

St. Paul's by-the-Sea

Weekly news & updates

June 4, 2021



Blessed are those who keep his testimonies, who seek him with their whole heart...
PSALM 119:2, ESV



A Prescription for Your Spiritual Health

With thanks to Pastor Megan's blog on the Methodist website.

1. Attend worship

In Ephesians 5:19 it says that we must "Speak to one another with psalms, hymns and spiritual songs". According to Canon Spellers, "Worship should place us in the right relationship with God and each other." We say it at the beginning of our service—"I can hear the brush of angel's wings".

2. Study the bible

Psalm 119:105 says "Your word is a lamp unto my feet and a light unto my path." Studying the bible illuminates our way in the world by learning from Jesus. I have found it most useful as a bible study group. Reading the spiritual literature is also helpful. Henri Nouwen, catholic writer, and prophet is one I find most useful.

3. Pray

Romans 12:2 says that, "We should not conform to the pattern of this world but be transformed by the renewing of our minds." In prayer we are acknowledging that God has the power to renew our minds and through prayer we are formed into God's image instead of the pattern of the world.

4. Invite someone to lunch after church

Throughout the bible Jesus is found eating with people. This is such a simple way to connect with people.

5. Use words that build up

In this day it seems acceptable to say just about anything. However, Paul teaches us in Ephesians 4:29 that our words should be used to build up. Make sure that what you say will benefit those who are listening.

6. Be in Mission

It is simple: Do something for someone who is in need.

7. Love one another

"A new command I give you: Love one another. As I have loved you, so you must love one another." -John 13:34. As Canon Spellers describe it: "Love rests at the heart of God."

This is an excerpt from a special offering entitled "The Body of Christ," written and presented by Paul Rogers, M.D., one of our lay worship leaders, on Sunday, May 30, 2021.

Coffee Hour Returns

Beginning this Sunday, we will have a time for fellowship after the Sunday service. Finally, we are able to be together again and share time with our church family, as well as meet the visiting priest on Sundays when we have Holy Communion. We will gather on the second floor where coffee, tea and donuts will be available in the kitchen area.

As this is a weekly event, volunteers will be needed to keep it going. There is a sign up sheet on the counter. We are starting out slowly, offering only coffee, tea, and some kind of snack. Food must be individually wrapped or distributed by the host wearing vinyl gloves.

Please join us!



Want to Join Our Lay Worship Team?

Summer training sessions announced.

The Bishop's Institute is excited to be able to offer face-to-face training once again and are pleased to announce summer training opportunities for Eucharistic Minister Training. There is no charge for any of this training.

Eucharistic Minister Training

When and where?

A. June 26 (9 am - Noon) at Bishop's Institute, St. Paul's, Hebron Site.

B. July 10 (9 am - Noon) at Bishop's Institute, St. Stephen's, Earlville Site.

What does a Eucharistic Minister do?

A Eucharistic Minister is a layperson, licensed by the bishop, to administer the Consecrated Elements at a Celebration of Holy Eucharist. A Eucharistic Minister shall act in concert with and under the direction of a Deacon, if any, or otherwise, the Member of the Clergy or other leader exercising oversight of the congregation or other community of faith. Training participants must be confirmed members in good standing.

Participants should obtain and read *Manual for Lay Eucharistic Ministers: In the Episcopal Church* Paperback by Beth Wickenberg Ely, available from Amazon or Barnes and Noble online.

How do I become involved?

Contact Dee Rinehart with questions and to register for the training: director@bishopsintstitute.org.

The next meeting of the Book Club will take place on Wednesday, June 16 at 4 p.m. We will meet at Windmill Creek Vineyard & Winery 11206 Worcester Highway, Berlin.



Anyone is welcome to join us. We will be planning future meetings and books to discuss. If you like to read and enjoy getting together to talk about books, please consider joining the club.



**June 6:
II Pentecost**
Rite II Holy Eucharist service with music,

officiated by the Rev. Dr. Frieda Malcolm.



**June 13:
III Pentecost**
Rite II Holy Eucharist service with music,

officiated by Pastors Blake & Karen Wamester.

June 20: IV Pentecost

Rite II Morning Prayer with music, officiated by our Lay Worship Team.

Click here for a PDF version of the 6/6/2021 bulletin so you can follow along.



Church Online

To view the May 30th Morning Prayer service, **click here**.



Birthdays

Sally Rutka (6/8)
Kaitlyn Johnson (6/10)
Linda Barrett (6/11)

Worship Leaders Schedule

This Week - June 6, 2021

Celebrant: The Rev. Dr. Frieda Malcolm
Reader: Dan Harris
Altar Guild: Amanda Cropper, Kay Ayres
Ushers: Dan Harris, Karen Gordon
Counters: Nancy Knots, Debbie Shuster

Next Week—June 13, 2021

Celebrants: The Pastors Blake & Karen Wamester

Reader: Dan Harris

Altar Guild: Amanda Cropper, Kay Ayres

Ushers: Amanda Cropper, Kay Ayres

Counters: Amanda Cropper, Amy Rothermel

[Click here to view the Parish Calendar](#)

