

Grace Episcopal Church

What We're About at Grace

Our Attitude:

"At Grace Church doubts are ok, questions are welcome, please come as you are."

Our Mission:

"To Make Disciples who Spread the Good News of Christ in Jamestown & Beyond"

Our Vision:

"To become a congregation of disciples who experience God, who walk together in love, and who live out the mission of Jesus in our daily lives."

Our Rule of Life:

[also known as the Six Marks of Discipleship]

- + Pray Daily
- + Worship Weekly
- + Read the Bible Daily
- + Serve at Grace and Beyond
- + Relate with Others and Build Spiritual Friendships
- + Give Generously

Staff and Leadership

Bishop of North Dakota

The Right Rev. Michael Smith, D.D.

Interim Pastor

The Rev. Christian Senyoni, O.P.

Priest Associate

The Rev. Bart Davis

Senior Warden: Mike Rhinehart

Junior Warden: Tish Johnson

Treasurer: Mary Rhinehart

Secretary: Kim Kapp

Vestry Members:

Susan Bjerke Kathy Davis

Susan Lippert Casey Stoudt

Cindy Ault Diane Witzig

GRACE NOTES

April 2016

Dear Grace Parishioners and Friends,

This April, we find ourselves in the midst of Easter celebration and moving towards Easter season, this becomes a unique opportunity for many to renew their commitment to God. We listened to Holy Scriptures throughout Holy Week and Easter, especially the unforgettable parts that are not so pleasant. Sadly we are repelled by the terrible sufferings of Jesus. This propels me to discover the deeper aspects of Easter: An ultimate divine triumph over death. It also clears a path for believers to look ahead with renewed hope, not because of a sense of optimism in high gear but because of the fact that with God nothing is impossible. This is why during Easter season we are invited to deepen our acquaintance with the Master Jesus - who holds His healing hand out to us, offering us a much richer sense of life, the experience of greater Love. Try to make deeper contact with Him, so that we may grow to know him more. May this season remind you of God's greatest love for you! This past month, as I travelled to other parishes in the Diocese, I was reminded of God's love for humanity despite our human condition and our need to let God descend into our lives to enrich our spiritual lives.

"Come as you are" For this we need to welcome him in our thoughts, conversations, and within our very personal chambers. As I mentioned before, I have no doubt the presence of God is in our midst. I keep learning from God each day. As we draw closer to the end of the transition in our parish, I want to encourage you with God's word. Isaiah 40:31: *"But those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not grow weary; they will walk and not faint."* I sense that God is telling us to trust Him in our journey. I also wanted to remind you again that we are here for you. We have an open door policy, should you have any question or need us for anything, and we are always here for you. Please feel free to call Father Bart or myself, we would be happy to speak with you.

Let us pray: *Use us O Lord, in our daily walk with you and enable us, with your grace to do everything for the love of you.*

Father Christian

DISCIPLESHIP CORNER

Gardening is Good for the Body and Soul

The first humans, Adam and Eve, wandered and cared for the Garden of Eden alongside God. There is no reason we cannot do the same thing; as a matter of fact, there are many reasons for us to do just that. Whether you have an acre of plants or a potted geranium, you will gain a sense of well-being from the experience of growing a plant.

Here are some of the identified benefits of gardening.

1. One's overall sense of well-being is enhanced and a garden provides a retreat from the stress of a busy, noisy world.
2. The Garden of Gethsemane offered Jesus a spiritual retreat during his soul wrenching prayer prior to arrest.
3. Viewing living plants reduces fear, anger, tension and blood pressure.
4. Improvements are seen in mental fatigue, stress, and life satisfaction and outlook.
5. Enhances coping with and recovery from stress, improves the ability to recover from illness and injury, and restores the body.
6. Improves productivity and concentration.
7. Vegetable gardens produce fresher, healthier, more nutrient rich foods.
8. Gardeners and their families eat more fruits and vegetables.
9. There is less exposure to chemical fertilizers and pesticides.
10. Increases physical activity and exercise in general.
11. Provide social opportunities.
12. Teach life skills to children including gardening skills, cooperation, respect for growing things and nutrition.

Revel in creation this summer with your own garden or share a garden with another person.

References

<http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/environment/nature-and-us/what-our-relationship-nature-0>

http://www.gardeningmatters.org/sites/default/files/Multiple%20Benefits_2012.pdf

http://msue.anr.msu.edu/news/what_are_the_physical_and_mental_benefits_of_gardening

~ Sister Pamela Pranke OPA, RN, MSN –Health Ministry

Gardening with Grace:

Youth Garden and Bible Study Continues

Last summer God blessed us with the success of a new program idea, combining gardening with a summer Bible study experience. This year we plan to build on this success by expanding the number of children and getting more adults involved.

The heart of the project is three raised garden beds where the children will raise vegetables for their own consumption and to share with others. With guidance, the children will select the vegetable varieties, prepare the garden for planting, plant the seeds, care for the garden and harvest the vegetables. Adult volunteers will guide and supervise the children and oversee the garden. Our Lord, Jesus, used numerous parables and metaphors to explain the Christian life and the relationship between the Almighty and His children. From planting seeds, germination, cultivation, pulling weeds to harvest, Bible lessons will be illustrated and lived.

The children learn to respect the connection between our food and the land. This includes intimate involvement with each step of the process from garden planning, preparation, seed selection, plant care, harvesting, and distribution of the harvest and preparation of the food using great tasting recipes. Children who grow their own food eat more vegetables.

We need your help with guiding the children in this endeavor and hope that they inspire you with their enthusiasm. Let us know how you are willing to help and when you are available.

Please refer children you know, ages 3-12 years.

Please contact Lisa Lang, Brandy Watson or Sr. Pam Pranke OP to volunteer on a regular basis or even just one time.



What She Found

Brandy Watson

What she found among the dandelions on a bright
sunshiny day
Beside the babbling brook where the grass and cattail
sway
What she found among the swimming ducks, bobbing
for their meal
Was the soothing calm that finally allowed her mind
to just be still

What she found among the little ones, chubby hand
held high
For snuggles in the rocker as she sang a lullaby
What she found among the giggles and among the
mischief too
Was a joy that caused her spirit to soar and happiness
anew

What she found among the starry nights, when light
seems oh so far
When darkness threatens to overwhelm the stoutest
of all hearts
What she found among the moonlight, its gentle
guiding light
Was the courage to fight and find her way through
the darkest night.

What she found through all her journeys may come as
a surprise
She found God's presence everywhere she dared to
lay her eyes
She found him in the sunshine, in the dark, and in the
rain
She found him in the calm, the joy, and yes, even in
the pain

What she found, is that God is not only found within
a pew
That He is found in sunsets, laughter, a web beaded
in dew
He is found in darkness, tears, and through the pain
and strife
She found His love sustaining her throughout all of
her life.

Notes from Marilys:

Please remember your **Coins of Thankfulness**
for your "**Little Blue Box**".
UTO Spring Ingathering Sunday
will be **May 15th**.
Marilys will collect boxes on that day.

May 8th and **May 15th** are
still available to give **flowers**.

Our **Jamestown Area Grief Support Team (JAGST)** is hosting a grief support group for anyone who has lost a loved one, either recently or in past years. The group will meet once a week for 6 weeks beginning **Thursday, April 7th at 7:00p at Grace Episcopal.** (Please use East door)

The event is free and open to everyone, but registration is required. Participants should plan to attend all six sessions.

To register for the group or for more information, please call **Diane at 701-320-4915** or **Eileen (evenings) at 701-269-4521.**

We ask for preregistration because we want to be sure we have enough hand-outs for all participants.



Ladies' Night Out *NEW DAY*

Tuesday, April 19th – 7pm

It is our "**Speaker and Sundaes**" evening of fun at Grace Church! Come listen to our very own **Brian Lang** speak on Feminism. We'll top it off with chocolate, caramel, and strawberry sundaes!

Bring a friend!



If you would like to listen to a Sunday sermon again, share it with someone else, or hear the ones you've missed, go to our website

<http://www.graceepiscopalchurchjamestown.com/>

and click on the Sermon Drop button.



Grace Church Calendar April 2016

Sunday	Mon	Tues	Wed	Thu	Fri	Sat
3 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	4	5	6	7 Hymn Committee 6:00p	8 Evening Prayer 5:30	9
10 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	11	12	13 Holy Eucharist 5:30 Confirmation Outing in Valley City 3:00 Vestry 7 pm Bible Studies Noon, 6 pm and 7:15	14	15 Evening Prayer 5:30	16 Jamestown Community Prayer 10-10:30a
17 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	18	19 Ladies Night Out 7:00 *Note change in date*	20 Discipleship Study 2:00 Holy Eucharist 5:30 Confirmation *Final Class* 6:00 Vestry Meeting 7:00 Bible Studies Noon, 6 pm and 7:15	21	22 Evening Prayer 5:30	23
24 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	25	26	27 Evening Prayer & Healing Eucharist 5:30 Bible Studies Noon, 6 pm and 7:15	28	29	30



He is not here; for He is risen, as He said.
Come, see the place where the lord lay. ~Matthew 28:6