

THE GOOD NEWS OF ALL SAINTS' EPISCOPAL



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July 2004

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Rector's Thoughts

Taking Care:

Yesterday, Monday, June 28th. I deliberately delayed my morning run till around 9 AM. Earlier in the morning, I could tell that the sun was shining for a change and I wanted to run later to feel its warmth. It was such a treat. I kept thanking God, as the miles flew by, for the marvelous shine on my sun screen slathered face.

Running and weights are part of my regular routine of self-care. Prayer, daily meditation, deep relaxation techniques, a date night with my husband, good diet that includes a supplement regimen and lots of play with my pups are all part of what I do to take care of myself. Now, I don't always get it all in, but I do get most of it in a good portion of the time.

My hope and prayer for you all this summer is that you will take a look at your self-care program and see if it is adequate. For starters, I think one needs to build and maintain spiritually every day. Connect with God and keep your spirit healthy -- daily prayer is a must.

Next, what about physical health? Are you eating well or just eating ... well ... too much? Are you exercising at least 3 times a week? Do you take care of your need to have fun with another person or people? Do you take a day of rest? Many of us just don't do enough to keep body and soul happy and healthy.

Self-care may be difficult at first. It may be that you need to remind yourself daily, or at least weekly, to take care and have fun. I know for me during intense times of work, I must be very deliberate about self-care practices. It's so easy to let prayer go or skip a date night. It's easy to let one's day off get interrupted and then never reclaim it. But even I (a self-confessed working fool) take special care to try make up lost down time.

If our bodies are temples, and they are, then, we should indeed care for them accordingly. If our spirits are connected to our maker, and they are, then, we should indeed be talking to God on a very regular basis.

Be good, get mobile, have fun, and don't forget to pray. ja+

Summer Worship Schedule

Sunday
10:00 a.m. Eucharist

Tuesday
5:15 p.m. Eucharist
& Soup Supper

Thursday
8:00 a.m. Morning Prayer

Last Saturday of the Month
4:30 p.m. Eucharist with
Native American Expressions

Summary of Vestry Papers for June/July/August 2004

“ . . . leadership in the church rests on all of us, not just the Vestry.”

Christian Formation for Families is the focus of this month’s Vestry Papers, published by the Episcopal Church Foundation, which we continue to summarize here, because leadership in the church rests on all of us, not just the Vestry.

All three articles this month address Young Families, something our Vestry has wrestled with at recent meetings. Usually the discussion gets framed as a question: “How can we attract more Young Families to Church,” because we all sense that young families are crucial to our long-range future. The articles suggest that a better way to put the question might be: “How can we serve young families.”

As I read through these articles, I was struck, as I often am when I read articles like these, with how many of the ideas we are already implementing. We do have a Christian Education program with a good curriculum, creative staff, and at

least adequate facilities. We do have a staffed nursery in excellent facilities. We do have an active Youth Group, though in all cases too much of the leadership rests on too few people.

The lead article “Tending the Home Fires,” suggests ways that churches can do more to encourage worship in the home, because “What happens in the home has a greater impact than weekly participation in worship or study.” The key question is not so much “How can we get more families into church?” but “How can we get more church into the home.” Some ideas are: Offering devotional materials for the home for Lent and Advent, providing books of family prayer, sending home Church School materials for use in the home, and using the newsletter to suggest family activities and resources.

Another article, called “The Welcome Guest” brings some new variations on the old theme of hospitality and invites us to “imagine

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June Visitors ...

Ivan M.

Thank you for sharing Holy Eucharist with us here at All Saints’ Episcopal! We hope that you will join us again real soon!

July



Birthdays & Anniversaries

Larry Volk	10
Helen McEwen	13
Kathy Hintz	14
Paul & JoAnn Buriak	20
Reynold Fairweather	23
Margaret Lowe	23

If you have a birthday or anniversary this month and it’s not listed here, please call our secretary at 839-1037 and ask her to update your information.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2004

				1 8:00 a.m. Morning Prayer 11:30 a.m. - 12:30 p.m. Soup Kitchen Rector in Devils Lake	2	3
4 10:00 a.m. Eucharist	5 Rector's Day Off	6 5:15 p.m. Eucharist & Soup Supper	7	8 8:00 a.m. Morning Prayer 11:30 a.m. - 12:30 p.m. Soup Kitchen 6:00 p.m. Talking Circle	9	10
11 10:00 a.m. Eucharist	12	13 No Eucharist [--- Rector in	14 Boseman, MT -	15 8:00 a.m. Morning Prayer 11:30 a.m. - 12:30 p.m. Soup Kitchen -----	16 -----]	17 Annual Trail Ride
18 10:00 a.m. Mass in the Grass @ Oak Park	19 6:00 p.m. Vestry Meeting	20 No Eucharist	21	22 8:00 a.m. Morning Prayer 11:30 a.m. - 12:30 p.m. Soup Kitchen Rector in Devils Lake [- Rev. George	23 out of town ----	24 -----
25 10:00 a.m. Eucharist -----	26 Rector's Day Off -----	27 5:15 p.m. Eucharist & Soup Supper ----- James the Apostle	28 -----	29 8:00 a.m. Morning Prayer 11:30 a.m. - 12:30 p.m. Soup Kitchen 6:00 p.m. Talking Circle -----	30 -----	31 No Eucharist with Native American Expressions ----->

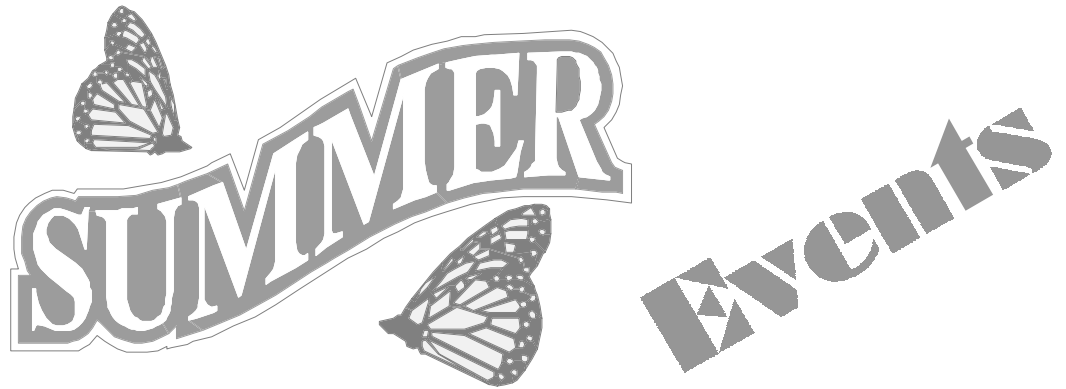
“The articles challenge congregations to give more than lip service to diversity . . .”

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being a welcome guest in the lives of all those for whom your rich, familiar, traditional, liturgical and symbolic life has little or no meaning.” The key is discernment of gifts, which too often means “plugging people in” to existing structures rather than first listening hard to determine what gifts people have that might call forth new ministries in our church. The articles challenge congregations to give more than lip service to diversity, to

“establish clarity as to how decisions are made” and to be sure that all the decisions are not being made by the “biggest pledger” or the “one that squawks the loudest.”

New families, the issue concludes, “will need hospitality, worship that embraces them, resources to take home, and opportunities to share in the leadership of the parish sooner rather than later. Most will not fit in the old mold, but that is to the benefit of all, for if given the chance, they will bring both new energies and new ideas.” gs+



Annual Trail Ride

Rev. George and Joanne Slinger will be heading up this exciting trip to the Little Missouri State Primitive Park in the beautiful Badlands.

When:
Saturday, July 17th

Mark your calendar and let Jackie or the Slingers know you plan to attend.

Sign up sheet is available in the Parish Hall.

Mass in the Grass

Summer is a wonderful time for all of us to get out of doors and worship!

When:
Sunday, July 18th
at 10:00 a.m.

Where:
(To be announced)

This is a potluck event, so bring a favorite picnic side dish.