

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: Chuck Ault

Junior Warden: Tish Johnson

Treasurer: Casey Stoudt

Secretary: Kim Kapp

Vestry Members:

Susan Bjerke Kathy Davis

Susan Lippert Alan Pranke

Cindy Ault Mike Rhinehart

Grace Notes *January 2016*

Dear Grace Parishioners and Friends,

We have now stepped into the New Year 2016! There is so much to be thankful for and also about the same to bring into the Lord's hands ahead of us. It is this journey that often enough when we look back, we can't help it but see what went wrong yet also without forgetting what went right. In the beginning of last year, by believing God at his word, we began little by little to do things as a response. This is what Dr. Joy reminded us of at one of our Wednesday mid-week services that we serve a faithful God who always accomplish what he sets out to do. Therefore we have reason to trust in His word.

I believe there is clear evidence that God led us this past year. In this New Year, we will continue to listen to God; grow closer to Christ, and hopefully be evermore determined to be faithful to our mission, which is: "*Making Disciples of Christ*".

It is within this noble endeavor that most people come to meet our Lord Jesus Christ. The greatest thing I have appreciated when I became a serious believer was the closeness of brothers and sisters to me. This parish has been such support for me and my family, indeed friends in good and bad times. I couldn't have asked God more! When our mutual prayer requests are shared with the same urgency and compassion, we know that Christ is in the midst of us. This is what I call "raw" Christianity: we recognize Christ in each other. This is precious, and we need to guard it at all cost because of the evil one. We must be vigilant in our personal and corporate prayers. Anytime, consider using your Book of Common Prayer for daily devotions for individuals and families on page 136. Also consider joining any of our Bible studies meeting at different times for your convenience. I look forward to studying the Bible with you in this New Year.

Thank you all who have served God tirelessly, pitched in when needed, Grace Church is a better place to be, because of you. I am looking forward to working with you for the remainder of this transition period as we wait together for what God has in store for us and our parish. The vestry has been pleased with having monthly focus after our parish

successfully raised funds for Episcopal Relief Development, 11 goats were purchased to bless a few families this Christmas season. This January monthly focus is "Health and Wholeness". At Grace we care! I am also looking forward to our annual meeting as we vote for new vestry members after the combined service on January 24th; we will share potluck that day.

God is good! All the time! May the New Year 2016, bring us into a much closer contact with Jesus! May our Parish prosper in the knowledge of our Lord Jesus Christ and be a blessing to others. I pray that in addition to serving God, that as a church we would grow closer, and serve each other. May we be a beacon of change in our community and be not afraid to venture by faith into new territories. I pray a blessing on our parish members, family and friends. May this year be a year of progress especially spiritual progress.

Loving you in Jesus Christ,

Fr Christian

Unity Service, Potluck and Annual Meeting

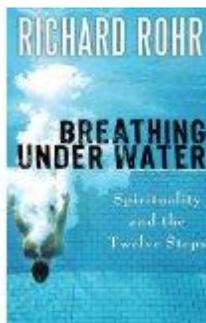
Our annual winter Unity Service, Potluck, and Annual Meeting will take place on January 24. There will be only one service this day at 10:30am. There will be no 5pm service. Please mark your calendars for this important occasion in the life of our parish family.



Everyone Brings Something to the Table.



All committees and groups are asked to provide a short report to include in the Annual Report Booklet. Please email your reports to Cindy Ault (cault@uj.edu) by **Jan 17th**.



Bible Study based on the book, *Breathing Under Water* by Father Richard Rohr OFM

Study resumes January 13th at 7:15p.

This study will continue every Wednesday for 12 weeks. Men are strongly encouraged to participate in this book study!

"Most addictions are not substance addictions (alcohol, drugs, food, consumer objects, etc.), but process addictions (patterns of thinking and reacting). Spiritual traditions at their higher levels discovered that the primary addiction for all humans is addiction to our own way of thinking." ~ Richard Rohr

The book [Breathing Under Water](#), in Kindle or paperback, may be obtained from Amazon.

Ladies Night Out!

Our first monthly social begins on January 21st at 7:00 pm. We will gather at the church for a quick meet and greet followed by Pie at Perkins.

This monthly group will meet on the third Thursday as a "night out" for all the woman of Grace Church. Monthly events will vary in context and activities. This is an opportunity for women to get better acquainted, share laughter, and unite as Christian Women!

Gardening with Grace

We are happy to announce that Sister Pam Pranke has fulfilled the requirements of NDSU-Extension to be certified as a Master Gardener. The Grace Garden was her internship project. She receives her certificate on January 15.

Grace on Campus

On Tuesday of final exam week, Grace on Campus offered "Moms and Cookies" to students at the University of Jamestown. Thank you to everyone who provided cookies and to Susan Lippert, Sue Bjerke and Carissa Hubbard (acting as an "assistant Mom") for serving cookies and hot cocoa to more than 70 grateful students.

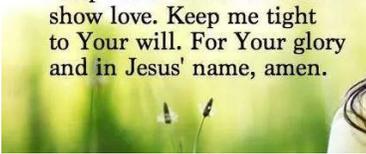
Discipleship Corner: Out with the Old

Sister Pamela Pranke OP

Dear LORD,

Create in me a clean heart
and renew a right spirit
within me.

Help me to live this week
in the power of Your grace.
Help me to know love and
show love. Keep me tight
to Your will. For Your glory
and in Jesus' name, amen.



Out with the old, in
with the new. A
new year begins and
the old year is past.
Let bygones be
bygones. It's all
water under the
bridge. When a new
year begins, we
often resolve to
replace an old habit
with a new habit.

As Christians, let's apply this to life with one another by asking ourselves whether we are carrying some old grudges or personal irritations into 2016. Let's admit it, we humans are sensitive beings who are easily offended, yet have a tendency to overlook our own faults. In Psalm 19:12 we read, *"who can tell how often he offends? Cleanse me from my secret faults."* While there are some mean-spirited people who intentionally offend, most of us do not intentionally offend others, yet we do. None of us knows how often we offend; these are our secret faults, and everyone has them.

Listen to what Jesus says about this in Matthew 7, *³Why do you see the speck in your neighbor's eye, but do not notice the log in your own eye?⁴ Or how can you say to your neighbor, 'Let me take the speck out of your eye,' while the log is in your own eye?⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbor's^[c] eye"* (NRSV). When you find yourself ready to complain about another, that is a cue to look to yourself for your personal faults and offensive behaviors.

As is so often the case with sinful behavior, the Lord's Prayer is the perfect tool to help you put this into practice. "And forgive us our trespasses, as we forgive those who trespass against us" (BCP). Here lies one of the key principles of living life as a disciple of Jesus.

Of course, all of this is easier said than done. We can only hope to put this into practice by placing all things into God's hands through prayer and by supporting one another in these efforts.

Mission and Outreach: Grace Got Gads of Goats!

As part of our Advent giving this year, the Mission and Outreach Committee set a modest goal of collecting \$80 to send to Episcopal Relief and Development for the purchase of a goat for a family in a developing country. We were already asking for donations to the Advent boxes and didn't want to overwhelm people with requests to donate more money. We are pleased to announce that between the money that was put in the bowl by the picture of the adorable baby goat, checks that were placed in the offering plate designated for the goat and direct purchases by a couple of families, the congregation of Grace Church contributed enough for not just one goat, but for ELEVEN of them!

Thank you also for your donations to the Advent boxes and for writing Christmas cards to send to prisoners

Classified Ads

Wanted: Chairperson needed for Hospitality Committee for 2016. Must have organizational skills to coordinate fellow church members to provide refreshments or work social events such as Block Party, Advent Party, funerals, SNP, etc.

Salary: Stewardship Benefits: Joy of Giving

If interested in this position, please contact Susan Lippert at 701-952-9375 or Father Christian.

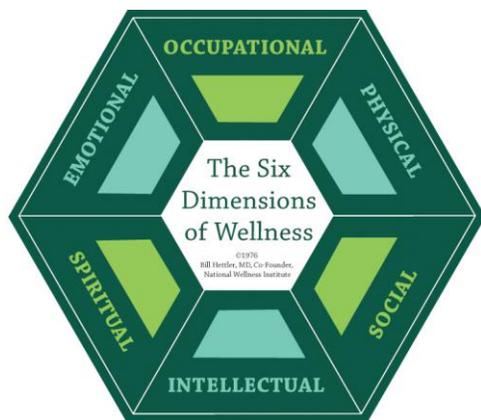


Let's Talk About Health

Everyone wants to be healthier? Right? We want to eat better, exercise more all for the purpose of looking good, and living longer and healthier lives. These are worthy goals, but there is so much more to health than what we read about in the popular media. Just what does it mean to be healthier? And why talk about health in the context of a church?

The National Wellness Institute describes health/wellness using six dimension that include occupational, emotional, physical, spiritual, intellectual and social dimensions.

http://www.nationalwellness.org/?page=Six_Dimensions



From these various definitions the concept of holistic health comes into focus. In order for a person to be healthy, all wellness dimensions of a person's life need to be taken into consideration. For example, if someone sets a goal to lose ten pounds this year, that person needs to address all six dimensions of wellness in order to have the best opportunity for success.

Let's apply this model to the goal of losing ten pounds.

- Occupation: Is there an opportunity to exercise during breaks? What types of food are available in the work setting? Is there social support in that work setting?
- Emotional: Are there emotional barriers or supports to weight lose? For example, a time of unusual stress or depression may not be the best time for establishing a weight management program. Is there a pattern of

emotion triggered food response such as eating chocolate when stressed? Are emotional affirmations in place? What emotional attachments are present related to weight?

- Spiritual: In what way has God been a source of support when making important changes? Will a 12 Step program be of value? Are others praying for God's grace in making the changes necessary? How does the health goal allow us to better serve God?
- Intellectual: What kind of knowledge base does the person have about nutrition and weight loss?
- Social: Life style changes are more successful with social support. Is that support present? Is it possible for the person to participate in a socially based program such as Weight Watchers or My Fitness Pal?
- Physical: Are there other health conditions that need to be taken into consideration such as diabetes, gluten-intolerance, medications, or pregnancy, for example.

We do want to be healthy in mind, body and spirit, all for the glory of God. Our chances of success may be enhanced through careful assessment and attention to the six dimensions of health. Let's support one another in achieving our health goals.

~ Sister Pamela Pranke OP RN MSN, Health Ministry

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 January 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 Holy Eucharist 5:30 Confirmation 6:00	7	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 Discipleship Study 2:00 Holy Eucharist 5:30 Confirmation 6:00 Vestry Meeting 7:00 Bible Studies 6 pm and 7:15	14	15 Evening Prayer 5:30	16
17 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	18	19	20 Discipleship Study 2:00 Healing Eucharist 5:30 Confirmation 6:00 Bible Studies 6 pm and 7:15	21	22 Evening Prayer 5:30	23
24 10:30 am Unity Service and Children's Sunday School *Annual Meeting and Potluck following Service	25	26	27 Discipleship Study 2:00 Holy Eucharist 5:30 Confirmation 6:00 Bible Studies 6 pm and 7:15	28	29 Evening Prayer 5:30	30
31 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group						