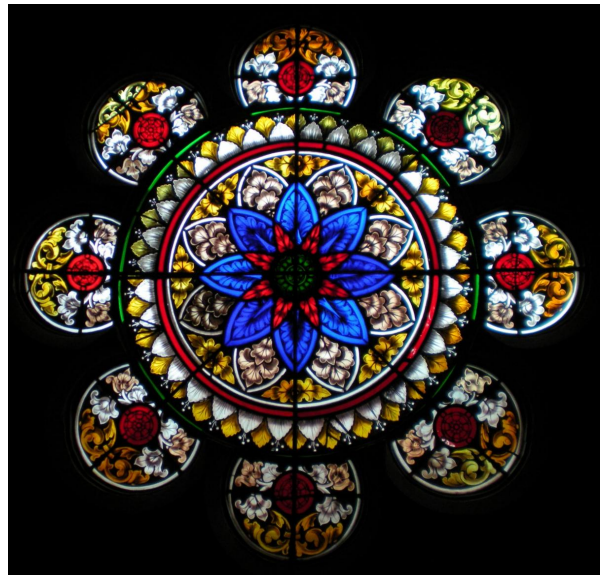


St. Paul's Episcopal Church

201 E Ridge St., Marquette MI 49855
906-226-2912

Office Hours: **Week A: Mon, Wed, & Fri**
9am-5pm

Week B: Mon-Thurs 9am-3pm
find us on [Facebook](#)



This Week at St. Paul's Aug 8- Aug 14

*Be sure to hover over and click on the areas that are in **bold print AND underlined**. They are links that will lead you to more information. When the .pdf document opens, hover over then click on the link to use the Zoom link or website referenced.*

Marna Franson- Missioner - marna@upepiscopal.org
Kris Mowafy - Senior Warden - kristenmowafy@outlook.com
Fred & Cathy Cole - Junior Co-Wardens - grecole@yahoo.com
Sierra Larson - Administrator - stpaulschurch201@gmail.com



If you would like to schedule an event/meeting/gathering for any of the Fall months, please reach out to Sierra via email (stpaulschurch201@gmail.com) or phone (906-226-2912) as soon as possible. Fall events pick up and the rooms get booked quickly!

Prayers, Presence, Gifts, Service

Stewardship Thoughts on the Lectionary Texts

+ Jesus says "Sell what you have and give to the poor." And then we usually say "What Jesus really meant was...." But what if what Jesus really meant was "Sell what you have and give to the poor"? My favorite thought on this comes from Richard Swanson -

This envisions a radical sort of interdependence rooted in exchanged poverty. It reminds me of the Lakota practice of giveaway. After a death the bereaved family gives its possessions to their neighbors and family. Stated in more revealing terms, the family gives itself to its

neighbors. If the family is to go on, the neighbors will have to carry it. Which, of course, is exactly what is required at such a moment. The giveaway reveals a basic truth of human life: no one can go on unless carried by neighbors. This is not a truth unique to a time of bereavement. Death just reveals what is always true: human life is a team sport. (I love it - not "exchanged prosperity" but "exchanged poverty"!)

Think Scrip!

A smaller congregation at St. Paul's has led to a smaller participation in the scrip program. This program has contributed over \$10,000 to St. Paul's during the last 11 years and we would like to continue to give financial support. But we need your help to make this happen! Please "Think Scrip" when you are purchasing groceries, gas, gifts and eating at restaurants.

Questions?

Call Ann Smith at 906 249-9389 or Barb Carpenter at 906 362-3875

Happening this Week

Week A

Monday 8/8:

Office open 9am-5pm

6:45-8:15pm: Meditate Marquette *Library*

Tuesday 8/9:

6-8:30pm: Meditation Group *Great Room*

Wednesday 8/10:

Office open 9am-5pm

12-5pm: Voice & Piano Lessons *Chapel*

12-5pm: String Lessons *Church*

Thursday 8/11:

Office open 9am-5pm

4:30-9pm: Queen City Ballet practice *Chapel*

Friday 8/12:

Office closed, the office will open Thursday instead

Sunday 8/14:

10:30-12pm: Holy Eucharist *Church*

Sunday In-Person Service 8/14

10:30 am

If you would like to ZOOM the service the link is below

[St. Paul's Sunday Service](#)

Our annual "Season of Creation" begins in two weeks (Aug. 21). In past seasons, our

"décor" near the altar has included various of the following: A creation-themed quilt (or other art-work) hung behind the altar; one or two animal statues (shore birds have been popular among them); one or two plants; photos. Submissions should be at church by Aug. 20. Questions-- ask Bob Railey

Want to Bake Bread For Eucharist?

Here is a perfect ministry for someone who likes to bake: baking bread for Sunday Eucharist. Are you interested? It can be baked ahead of time and frozen. Would love to have a small team of bakers. Stop by the sacristy to look at the recipe if you like. Let Marna, Sierra, or Marcia know if you are interested.

Now that we have resumed Sunday Coffee Hour, please note that there will be an "I-Can" for your space change. The collection will go to Messiah Lutheran Church Asylum Task Force to assist them in supporting a family from Honduras. Look for the can with the Honduras flag!



The Advent/Christmas liturgy planning meeting scheduled for Wednesday, August 17th has been cancelled and will be rescheduled at a later date. The new date will be posted as soon as possible!

JOIN US AS WE CONTINUE THE CONVERSATION



COMMUNITY TASK FORCE: YOUTH WELLNESS IN OUR LOCAL COMMUNITIES

Topics of Discussion:

- Regional Youth Psychiatric Services
- Mental Health Services
- Diversity, Equity and Inclusion
- Social Emotional Learning
- Behavior Management Strategies



**FACILITATOR:
JODI PFARR**

**SAVE
THE
DATE**

Reserve your spot using the QR Code below
or at this web address:

<https://tinyurl.com/MQTYouthWellness>

**RAMADA INN - MARQUETTE
AUGUST 10, 2022 FROM 9 AM - 3 PM**

LUNCH WILL BE PROVIDED

For more info or to become
a sponsor call (906) 226-5109



Scan me
to RSVP

A Community Task Force is being convened to work towards Youth Wellness in our communities. Above you can see the flyer. All are welcome to participate

Outreach Ministry of the month for August is Cedar Tree

Institute/ Water Stewards. Jon Magnuson will be the preacher on Sunday August 28th and will update us on "Interfaith Water Stewards II and the collaboration with Interfaith Wild Church, the Episcopal Diocese of Northern Michigan, the Northern Great Lakes Synod (ELCA) and Messiah Lutheran Church.

SUMMER TIME = NEW ROUTINE TIME!

The rigors of bi/tri weekly dance classes and countless hours of rehearsals have stopped for the summer. Many Queen City dance families are making it a point to get outdoors, spend more time with families, maybe travel etc.

But September will be here soon enough which will put us all back in the dance studio, at rehearsals, performances and more, so what do WE do to keep in shape during the summer months?

- Get outside and walk; put a little power behind that walk. Pump those arms.
- Stretch your legs prior to and after a run, walk, or long drive and hold that stretch. Bend over and just hang as long as you can, like a rag doll. Lengthen those hamstrings while stretching your back!
- Stuck in a hotel? I use the fitness room every day!
- Camping? Take a walk through the woods, around the campground doing all of the above.
- Row a canoe, kayak; sitting up straight the entire time!
- I have a whole year of fire wood to get ready, chopping and stacking as well as hoeing my garden every couple of weeks. UPPER BODY!
- Another option is to do a plank pose and hold it! Lay flat on the floor face down, then hold yourself up by placing your forearms on the floor and pushing your toes into the floor. You will be holding your body up off the floor, flat like an ironing board. Upper body, back, abs and more are all working!
- Finally, dancers can't sit still for very long; we all will be back at St. Paul's for summer classes starting Thursday, July 14 for the rest of the summer.
- Maybe find a class as well such as yoga, stretch, ballroom, or fitness. Either way, let's keep moving, relish our summer together and our "new" summer fitness routine!

In dance,
Deborah



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