

St. Francis Episcopal Church

E- Canticle April 22, 2020

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



May the Lord richly bless you during this time when we cannot meet together at the Church. There are many opportunities to connect and worship, described here and discussed with you on phone calls and in emails. Your presence in one or more of these way of connecting is important to our community. Please provide feedback on how we can improve !

St. Francis Weekly Schedule during this time of Covid19

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

Wednesday - 6-6:30 PM for Evening Prayer via Zoom (Craig sends out an invitation via email, click on the link in that to connect)

Wednesday - 6:30-7:30pm Ephesians Bible Study - **NEW NEW NEW**

Sunday Morning - 10:00am Diocesan worship, see link emailed to you

Sunday Morning - 10:45am-Noon - Join in anytime - Coffee Hour (virtual zoom)

Monday - 10:25am - Book Study with Mother Sue, Free Conference Call

Other Worship - Pastor Mary is emailing you a link to one or two Daily worship services per week for St. Francis (she records them) and there will be a new Morning Prayer recorded by Chuck Sherry, Shala and Ron.

Reflections - Pastor Mary is writing a daily reflection and emailing that out

Phone Tree - Each week, folks in the church are connecting with each other by phone. Please discuss the daily reflections, as well as update each other as you chat. Connecting is a priority at this time.

"Be always humble, gentle and patient. Show your love by being tolerant with one another. Do your best to preserve the unity which the Spirit gives by means of the peace that binds you together" (Ephesians 4:2-3)

Jesus said **"And now I give you a new commandment: love one another, As I have loved you, so you must love one another"** (John 13:34)

Dear St. Francis,

Another busy week for St. Francis during our continuing time of being safe at home! We meet the risen Christ in our daily lives, and we meet with each other virtually for worship, prayer, fellowship through a variety of ways. I sent you a letter and a questionnaire to return, and we look forward to receiving your comments and suggestions. As you can see from the chart on the next page, your leadership team is full of ideas of how to connect.

As it appears we will be functioning as a church virtually for a while, we now settle into this new way of being and try to see the good in it. Yes, we are impatient to get back to life as usual, and yet we now need to ask ourselves: What are we learning in this time that we might want to carry into the Church in the future? Some good things are emerging, such as us connecting with some folks who we haven't connected with before, learning new creative ways of worshiping and meeting with each other, sharing deeply with each other about our experiences during this difficult time.

Ask yourself: What do you want to take forward with you from this time?

Bishop Miller has made it clear that he will be the one to say when we can reopen our churches, and this will be in accordance with the current medical evidence and the laws of the State. We will be unified as we go forward as a Diocese, with all of our churches following the same guidelines. The new "Way Forward Task Force" is being put together to work with Bishop Miller in putting together the plans for the future.

This week: something new for St. Francis! Study a few verses of Paul's letter to the Ephesians each week (see handout), and discuss them with your fellow parishioners and me on Wednesday nights from 6:30-7:15 or 7:30.

May the Lord bless and keep you,

Pastor Mary

How we, at St. Francis, are connecting with each other during this time of Covid19 being safe at home



Parish Stories

Story by Roger Wetterau

Joanne Rintelman and I were married by the first priest of St. Francis, Rev. Roland Cooper, on August 11, 1951 with the ceremony in her folks home on West Main St. I was born, baptized and conformed in the old E&R church in Germantown. That being said, then the Episcopal Bishop Hallock would not consider me a member of the Episcopal Church, but Joanne was a member. About two years later I was summoned by Bishop Hallock that I could now join the church, which I did and have been a member since. Probably not always a good member, but a member.

Joanne was an elementary teacher with July and August off. I worked in a printing firm where I received four weeks a year vacation, and I would take two more. She and I traveled around the world. We attended Episcopal services at St. Andrew's in Hawaii, St. Sabastian in Hong Kong and several times at Westminster Abby in London where I tell my friends that "I always sit next to my friend David Livingston". His remains are contained in crypt in the main Isle of the Abbey with a large brass plate (about 4ft square) covering the crypt. Joanne and I crossed the Atlantic on the Concorde at 60,000 feet—from Paris to New York in 3 hours and 20 minutes traveling 2.3 and 2.4 times the speed of sound."

Thank you, Roger. This was very interesting.

PLEASE SHARE YOUR STORIES

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 or pastormaryt@gmail.com)

Join the Diocesan Choir for
Pentecost Sunday
worship

Do you like to sing, and do you have a computer? If yes, volunteer to be part of this new choir now forming.



Prayers for the Pandemic

For When You Cannot Attend Worship

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated. I desire to offer you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. And since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and the life to come. *Amen.*

For When You Cannot Receive the Eucharist

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. *Amen.*

(St. Alphonsus de Liguori, 1696-1787)

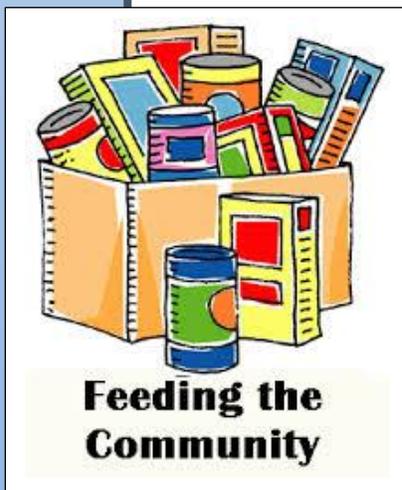
A Prayer in Time of Pandemic, Written by the Rev. Dr. Kate Sonderegger

This hour we turn to you, O Lord, in full knowledge of our frailty, our vulnerability, and our great need as your mortal creatures. We cry to you, as one human family, unsure of the path ahead, unequal to the unseen forces around us, frightened by the sickness and death that seem all too real to us now. Stir up your strength and visit us, O Lord; be our shield and rock and hiding place! Guide our leaders, our scientists, our nurses and doctors. Give them wisdom and fill their hearts with courage and determination. Make even this hour, O Lord, a season of blessing for us, that in fear we find you mighty to save, and in illness or death, we find the cross to be none other than the way of life. All this we ask in the name of the One who bore all our infirmities, even Jesus Christ our Risen and Victorious Lord. *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: In Romans 12:3, Paul says, *at the end* “each according to the measure of faith that God has assigned.” I know that he's writing in that time period, but does God assign faith?

A: Good question, and indeed historical context is important. No, but God does give us gifts and faith is a gift from God. This verse is in the middle of a whole passage about how we aren't to be conceited (i.e., think too much of ourselves). This passage is about recognizing that God gives us our gifts. We aren't to think highly of ourselves because what we have done and who we are; it's about what God has done for us. We are to have healthy self-esteem, but not overestimate ourselves or our gifts. (This is not a verse about our faith, but rather about all God's gifts to us). 1 Corinthians 12:11, tells us that faith is a gift from the Holy Spirit. We are both valuable to God and others, and we are dependent upon God. We are saved by God's grace through faith (Ephesians 2:8-9), and our faith is a response to God's love for us.

Look also at: Proverbs 3:5-6. "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

Q: I hear about how important it is for we Episcopalians to do the Daily Office. What is the Daily Office, and how do I do it?

A: The Daily Office is the historic way that we, in our Episcopal tradition, keep our lives centered on Christ. It is a rhythm (morning, noon, evening, night) that includes prayers, psalms, canticles, and lessons. This is a Covid19 wonderful time to begin this practice at home, if you haven't already included this in your routine. As you know, I am sending out Daily Office worship services each week (which my husband and myself are recording for you from our home), and in addition we pray Evening Prayer as a church on Wednesday evenings from 6-6:30 PM via zoom (call in from your phone, or computer – follow instructions given to you by

Craig Korn). For the Daily Office all you need is a Book of Common Prayer (pp 76-145) and a Bible (most of you have the Forward Day by Day, which lists the Daily Office scripture readings). Or, if you prefer, you can pray the Daily Office using the worship all put together daily by Mission St. Clare:

<https://www.missionstclare.com/english/>

(this is accessible for you via an app on your smart phone or on your computer). If or if you do not have access to these then pray the Lord's Prayer three times a day and your prayer list. If you wish to learn a lot more detail about doing and officiating over the Daily Office, look at these videos made by a friend of mine from the Diocese of Fond du lac, Fr. Rodger Patience:

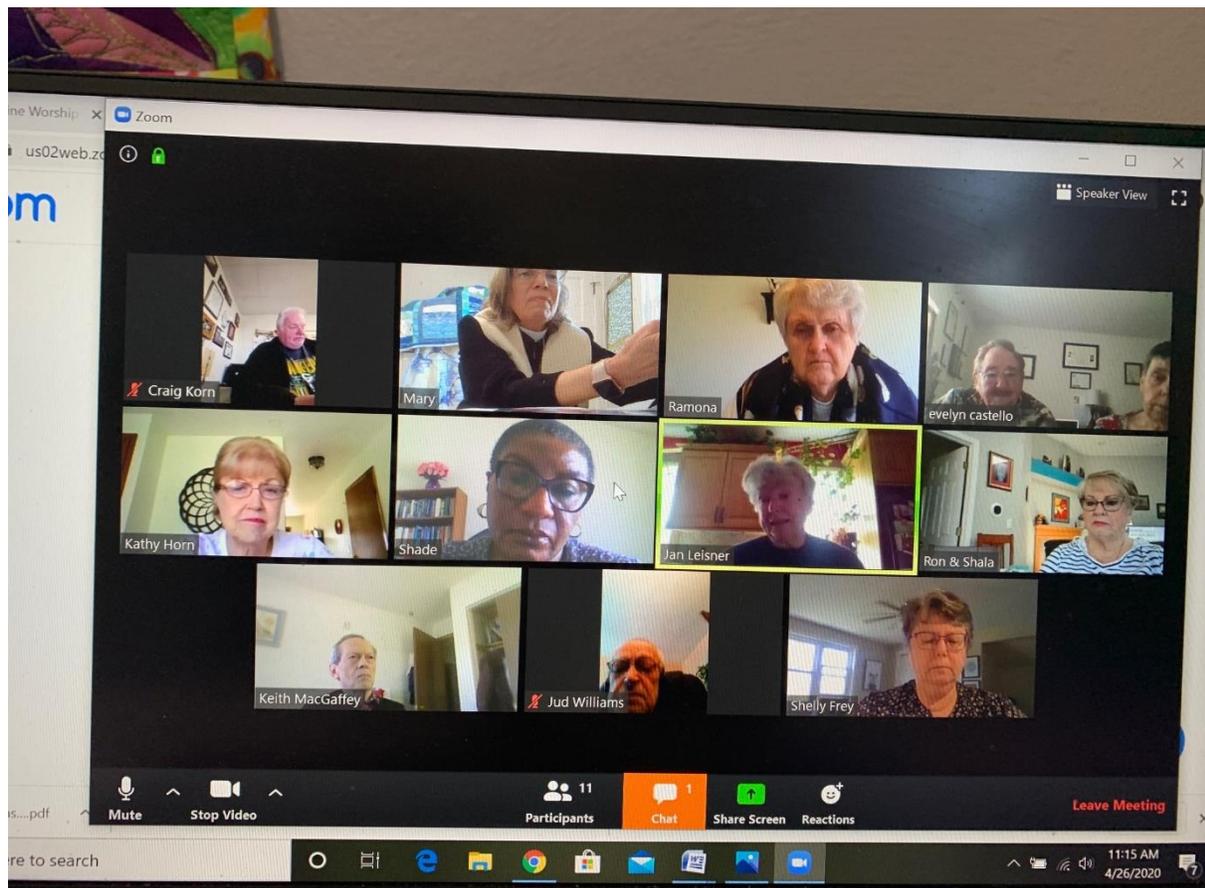
https://www.youtube.com/playlist?list=PLgC_WD8rbbW5joDO-zbIMNXGKKU--sG3Z

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

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

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.



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

April 22, 2020

For those needing healing; Evan, Jean, Ray, Joy, Peter, Donna, Kathy, Sam,
Deacon Nancy – (Terry, Karen and Jean 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.

Mailing Address:

P.O. Box 194

Menomonee Falls, Wi 53052

Church Location:

N84 W16525 Menomonee Ave

Menomonee Falls, Wi 53051

Clergy

Priest: The Rev. Mary S. Trainor

Priest Emerita: The Rev. Sue Clark

Deacon: The Rev. Ken Castello

Vestry

Senior Warden: Ron Johnson

Junior Warden: Gary Maddox

Vestry Members

Jan Leisner, Evelyn Castello

Jud Williams, JD Polley

Kathy Horn, Ramona Lewis

Connecting is a propriety

Craig Korn

stfrancisepiscopal@sbcglobal.net

www.stfrancismf.org

Instagram @StFrancisFalls