Reflections on a Powerful Weekend  
submitted by Kathy Binoniemi

I found it very difficult to keep my own thoughts and experience with the "Island Retreat: Connecting Our Stories to the Way of Love" and then the "Revival: The Way of Love UP North" out of this article. I finally decided to stop struggling and try to convey my own reflections as well as the reflections of others on the weekend.

While the weather was absolutely gorgeous for those attending the AMEN Conference on Mackinac Island early in the week, the same couldn't be said when it came time for "Island Retreat: Connecting Our Stories to The Way of Love". High winds, cold temps and heavy rain made for an interesting ferry ride from the mainland. However, the warm greetings received upon arrival at Grand Hotel replaced the chill with anticipation.

The Retreat had 100 registrants. After a wonderful dining experience in the hotel's main dining room Friday evening (so many courses!) and a refreshing night's sleep, we gathered for Eucharist Saturday morning. The energy in the room was palpable. Bud Nedeau, Great Lakes Peace Center, The Rev. Canon Stephanie Spellers and Presiding Bishop Michael Curry gathered us, centered us and led us through a very moving service enhanced by powerful yet simple music led by Charles Murphy.

Following the Eucharist, Brad Hauff, Missioner for Indigenous Ministries for The Episcopal Church shared the realities of the suffering and injustices indigenous peoples have endured not only by the United States government but by The Episcopal...
Reflections continued

Church as well. It is a difficult but necessary conversation that continues as we recognize our role in the injustice and journey toward healing.

After lunch, we gathered again for "Telling Your Story" led by Stephanie Spellers, Jerusalem Greer, Chris Sikkema and Jeremy Tackett, The Episcopal Church Evangelism Team. Chris Sikkema had the gathering laughing as he compared our thoughts on evangelism to lutefisk - that tradition Nordic dish of dried stockfish or, dried and salted whitefish, and lye. It is gelatinous in texture. Its name literally means 'lye fish'. From the reaction of those in the room, he was right on!

The group then led the gathering through a series of exercises designed to take the fear or discomfort out of 'evangelism' by proving that our modern vision of evangelism is in stark contrast to the origins of the term.

One attendee noted "I like the definition of Evangelism that was given to us and was available on the Evangelism Initiatives cards on the giveaway table. "Evangelism: the spiritual practice by which we seek, name, and celebrate Jesus' loving presence in the stories of all people - then invite everyone to MORE." She continued, "I also think learning about Evangelism 101 was presented (in the session) primarily by lay persons because I think people often assume clergy are much more experienced in story sharing that the average congregant by virtue of the fact most clergy have some experience in preaching which involves sharing stories on many levels."

As the session progressed, we were introduced to another way to get us comfortable with evangelism - sharing our story. This exercise was done in silence and to me, seemed to bring the connection to an even deeper level. On one side of a sheet of paper we wrote a brief description of a low point in our lives. A moment we felt a turning point. We were then to write on the side the unexpected result of that moment. Did we see God's hand in the result? We were paired up and each given a chance for the other person to read the front of the card then we were to reveal the other side. Again, this exercise was done in silence. I was almost overwhelmed by the feeling of vulnerability I felt with this exercise but that feeling was quickly replaced by a feeling of warmth and assurance as you see the reaction on the face of the partner. The understanding you see in their silent reaction as you share this buried part of yourself. Another participant put it this way, "I found the Evangelism Exploratory exercises quite motivating and they left me wanting to talk with people more about what they had written down."

"The Way of Love" invites us into a spiritual practice which engages us on multiple levels in our spiritual and day to day lives. It is not a one size fits all practice. Ultimately, it invites us into a continuum of conversations with God, with our families, friends, neighbors, strangers, and those who would challenge us. It takes courage to venture to engage others in conversation on almost any topic, but especially spiritual matters. There isn't a right or wrong way to do this.

Conversations and building or nurturing relationships is at the heart of sharing the Good News. Sharing/telling our stories can make everyone feel that they are important and that what they have to say is also important.

There are many, many resources available on The Episcopal Church website. Exploratory Exercises, and Exploring Evangelism through Social Media, and Beloved Community, Storysharing Guidebook are just a couple of the resources available. The website can be found here. Click on the Resources tab on the menu bar and then scroll down to Evangelism Resources.

"What is the opposite of love? Selfishness."
~ Presiding Bishop Michael Curry
A Pilgrimage to Montgomery

Submitted by Jane Cisluycis

As a member of the Executive Council of The Episcopal Church, I participated in a powerful and moving day of pilgrimage in Montgomery, Alabama in the middle of October. In a nutshell, the Executive Council is the elected body that governs the Church in between General Conventions. It is also the board of trustees for the Domestic and Foreign Missionary Society (DFMS), the incorporated entity of the Church. Executive Council meets three times a year in various locations in the Church. During each meeting there is an opportunity to learn, grow and work on our own and collective approaches to dismantling racism. We know from the Becoming Beloved Community work we do, Telling the Truth is an important way we can work towards Repairing the Breach of racism and other brokenness within Christ’s body and our own communities. It was therefore very meaningful to have been in a place of such tragic and painful history; to see sites of terror and dehumanization; to bear witness to the shameful practice of institutional oppression and racism; and to acknowledge that our Church is complicit in this history.

We prepared in advance of the pilgrimage by reading the book Just Mercy, written by Bryan Stevenson. He is a lawyer in Montgomery and founder/executive director of the Equal Justice Initiative (EJI). Just Mercy is a compelling and moving account of his work with death row inmates, the wrongly imprisoned and juveniles convicted as adults in US prisons. In addition to the reading we attended two webinars featuring Dean Kelly Brown Douglas (Washington National Cathedral) and Dr. Catherine Meeks (Absalom Jones Center for Racial Healing) to begin to center ourselves for the day. On the day of the pilgrimage a “pastoral team” from Alabama led us through beautifully written morning prayers.

A special pilgrimage liturgy was written for our use by the Rev. Deon Johnson, a leader within the Union of Black Episcopalians (UBE). We walked from our hotel to the Legacy Museum and spent several hours there. The museum is a multi-media experience that pulls you in from the moment you step through the door. Here the history of slavery is expanded into Jim Crow, the Civil Rights movement and the on-going issues of mass incarceration. I struggle for the right words to describe being there, except to say that my eyes were opened like they never were before. One of the many moving things I witnessed in the museum was a wall full of glass jars each containing soil from lynching sites. The name and date of each person lynched on that particular site appeared on the jars. I tried to read every name out of respect and yet after a while I could not absorb any more of the pain these jars represent. We were hosted to lunch at St. John's Episcopal Church, a short walk from the museum before boarding buses to the National Memorial for Peace and Justice, which some call the “lynching museum.” It is a sacred place. Rust-covered steel pillars hang throughout the memorial. Each is engraved with a county and state in addition to the name of each person lynched in that place and time. Some pillars were engraved ‘unknown’. Again, I tried to read every name of each person softly aloud. I couldn’t name them all. My breath caught at the first of many mass lynchings that I came upon. Seventeen people were killed on that date. The memorial is primarily an outdoor structure and we walked it in the Alabama fall rain. It felt right and fitting to be in the damp with the gray skies overhead. It was a sobering rain. Our next stop was at the Church of the Good Shepherd, the oldest African American Episcopal Church in Alabama, where we were warmly welcomed. The small tidy building.

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Pilgrimage, continued

its s congregation regularly receives pilgrims as a place for reflection. Bryan Stevenson (Just Mercy) joined us at the church and spoke passionately about the work of EJI and the work ahead of us as Church leaders. He said we need to stay hopeful; we need to change the ‘narrative’ that perpetuates the system of institutional racism; and we need truth and reconciliation work, like that done in South Africa after Apartheid; And, that work should be an era of truth and reconciliation. Mr. Stevenson’s words helped me tie together the many thoughts and feelings I had during the day. It was a very special afternoon. This emotion-filled day wrapped up after dinner with closing prayers and many tears. Some people sought solitude for their reflection. I found comfort in my new Alabama friends (the pastoral team – Gary, Joe & Carolyn) with whom I now had a common bond. The work ahead for me and all of us on Executive Council is to take this day, this witness, and these learnings and make a difference because of them. The challenge ahead is sharing what we saw and felt and how we were changed—not just as individuals, but also as leaders in our communities and the Church. We were reminded before we got to Montgomery that a pilgrimage is not a field trip. Indeed, far from it. We are called as a result of this trip to be intentional about the work now required of us. I highly recommend to you the book Just Mercy by Bryan Stevenson. It is informative, moving, and for me, life changing. Please check out the Equal Justice Initiative: https://eji.org/. There you can find more information on the very important work they do. Lastly, consider a pilgrimage to Montgomery. If you would like more information, drop me a line at jane@upepiscopal.org.
Some Hard Truths Regarding Recycling

Submitted by Jacklyn Lenten

The three "R's" have been drilled into our heads for years now. Reduce, reuse, and recycle. Of those three R's, recycling seems to take precedence in our modern society. We separate fibers and rigid according to our city's guidelines and put our green bins at the end of the driveway each week, feeling like we've done our civic duty and a lot of us don't think twice about it. But, what if I told you there were actually five R's and of those five R's, recycling should be reserved as a last ditch effort? No, it's not all that complicated. Let me explain the five R's and some of the unfortunate downsides of our current recycling system.

Reduce, Reuse, Repair, Rot, Recycle

(in that order)

Ideally, as a society and as individuals, we would reduce our consumption and work with what we already have. We should focus on buying high quality goods that will last a lifetime rather than cheap items that may break or wear out after a short period of time. This might sound expensive up front, but buying a high quality cotton shirt for $25 that will last you ten years would actually be cheaper than purchasing a $3 clearance rack synthetic t-shirt that gets a hole in the armpit after just a couple of washings.

The next R, reuse, goes along with the first R. If we buy high quality goods we can continue to use these items over and over again instead of making unnecessary purchases and creating more trash. Things like reusable grocery bags, water bottles, and coffee mugs are just a few of the quick switches we can make to help us reduce our single-use plastic dependency.

Now that we're thinking more cautiously about our purchases, what happens when our beloved and expensive high-quality cotton shirt finally does get a hole in the armpit? Repair it! Get creative and do a little research. If you've never done it before, you might be surprised just how easy it is to sew a button back on your jacket or patch a hole in your shirt. Or, support your local businesses and consider taking an article of clothing to a local seamstress or a broken printer to a computer repair shop. If something is beyond the point of repair, consider yet another R, repurpose. An old t-shirt for example, could be used a rag to clean your bathroom or wash your car. Think outside of the box, you might find some fun and creative ways to repair and repurpose your items rather than tossing them and you'll probably end up saving some money, too!

The next R, and my personal favorite, is Rot!

Although, most people would refer to this as composting. Composting is a great way to keep your kitchen trash can from filling up so fast. Food scraps such as onion skins, carrot tops, apple cores, banana peels, coffee grounds, and egg shells are just a few of the many things you can compost. Even if you don't have a large yard to make an outdoor compost bin, a youtube video or two will show you how to make an amazing (and odorless) indoor compost bin. If you're not feeling that adventurous, and your community might have a public compost site. The NMU Hoop House, located behind the Jacobetti Center on Sugarloaf Ave. in Marquette is open for the public to drop off both kitchen scraps and yard scraps.

Lastly, we come to recycling. Recycling seems like an easy enough process, but there are a lot of things that go on behind the scenes that most consumers aren't aware of. If we're not fully aware of our local municipality's recycling protocol and we put the wrong items in the recycling bin, we run the risk of contaminating...
Recycling, cont.

the entire recycling bin and sending even more plastic to the landfill unintentionally. Even if our items do end up at the recycling facility, most plastics are actually down-cycled instead of recycled. This means items like our plastic water bottles are being turned into things like synthetic carpeting or arena chairs rather than new plastic water bottles. This might not seem like such a bad thing, but then new plastic still has to be created to make more plastic water bottles. In order to have a proper closed-loop recycling system, we would recycle our plastic water bottles and they would be turned back into plastic water bottles and no new plastic would have to be manufactured. This is why recycling comes at the very end of the list and items should only be recycled if absolutely necessary.

Today, there are tons of resources to help consumers understand how to minimize their impacts on the environment. A lot of the information I shared with you throughout this article I learned through books such as Plastic Free: How I Kicked the Plastic Habit and How You Can Too by Beth Terry or Zero Waste Home by Bea Johnson. If you’re interested in other ways to help the planet, don’t feel you have to change your habits in one afternoon. Every one of our actions has an impact on the environment, the challenge is choosing to make positive impacts.

Jacklyn Lenten is a junior in the Environmental Science program at NMU. She is also the co-leader of the NMU Conservation Crew.

Breaking Bread

The next Breaking Bread will take place on Tuesday, Nov. 5th at Jack's Restaurant in Rapid River.

We begin at 6 pm followed by a conversation at 7 pm. If you plan to attend, just email diocese@upepiscopal.org or leave a message at 228-7160 with Jane so that we can have enough meals prepared for the evening.

Sustainability Conference

Building a Collaborative Voice for Moral Leadership

Please join us at our 12th Sustainability Conference, Friday, Nov. 8th at Marygrove College in Detroit. Michigan Interfaith Power & Light's biennial conference gathers faith leaders, people of conscience, and members of grassroots movements to LEARN from frontline groups about their challenges and successes, to SHARE stories about experiences and initiatives from around the state, and to CONNECT with one another across divides. Join us in finding common purpose, having difficult conversations, and building a collective voice of moral leadership in our communities and across the state around clean energy, clean water, and more. Follow this link for more information and to register.

Plan Your Getaway

If you are facing a hectic schedule this Thanksgiving to Christmastime and then hope to get caught up to start in January all reorganized - this retreat may be just the break you want!

The Women's Ministry Council has planned a spiritual retreat, Feb. 21-23, at the Old Dutch Mill/Rapid River Lodge. The lodge is located east of Escanaba, and near the town of Rapid River.

The retreat will be similar to those we have enjoyed for so many years at the Marygrove Retreat Center. It will be centered on our spirituality with talks and discussions led by Bonnie Nussbaum. There will be other activities available as well, but everyone is also free to design her own retreat: all participation is entirely voluntary.

As the pace of your life picks up over the holidays, bear in mind this chance to rest, relax, and recharge - a chance to "spa" out! Plan your escape.

More information and registration details for the retreat will be available in the upcoming weeks.
Diocesan Council, Standing Committee, Trust Association, Commission on Ministry, the Disciplinary Board and the General Convention Deputation are canonical bodies of the diocese (and Church) that offer up a wealth of experience and support for our congregations, and by extension all of our diocesan family. A brief overview of each follows.

**Diocesan Council:** The Bishop is the executive head in the administration of the Diocese. The Diocesan Council participates with the Bishop in administrative deliberations and decisions between Diocesan Conventions. This includes, but is not limited to, financial oversight, employment issues, policy and guidelines, program and strategic planning. The Diocesan Council consists of the Bishop, the President of the Standing Committee, the Chair of the Commission on Ministry, and the Diocesan Treasurer as ex-officio members; a representative elected by each Region/District, and three at large representatives who shall be elected by the Diocesan Convention to serve staggered three year terms. Diocesan Council meets monthly.

**Members:**
Rayford Ray, Bishop (ex officio); President of the Standing Committee (ex officio) – as elected by Standing Committee; Chair of the Commission on Ministry (ex officio) – as appointed by COM; Treasurer of the Diocese (ex officio) – Dick Graybill

Representatives from each district – Hiawatha: Nancy Olexick; Huron: Katie Chipman-Bergsma; Lake: Shane Spellmeyer; Ottawa: Phyllis DeWitt

(3) At Large Members – each serving a staggered 3-year term – Rick Stanitis; Diane Darlington; Mary Sullivan

**Standing Committee**
The Standing Committee acts as the council of advice to the Bishop. The Committee meets at least five times a year and may be called into session from time to time by the Bishop. The Committee may also meet of its own accord, and agreeably to its own rules. In case of a vacancy in the Episcopate, the Standing Committee shall be the Ecclesiastical Authority of the Diocese in all cases except such as otherwise provided for by the Canons of the General Convention or this Diocese. The Standing Committee shall also perform all other duties as shall be prescribed by the Constitution and Canons of the Episcopal Church in the United States and by the Constitution and Canons of the Diocese.

**Members:**
Lara Bender; Kathy Binoniemi; Phyllis DeWitt; Arlene Gordanier; Susan Harries; Gwen Hetler; Charles Mineau

**Trust Association**
The Trust Association of the Diocese is a corporate body, composed of eight Members, including the Bishop, who is the Presiding Officer, and the Treasurer of the Diocese. The Trustees are charged with oversight of the Trust funds and property, both real and personal, of the Diocese, and are also charged with seeing that such funds are invested to maximize their benefit to the Diocese consistent with prudence and faithful stewardship. The Trust Association meets quarterly.

**Members:**
Rayford Ray (ex officio); Dick Graybill, Treasurer (ex officio); Peggy Frazier; Pat Galey; Jack Lenten; Tom Lippart; Pat Micklow; Ron Smith

**Commission on Ministry**
The COM advises and assists the Bishop:
(a) in the implementation of Title III of the Canons of the Church; (b) in the determination of present and future opportunities and needs for the ministry of all baptized persons; and (c) in the design and...cont. page 8
Commission on Ministry, cont.
oversight of the ongoing process for recruitment, discernment, formation for ministry, and assessment of readiness for various ministries. The Commission on Ministry consists of twelve persons appointed by the Bishop and Diocesan Council. Membership of the Commission is selected with consideration to inclusivity. The Commission on Ministry meets monthly.
Members:
Rayford Ray (ex officio); Judy Andersen; Carol Bell; Lydia Kelsey Bucklin; Carol Carson-Hull; Wyndeth Davis; Hilary Galey; Gin Mannisto; Jim Martindale; Mary Miron; Robert Railey; Suzanne Ray; Tom West

Disciplinary Board
Title IV of the Canons of the Church is for the Discipline of Priests and Deacons, and as it pertains to the practices and procedures set forth. The Board consists of not fewer than seven persons, the majority of whom shall be priests and/or deacons, but by no more than one. Others may be appointed to support the work of the Board. The members of the Board shall be appointed by the Bishop with the advice and consent of the Diocesan Council on a yearly basis. The Disciplinary Board has its annual refresher training each December or January.
Members:
Jane Cisluycis – Intake Officer
Rayford Ray – Bishop
Peg Padilla - Coordinator
Disciplinary Board Members
Karen Ettenhofer; Arlene Gordanier; Susan Harries; Karan Hendricks; Gwen Hetler; Gin Mannisto; Rick Stanitis; Mary Sullivan; Tom West
Dick Graybill and Judd Spray – Attorneys
Sue Jamison and Nancy Olexick – Conciliators
Manuel Padilla & Jim Martindale - Investigators
Kathleen Martindale & Bob Railey – Advisors

General Convention Deputation
General Convention takes place every three years in a different location usually within the U.S. The Episcopal Church is an international church comprising 17 countries. The governance of the Church is through General Convention and between times by the Executive Council of The Episcopal Church.

The General Convention is bi-cameral, meaning there are two houses: the House Deputies (the oldest house) and the House of Bishops. Bishops are members of the house by virtue of their ordination. Deputies are elected every three years. Every Diocese elects no less than 8 deputies—4 that are ordained (priests and deacons) and 4 that are not ordained (lay order). Also up to 8 alternates (with the same breakdown) may be elected. Once Deputies are elected at the annual diocesan convention, they become a deputation of the upcoming General Convention. Deputies participate for the full convention which is no less than 8 days long. The diocesan budget covers deputies' transportation, housing and meals. First time deputies attend legislative committee hearings and become oriented to the governance of the church, returning deputies typically are appointed to serve on legislative committees. There are daily opportunities to experience diverse and life-giving worship, fellowship with deputies from the other 100+ dioceses and play an important role in the Church.

Fun fact: After the Democratic and Republican national convention, the General Convention of the Episcopal Church is the next biggest.
2021 General Convention Deputies: Kathy Binoniemi; Lydia Kelsey Bucklin; Jane Cisluycis; Arlene Gordanier; Suzanne Ray; Shane Spellmeyer; Rick Stanitis
November Calendar

5th - Election Day
5th - Breaking Bread, 6:00 pm, Jack's Restaurant, Rapid River
8th - MilPL Conference, Marygrove College, Detroit
11th - Veterans' Day
22nd - Commission on Ministry, 11:00 am, Diocesan office
27-29 - Happy Thanksgiving, Diocesan office closed

Cross Roads

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