found something wrong; a diagnosis was made, a treatment plan was formed. His condition was rare, we followed the treatment plan, Karl got better. At age 16, I found a new doctor who was an expert on Karl's condition – and she did a thorough exam and tests. A week later, she called and said that he was cured – and there was no medical explanation for this cure. I thanked her profusely, and told her that I knew the explanation: prayer. Karl is a healthy fit tall bright kind professional, father, and husband. Praise God!

A Message this week from your church  
Treasurer, JD Polley

During this time of isolation, we can't go to church but we watch on YouTube the service on Sunday mornings. Then we have a virtual coffee hour which if you haven't attended yet you should. You get to **see** other parishioners and it is so much fun. Please join us this next Sunday. The other thing I wanted to say is that you need to keep up with your **pledges**. The bills still need to be paid, so please do so and mail them to

PO Box 194

Menomonee Falls, Wi 53052

Thank you in advance for keeping up  
with your pledges

St. Francis Episcopal Church is now assembling a photo directory of members, to help us all get to know each other better by sight.... and to help Pastor Mary get to know us. So, please email the church office or Jan with a photo of yourself that can be put next to your contact information in the directory. This directory will be secure, it will only be for us folks in the church. Many thanks to those who have already sent in a photo. If you have not yet sent a photo in, please do so. If you can't email a photo, feel free to just mail a photo of yourself to the church office.

Thank you.

In the next week or so we will be  
getting the new Day by Day.

They will be put in a plastic box outside of the  
doors for those who want to pick them up.

For those who want to have them mailed,  
please send an email to the church at;

[stfrancisepiscopal@sbcglobal.net](mailto:stfrancisepiscopal@sbcglobal.net)

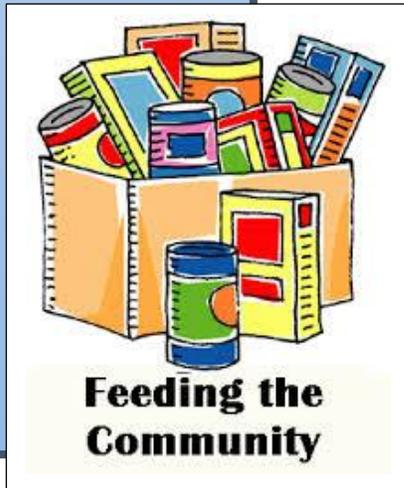
Please connect with each other by phone. We at St. Francis have a small group of folks who have divided up the member directory, and are each calling a small number of people each week. However, in addition to this, we are asking YOU to please check in on others in the congregation (people you know, people you don't know). And when you do, the following list of what to say might be helpful.

1. Greet the person by name, say you are calling from the Church
2. Ask how they are doing. Listen. Are there Issues? Concerns? Show you care
3. Is there a food insecurity or health or financial issue? (If yes, take notes and pass it onto Ron or Pastor Mary.)
4. Ask if they have a prayer request. If yes, note it and pass it onto the prayer ministry.
5. IMPORTANT: Inform the person of the livestreaming of the Sunday service at 9:30 on March 22 (we will keep you all posted via email about how services will be held after that day). Talk with them how to access it via Facebook.
6. Discuss the content of the short daily meditation from Pastor Mary (they should be getting it via email)
7. Ask if there is anything else
8. Close with prayer (it's fine to say the Lord's Prayer together)

Menomonee Falls Food Pantry is

In need of the following items:

Toilet Paper  
Kleenex  
Napkins  
Can pasta  
Pasta Helper  
Pasta Sides  
Rice-a-Roni  
Soup – chunky  
Soup – chicken noodle



**Happy Birthday**

1 Shala Johnson  
11 Joan Hampton  
12 Chuck Sherry  
14 Ann Sherry  
19 Jan Leisner  
22 Jean Armitage  
22 Allyson Martin

New policy for the Food Pantry

Because of COVID-19 the pantry staff have had to make changes on how they do things to keep everyone safe. Ron got this information from Cindy at the pantry

- \* Clients will be asked to remain in their cars and will be given two handouts prepared by Cindy. The handouts explain the new procedure and ask people to return non-perishable items that they do not need on their next visit.
- \* A sheet of paper with a number will be affixed to the back of their car so that clients can be served to the best of our ability in the order they came.
- \* Clients will not be allowed to enter the pantry and will be asked to stay in their cars, including to use the bathroom.
- \* When registering, clients will say and spell names and show their ID. They will not sign their cards; instead, a volunteer will indicate "car delivery" on the cards.
- \* Clients will be given pre-filled bags for their size family (yellow, blue, red).
- \* Clients will also be given items of the month (dish soap, laundry soap, coffee) and a \$10 Piggly Wiggly gift card in lieu of a holiday ham.
- \* Birthday bags and baby items will be suspended.
- \* There will be no hugs/touching between volunteers and clients.
- \* Clients who are unable to come to the pantry can have a proxy pick up their food. A proxy form will be available to download off our website or a client can write a note with the information. We will serve a proxy once without paperwork and give the proxy a form that the client can sign, which the proxy will bring next time to the pantry.
- \* We will continue to serve clients living outside our service area one time and refer them to the appropriate pantry in their area.

## Ask Pastor Mary

**Q: “How do I know what God wants me to do?”**

A: We are to align our lives with God, and it is indeed a challenge to discover how to do this. The Bible is a good guide (see Psalm 119:105), for it provides for us moral guidance to follow. In addition, our prayer life (Philippians 4:6) and giving it time (Psalm 37:7) helps us to discern what is in God’s will. It is also helpful to speak with a spiritual director/advisor. It has been my experience that when I am making a decision that is aligned with God, I sense peace and when the decision is not in accordance with God’s way then I am all stirred up (lacking in peace). Sometimes, the lack of peace can be because I am rushing things too much and not going in accordance with God’s time (Kairos)...God might have a new thing or person emerging for me that will help in the decision.

**Q: “I’m struggling right now. Where is God in all of this?”**

A: This is a difficult time in our lives, in the church, in our community and nation. In his Easter sermon, Bp Michael Curry said, **“It doesn’t feel like or smell like Easter, but it is Easter anyway....the women went to the tomb in the dark early on that first Easter Sunday to mourn, she did what love does anyway, and the tomb was empty...and Christ was raised from the dead...God will take care of us.”** It is a time more than ever before for us to stand firm in our faith, and to trust in the Lord. One of the most helpful verses of the Bible for me is Proverbs 3:5-6: **“Trust in the Lord with all your might, lean not on your own understanding. Acknowledge Him in all your ways and He will direct your path.”** God will take care of us.

How to join in on ZOOM for the virtual coffee hour on Sunday morning:

1. Get the ZOOM app on your phone or computer
2. Open the app
3. Join meeting selecting to join with audio and video
4. Type the meeting ID that you will get from Craig
5. Type the password that you will get from Craig

This is a very simple app to use. Once you are in the app follow the instructions and then you will be connected and start seeing the others that are there. You may have to 'unmute' yourself so people can hear you. Good Luck and hope to you on Sunday.

## Easter and Holy Week has come and gone - the Lord is Risen

Hopefully, everyone had a nice Easter in isolation from the rest of our families. Most of us really had a chance to reflect on what the season is about. This is one Lent and Easter season that is for the history books. We will never forget it.

Here are a few pictures from last year's Palm Sunday and Easter Sunday

- thank you Shelly

