

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

October 2015

Dear Parishioners and Friends of Grace Church, School has resumed for the fall and our Sunday school activities are in full swing. I am very pleased to see all our children in Gardening with Grace Project enjoying learning opportunities of the many themes that were presented while gardening over the summer and now soon coming to a close. I am also thankful for the amazing help we have had with many of our fabulous volunteers who took part in the teachings and I will share with you that in my own home, my children would come and tell us great stories behind lessons learned. They told me that they enjoyed the farmers market trip and learning how God is behind all the plant growth around us.

How wonderful it is for our community also to see what God is doing in our midst. We have a number of activities lined up for us and are preparing for even more in the month of October. I am excited about the preaching series in the letter of James to share God's word together through offered Bible studies. Please join us, invite friends and family: I know how it feels to be exhausted after a long day full of activities, but it feels so good when something gets accomplished. We enjoy sitting and relaxing yet, often enough, we do not reflect on the journey we have just had, recalling God's profound and silent nudges to follow his lead in the journey. God knows that we need these brief moments of rest and prayer so that we may be fully recharged for the following day. I think we are on a similar journey.

I have full confidence in God's plans for Grace Church (Jeremiah 29:11). He has called all of us to shine God's Kingdom in Jamestown and beyond. Our journey are unlike any other, it is a personalized one that God has put us on, one that is a mystery because often we do not have answers, yet we move along by faith knowing that a walk with God is a sure and a safe one. My hope and prayer is that we would continue to keep moving ahead with God, even though we know that in any journey the likelihood of obstacles is always high, yet trusting in Jesus Christ and getting to know him even more. When it happens that we stop and worry, I pray that we would persist and continue again our journey. Jesus said: "I will be with you till the end of the ages" Jesus keeps his promises. This is reassuring to us.

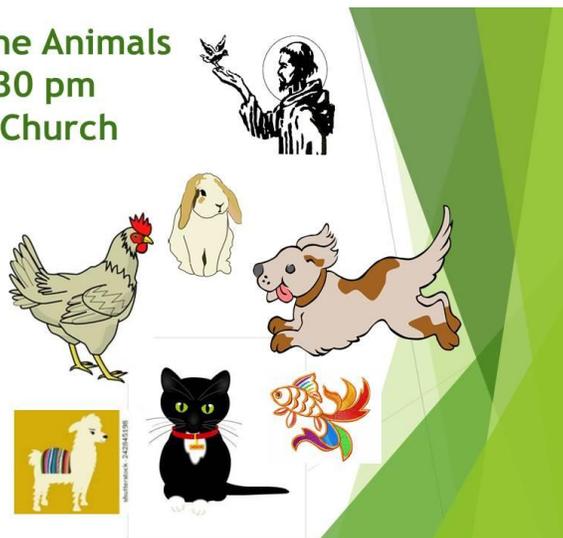
I like very much Phillips Brooks prayer published by Forward movement: “O God: Give me strength to live another day; let me not turn coward before its difficulties or prove recreant to its duties; Let me not lose faith in other people; keep me sweet and sound of heart in spite of obstacles or meanness; Preserve me from minding little stings; Help me to keep my heart clean, and to live so honestly and fearlessly that no outward failure can dishearten me or take away the joy of conscious integrity... Inspire me with the Spirit of joy and gladness in the name of the strong deliverer, our only Lord and savior, Jesus Christ. AMEN”.

Annual Blessing of the Animals October 4 at 2:30 pm Grace Episcopal Church

Bring Your Pets to be Blessed

Any and all pets welcome

- ▶ Receive a goodie bag
- ▶ Meet animal lovers
- ▶ If it rains, event will be held inside the church
- ▶ 405 2nd Ave NE
- ▶ Jamestown, ND 58401-3308
- ▶ Telephone: 252-4499



As part of our yearly stewardship drive our church community is participating in Meals on Wheels. We have a sign up sheet in the Parish Hall for October 17th, 18th, 24th, 25th, 31st. It takes about a half hour to deliver these meals. We need at least five families for each of those dates!

Bishop's Visitation Sunday October 11th

The bishop of North Dakota, the Rt. Rev. Michael Smith will be visiting Grace Church on Sunday, October 11th. . We will be sharing a Potluck lunch. Please bring a dish to share if you can.



Dominican Sisters Pamela Pranke and Jackie Sather, attended the Anglican Order of Dominicans Annual Chapter Conference August 12th through the 15th in St Louis, MO. All members stayed at the beautiful Convent, "The Mercy Center" and had four days of study, prayer, guest speakers, morning and evening prayer (with Eucharist), Compline and fellowship....along with awesome meals. Three novices took their life professed vows in a service held at Christ Church Cathedral, downtown St Louis and were installed by Fr Kevin, the Master of the Order.

Gardening with Grace By Sr. Pamela Pranke, OP

1 For everything there is a season, and a time for every matter under heaven:

² a time to be born, and a time to die;

a time to plant, and a time to pluck up what is planted;

³ a time to kill, and a time to heal;

a time to break down, and a time to build up;

⁴ a time to weep, and a time to laugh;

a time to mourn, and a time to dance;

⁵ a time to throw away stones, and a time to gather stones together;

a time to embrace, and a time to refrain from embracing;

⁶ a time to seek, and a time to lose;

a time to keep, and a time to throw away;

⁷ a time to tear, and a time to sew;

a time to keep silence, and a time to speak;

⁸ a time to love, and a time to hate;

a time for war, and a time for peace.

~ Ecclesiastes 3:1-8

It's hard to believe that summer is now a memory and the growing season is coming to a close, although the garden is still producing tomatoes, pumpkins, beans, carrots, herbs and flowers. At the same time, we are already planning next year's garden. The seasons change but the gardener always gardens.

The children taught us adults so many marvelous lessons while working in the garden. We learned that it was just fine to remain flexible when planting the garden. So what if the cucumbers were actually zucchini, we enjoyed them just the same. We learned that little people are better at finding tomatoes hidden in the bush than big people. We learned the absolute excitement of learning about pollinators, collecting seeds and picking produce. We learned the joy of sharing with others. Everyone enjoyed the stories and preparing a healthy snack. We all shared the enthusiasm of sowing and growing food. Every week brought something new, always linked to a Bible lesson.

Before the snow blows for good this year we will finish harvesting, clean the garden and plant some bulbs and plants for next year. We are all so thankful to God for this great learning opportunity, for all the people working together and to the NDSU-Extension for the grant to get us off to a good start.

Prayer Corner
Centering Prayer
Sr. Pamela Pranke OP



“Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.” <http://www.centeringprayer.com/>

Worry, insomnia, anxiety, distraction, fear of what may come are all symptoms of a greater disorder, loss of faith and knowing the presence of God. Addiction, illness, loss of job, financial concerns, violence and so many other issues interfere with knowing the peace that passes all understanding. Jesus tells us not to worry about your life (Matthew 6:25), but how can we help but worry?

Centering Prayer is a method of praying that enables and allows us to still our mind, body and soul so we may just BE in God's presence. Centering Prayer is simple to practice and difficult to master. It is in the doing that leads to a deeper relationship and mindful abiding with and within G-d. Simply, abide in God's love.

To practice Centering Prayer, set aside a 20 to 30 minute period of time when you will not be interrupted. Locate a comfortable place where you can sit quietly. Turn off electronic devices, including the phone. You may want to set a gentle timer to let you know when the given time has passed.

The Guidelines

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts*, return ever-so gently to the sacred word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.
*thoughts include body sensations, feelings, images, and reflections
5. You may want to journal your thoughts following your prayer experience.

For more information:

1. Contemplative Outreach, <http://www.contemplativeoutreach.org/category/category/centering-prayer>
2. Pick up a brochure at the resource table.
3. Contact Sr. Pam about the practice of Centering Prayer.

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.



An article by Fr. Bart Davis and Lisa Lang that was printed in the Sheaf:



On Sunday, August 16, at the annual picnic on Jamestown Reservoir hosted by Sue and Casey Stoudt, Grace Church was privileged to welcome four young people through the Sacrament of Holy Baptism. It was a celebratory and moving experience for all in attendance, but especially for the family. Lisa's comments as posted on her facebook page are copied here with her permission.

Yesterday my four youngest children were baptized. What that meant for each one of them is theirs to share, but for me it was a beautiful experience of blending the Christian traditions of my youth with my new Christian traditions. As a child, I was taught that mindless liturgy was not true religion. It would be accurate to say that I believed that a liturgical faith was not true religion. My beliefs in this matter have greatly altered. Yesterday, we began the children's baptism at Grace Episcopal church with the liturgy of baptism from the Prayer Book. The children made six commitments including the promise to treat all people with dignity and respect. Then with the blessing of our church and even the Bishop of North Dakota, we took the children to the reservoir. Our priests, two of my favorite men in all the world, blessed the water. Brian immersed the children, and they were then sealed with the Holy Spirit. "You are sealed by the Holy Spirit in Baptism and marked as Christ's own forever." A little while later, they received holy communion which included the confession of sin and absolution.

The church was so accommodating to us and our preferences. I am thankful for their love and acceptance of my family. The people of Grace Church more than anything have taught me the beauty of a faith fed and strengthened by liturgy, scripture, and tradition.



Baptisms and more Baptisms!

Grace Church joyfully welcomes the newest members of Christ's Church, sealed by the Holy Spirit in Baptism and marked as Christ's own for ever:

- Corabelle Kay Erdmann
- Nadia Nicole Hernandez
- Anders John Hillesheim
- Darian Marie Kelley
- Eli Jeremy Kropp
- Ethan James Kropp
- Abraham Ariav Lang
- Elia Hased Lang
- Emily Ahava Lang
- Hanna Abriet Lang
- Dominik Marcel Muhs
- Zanne Daniel Muhs
- Connor Ramsey Nelson
- Adam John Watson
- Brandyn Weatherly
- Lily Weatherly



September was National Childhood Obesity Awareness Month

¹⁹ Or do you not know that your body is a temple^[a] of the Holy Spirit within you, which you have from God, and that you are not your own? ²⁰ For you were bought with a price; therefore glorify God in your body. ~ 1 Corinthians 6:19-20 (NRSV)

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. <http://healthfinder.gov/NHO/SeptemberToolkit.aspx>

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Grace Episcopal Church encourages your family to make healthy changes together.

- Taking small steps as a family can help your child stay at a healthy weight.
- Keep fresh fruit and vegetables within reach, if you put it out, they will eat it. <http://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/nutrition/healthy-snacks-quick-tips-for-parents>
- Get active inside and outside: Walk around the neighborhood, go on a bike ride, play basketball at the park, swim or ice skate. <http://www.cdc.gov/physicalactivity/basics/children/index.htm>
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

The Grace Garden kids have spent the summer learning about the health benefits of growing their own food and preparing delicious dishes from the fruits of their labor. Let's begin sharing tasty treats that are low in sugar and salt and full of healthy grains, fruits and vegetables.

- Join "We Can!" to learn more about ways to enhance child activity and nutrition. <http://www.nhlbi.nih.gov/health/educational/wecan/>
- Resources will be made available at the Grace Church Resource table.

For more information, contact Sr. Pam R.N., M.S.N. Health Ministry Nurse

Additional References

<http://healthfinder.gov/NHO/sepAnnounce.aspx>

<http://www.cdc.gov/obesity/childhood/index.html>

Grace Church Calendar October 2015

Sunday	Mon	Tues	Wed	Thu	Fri	Sat
				1	2 Evening Prayer 5:30	3 Pre- Conventio n meeting at Grace 2 pm
4 10:30 am Traditional Worship and Children's Sunday School Blessing of the Animals 2:30 pm 5:00 pm Sunday Night Praise and Kids Group	5	6	7 Holy Eucharist 5:30	8	9 Evening Prayer 5:30	10
11 Bishop's visit 10:30 am Traditional Worship and Children's Sunday School <i>Potluck Lunch</i> 5:00 pm Sunday Night Praise and Kids Group	12	13	14 Holy Eucharist 5:30 Vestry 7 pm	15	16 Evening Prayer 5:30	17 Diocesan Convention In Bismarck
18 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	19	20	21 Healing Eucharist 5:30	22	23 Evening Prayer 5:30	24
25 10:30 am Traditional Worship and Children's Sunday School 5:00 pm Sunday Night Praise and Kids Group	26	27	28 Holy Eucharist 5:30 .	29	30 Evening Prayer 5:30	31