

# St. Francis Episcopal Church

## E- Canticle April 22, 2020

M N84 W16525 Menomonee Ave., Menomonee Falls, Wisc 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:** Book study at 10:25; All are invited. Email Brian Kelly ([Brianr.kelly@gmail.com](mailto:Brianr.kelly@gmail.com)) for more information.

Dear St. Francis friends in Christ,

Our time during this global pandemic keeps going, and so we continue sheltered safely in place until the danger is over. Meanwhile, we are celebrating that Jesus is alive and that this, your Church, is still actively present for you. This past Monday, your Vestry met and shared about all the ways we are trying to connect and ensure everyone in the congregation feels supported. If you are feeling less connected than you would like to be – please reach out and let us know your needs.

If you haven't been able to connect with others in the church on Wednesdays or Sundays via Zoom, please let us help you use Zoom – it's free, and we can talk you through how to connect. If you don't have a computer or smart phone, you can still use Zoom on the regular landline telephone! Craig Korn has offered to provide this help to anyone in the parish who needs it. Maybe it's not technology, but you have other needs. You might have a need for food or someone to talk with or prayer, and please call your phone tree contact or me or Ron to let us know those specific needs. But maybe it's something else. Maybe it's: doubt, isolation, loneliness, fear, boredom,. Or you might have the dreaded "too much TV disease." Or, feeling out of control because you don't know when this will end. All of these count as important needs too. Our being healthy involves physical, emotional, spiritual, mental health. Yes, **we are all struggling to get through this together, but it's not the same for each of us as our experiences in the storm differ.**

Every Tuesday, I participate in a clergy meeting with Bishop Miller via Zoom. In this meeting, Bishop Miller provides us an update on Diocesan plans during this time of the coronavirus and then each of the clergy briefly speaks about how things are going at our various churches in the Diocese. I have been sharing about our St. Francis ways of connecting: the Vestry plan, phone tree, recorded worship services, daily meditations. And I have shared about how incredible you all are in supporting one another. Bishop Miller has shared his plans for our churches (hopefully you all receiving via email his periodic letter to the Diocese) and asks for questions. This week, Bishop Miller did state that our Diocesan camp (Camp

Web) will be cancelled this summer, and he is working with the Standing Committee to perhaps hold our Diocesan Convention in October virtually (not in person). As you know, our churches are closed until at least May 31, and we are to participate in the live Diocesan Sunday worship at 10 AM, our own zoom coffee hour, and other offerings from our own churches. Other churches seem to be doing the same as ours: working hard to connect in various ways with folks at home and reduce the sense of isolation everyone is experiencing. They too are doing zoom coffee hour, and holding other recorded or live worship during the week. Bp. Miller reviewed that, in accordance with the Governor's phased guidelines (Badger Bounce Back), it won't be safe to even partially open (for groups of 10 or less, Phase 1) until we have more widely available testing, contact tracing, and PPE. (Note: There has not yet been a discussion of how we will be able to approach administering Holy Communion, but I am sure that we will have that discussion as soon as it becomes clear this will be possible.)

This week I am sending via USPS a card (another one of my watercolor paintings) to each of you. Included in that card is a short questionnaire asking you about how the approaches that your church has taken during this time of Covid19 closure are working for you, and asking you for your feedback. Please send that card back to the church (in the addressed envelope included) by the end of the month. I and the Vestry would so appreciate getting this questionnaire back from each of you. We will compile the results and share them with you, as well as make improvements.

If you are not participating in the Sunday morning zoom coffee hour (~10:45), the Monday morning book group (10:25), or the Wednesday evening prayer and bible discussion (6 PM) you are missing out. Please be part of at least one of these every week, as well as the Sunday 10 AM Diocesan worship on Youtube or FB.

Even during this strange and difficult time, I assure you that God wants you to have an ***abundant life*** (John 10:10), full of love and grace. I am so enjoying gradually getting to know many of you, and I see Jesus in you, my new friends.

In God's love, Pastor Mary

## **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.

Hopefully, 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))

## How Ron and I met by Shala Johnson

Ron and I both worked at Miller Brewing for quite a few years. Both of us were single and had a couple mutual friends. I had worked with Chris since we both started at Miller. Being that I was single she says to me I know a guy that you would really like and I think that you should meet. I was raising my son and really had no interest. I told her if he was so nice then she should date him. She says, but he is like a brother to me (and she was dating a someone). This went on for about a year or so. Well, on Monday nights there were a few of us that went to Colonel Hart's bar for Taco night. We were sitting there one night and I see a whitehaired man walk in and I said to Chris 'Did you invite Ron Johnson tonight?' Of course, she said yes. A few days later was my birthday and we always went to Jakes when it was North Ave. She invites him! Well, anyway, we all went to dinner and after dinner before I got into my car, Ron asks if he could give me a birthday kiss. And the rest is history going on 25 years this year. After driving by the St. Francis church for a few years we finally went in and were welcomed with open arms. That also is history and we are glad that we finally went into St. Francis.

## How I became a Christian by Shelly Frey

On the Christmas Eve morning of 2011, I began vomiting. Two or three times each and every hour for the next 10 days. I was admitted to Froedtert the day after Christmas. I can still picture it. The moment my life changed. The room was dark, lit by a single lamp. My nurse was perched on the edge of my bed, clipboard propped against her knees, checking me into the unit with the standard battery of questions.

At the end of the interview she asked if I'd like to see a hospital chaplain. For most of my adult life I'd actively shunned Christianity. But laying in that bed, that evening long ago I said, "Yes, I would." An hour later a chaplain arrived, we talked for a while. Later that evening she returned with a prayer shawl and a bible. I spent the next day wrapped in that shawl reading the passages the chaplain that had recommended. The chaplain, Coleen Smith, was the Deacon at Trinity in

Tosa. Her delight and pride in this piqued my curiosity, and in the end, I decided to attend a Wednesday morning service. I figured that there would be only a few in attendance. Easier to flee if it became necessary. After the service I was warmly greeted, they were glad to meet me, and welcomed me. Ben & I were surprised and impressed by my reception and he suggested we give it a try on Sunday.

Within a month Coleen and I were inseparable. She taught me of the love Christ had for me and that I was safe in his arms. That I would never be alone again. That Easter Ben and I were baptized. In the fall Bishop Miller confirmed us into the Episcopal Church.

I've never looked back, and never wavered in my belief in the love of God.

Thanks be to God, Amen

## A Prayer for the Frontliners

Heavenly Father, thank You for the frontliners caring for, protecting, and serving our communities, our families, and us. Thank You for these servant leaders, called to this work, trained for such a time as this, daily risking their own health and safety for others.

Please protect them from harm. Give them courage and strength. Draw close, Lord, and let them feel Your presence throughout the long hours they are working.

Father, please provide everything they need, both for the people they are serving and for their loved ones. Surround them with people who will help and support them and their families, even as they selflessly care for others.

You said we would face troubles in this world, but also that You had overcome it. Please work together with our frontliners, Lord, to ultimately bring about the best outcome possible.

In Jesus' Name, Amen.



## Menomonee Falls Food Pantry is

In need of the following items:

Toilet Paper – Kleenex - Napkins  
Salt  
Pancake mix  
Pork and Beans  
Can pasta – spaghetti-o type  
Canned pineapple  
Canned peas  
Soup – chunky - Progresso  
Soup – chicken noodle  
Canned Tuna  
Mandarin Oranges  
Sugar #2 or 4# pkgs



## 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: We hear so much about spirituality nowadays (as opposed to religion). What is “spirituality” to us Episcopalians?**

**A:** Spirituality is what moves a person’s faith to greater depth. It is the search for a fulfilled and authentic life that involves weaving what we believe into how we live. We, as Christians, have the Creed as our statement of basic beliefs and we see Holy Scriptures as the inspired Word of God through which God still speaks to us (see Book of Common Prayer pp. 851-853). Spirituality is very important to us as Episcopalians, and we have so many fantastic resources to draw on to aid us in our quest to go deeper. We can each spend the rest of our lives learning and practicing spiritual disciplines which can help us to live more fulfilled and authentic lives. These disciplines include inward, outward, and corporate spiritual disciplines – they range from meditation and study to service and celebration. I look forward to exploring these with you in the years to come. Meanwhile, I recommend these two books: “Celebration of Discipline: The Path to Spiritual Growth” by Richard Foster and “Spiritual Disciplines Handbook: Practices that transform us.” By A.A. Calhoun.

**Q: How do I relish my time of solitude now (with God), and not just feel trapped**

**A:** Many people feel trapped now, and this is understandable as we are an active culture. We aren’t used to being continuous homebodies. Yet, that is where we are now – and God is with us in our four walls. Solitude is a spiritual practice that is a discipline used intentionally especially by monastics to move closer into God’s presence. If you reframe your life, thinking about monks and nuns and their daily prayer practices it might help you to embrace this time of solitude. Our rhythm

of the Daily Office helps us mentally to enter into a place of peace and quiet. Other tools to help us do this are the rosary or reciting the Jesus Prayer over and over: “Lord Jesus Christ, son of the living God, have mercy on me a sinner.” In this special mental space of solitude, God shows up in unpredictable ways. I find that my times of solitude yield the peace and presence of the Lord mostly after they are over and at other times in my life (e.g., when I’m doing the dishes or mopping).

**Q: Do Episcopalians use the rosary? (*I thought that was only a Catholic thing.*)**

A: The use of prayer beads is an age old practice to help focus the mind on God and yes, is used by Episcopalians. In reciting memorized prayers over and over, while moving ones fingers along the beads, one enters into a place of receptivity to God and the minds is calmed. We Episcopalians use the Anglican Rosary (you can make your own, with beads or tying knots in a string, or buy one), which allows for flexibility in the prayers you choose to pray....but you could use a Catholic rosary too. To learn more about the Anglican Rosary, which has 33 beads (one for each of the years of Jesus’ life on earth), see

<http://www.holytrinitygnv.org/media/18376/Anglican-Rosary-Prayers-Rubric.pdf>

or this useful website from an Episcopal Church in Ohio:

<https://stmatthewsbrecksville.org/anglican-prayer-beads/>

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.

You can call into ZOOM from your telephone (cell phone or landline) with the number provided to you by Craig. No problem joining via telephone, if you can't use a computer or smartphone through the app. Please join in the Zoom St. Francis gatherings. Call or email Craig if you want some special technical help in testing zoom.

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.

**The new Day by Day is here**

They were 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)**

April 22, 2020

**For those needing healing;** Evan, Jean, Ray, Joy, Peter, Donna, Kathy, Sam,  
Deacon Nancy – (Terry and Karen with the Virus)

**For healing for long term illness:** Cameron, Tony, Sandy, John, Nick and his family, Mary, Betty, Deacon Mary, Gary, Rebekah, Pete, Diane, Jim, Lauren, Sue, Frank, Rich, Paul, Gary, Scott and family, Cherry, Rain, Brad, Alice, Terry, Brian, Helen, and all those listed on the Larum prayer chain and Episcopalians on Facebook

**For expectant parents:** Danielle and Adam and Kathryn

**For those who have died:** Sam, Tom, Don, Carri, Shirley, Deacon Ned, Corinne and Bertram

For those who have died from the Coronavirus and their families

**For employment for:** Michael, Craig, Mia, Mike, Lauren and Karen

For all members of the United States Armed Forces serving at home and abroad

For those celebrating birthdays and anniversaries in the month of April

For all the Health Care workers, CNA's, nurses, doctors and first responders, cleaners, and food service workers and cashiers who put their lives at risk everyday.