

## **SERVICE PARTICIPANTS FOR JULY 2007**

### LAYREADERS AND ACOLYTES

<u>Date</u>	<u>Order of Worship</u>	<u>Lay Readers</u>	<u>Acolyte</u>
1	Holy Eucharist	Fred Taussig Jeane Jae	Stephen Westfall
8	Holy Eucharist	Paul Latt Robert Schaefer	Robert Westfall
15	Holy Eucharist	Jeane Jae	Carley Yanuck
22	Holy Eucharist	Lynette Ballard Robert Schaefer Paul Latt	Stephen Westfall
29	Holy Eucharist	Lynette Ballard Robert Schaefer	Robert Westfall

ALTAR GUILD Betty Shepherd and Merle Kind

### USHERS AND PRESENTERS

1 – Doris Schaefer & Terri Gilson  
15 – Bob Moller & Neil Buckles  
29 – Joan Norman & Audrey Moller

8 – Bob & Betty Shepherd  
22 – Doris Schaefer & Merle Kind

### GREETERS

1 – Terri Gilson  
15 – Neil Buckles  
29 – Audrey Moller

8 – Betty Shepherd  
22 – Merle Kind

## **ALL IN THE FAMILY**

### July Birthdays

1 – Samuel Marcus Jae Paul  
2 – Steve Schaefer  
6 – Marilyn Wilton  
17 – Minnette Hunter  
17 – Tamara Yanuck  
20 - Ruth McKee  
25 - Rudy Yanuck

### July Anniversaries

1 – Anne & Tom Pellett  
10 – Lisa Langen & Don Neubacher

### Rest In Peace

Please remember in your prayers Dorothy Garren, the daughter of Edith Boothby who died June 24<sup>th</sup>. May she rest in peace. If you wish to send Edith a note, her address is:  
1100 El Camino Real, Suite992, Millbrae, CA 94030.

Memo from Penny Outreach: Please continue to donate aluminum cans for Outreach. We use the money at Christmas time for community outreach.

Parish Nurse: Our Parish Nurse, Doris Schaefer, will be in the Office for Consultations and Blood Pressure checks on Wednesday, July 11, 18, 25 from 9:30 am. to 12:30 pm.

### Our Hunger Barrel's Ideas for July

Suggestions include: Tuna, macaroni and cheese, soup, crackers, canned fruit and vegetables, peanut butter and jelly. Laundry detergent, bar soap, and paper products are always welcome.

Paper Recycling: Now you can help us earn money for the Church by dropping off your newspapers, magazines, office paper, shopping catalogs and mail in the yellow and green container at the end of our parking lot. Please do NOT include plastic, glass, metals, cardboard or trash.



## A Courageous Life

"Have courage" we often say to one another. Courage is a spiritual virtue. The word courage comes from the Latin word cor, which means "heart." A courageous act is an act coming from the heart. A courageous word is a word arising from the heart. The heart, however, is not just the place our emotions are located. The heart is the center of our being, the center of all thoughts, feelings, passions, and decisions.


A courageous life, therefore, is a life lived from the center. It is a deeply rooted life, the opposite of a superficial life. "have courage" therefore means "Let your center speak."

## PARISH NURSE NEWSLETTER FOR JULY 2007

Depression has become one of the leading illnesses in America. One in five Americans will be diagnosed with depression at some point in their lifetime. Experts predict that at the present rate of increase in depression, by 2020 it will be the second most common disease. Too often, older people think depression is a natural part of aging. The following list is some of the symptoms of depression:

- Anxious, "empty" mood, persistent sadness
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities
- Insomnia or sleeping more
- Changes in eating habits and appetite
- Decreased energy and/or fatigue
- Restlessness and irritability
- Difficulty concentrating, remembering or making decisions

If you have any persistent symptoms of depression, remember depression is treatable and you should seek professional help. Each and every one of us has some mild degree of depression during our lifetime and with the help of prayer and our families we were able to overcome these symptoms.



## **The Rector's Ramblings**

Dear Friends:

Two things will remain with me from my trip to England. The first was visiting St. Paul's Cathedral in London. Every hour the visitors are asked to stop for one minute as a priest reads a prayer. Every hour some special petition is offered up to God. After the prayer the priest said, "I will be under the dome should anyone have questions about the Christian faith or if there is any pressing need on their heart."

I went up to the young priest who was under the dome and introduced myself. Her name was Julie. We had a wonderful conversation and as we took our leave her last words to me were, "Please give my blessings to the people of St. Matthew's." Julie is the Vicar of a small church in the western part of the Diocese of London called All Saints. She said the people of St. Matthew's would be remembered in prayer by her congregation. As she spoke about her congregation it hit both of us that it sounded very similar to St. Matthew's.

After Evensong at Winchester Cathedral I was introduced to the Canon Precentor who led the service. Finding out that I was a priest in America he said to me, "Please convey our love and blessings to our brothers and sisters in Christ in St Louis." Two different places, two different churches, one wish. As David and I traveled through southern England the sense of history and connectedness were unmistakable-even on another continent. We truly are one body because we worship one Lord.

The second thing that I have been pondering was a discussion between a mother and her daughter who were walking in front of us on the close of Winchester Cathedral. The girl asked, "Mummy, Daddy believes in God doesn't he?" Her mother replied that he did. "But," the girl asked, "He doesn't believe it all does he? He doesn't believe in all the magic parts does he?" At first I was a little dismayed by how this conversation was going. Then it hit me, "at least they are having this conversation! At least questions are being asked about God and faith!" Having these conversations is essential to our growing in grace. I would have liked to say to this girl, "Oh! It isn't magic-it is far more powerful than magic. Magic is illusion. It is LOVE and that is very real." Was the girl referring to the bread and wine becoming the Body and Blood? Did she have in mind the Resurrection? I don't know, but I do know that she had questions that were indeed on her heart.

I hope we will be a community that never stops asking questions, never stops wondering about the grace that is offered us.

Doris+



## What Are Your Gifts For Ministry?


How would you like to serve God in this place? St. Paul tells us that EVERYONE has at least one gift for ministry-no one is left out. What are your gifts? In the fall I hope to do a formal gifts inventory with the congregation but in the meantime there are a number of ways you could serve:

Eucharistic Visitors-These are members of the congregation that take the consecrated elements to the homebound or hospitalized. It is a wonderful ministry that lets those who are sick and shut-in know that they are still very much a part of our life together. There is some training required. For the joys and benefits of this particular ministry or if you have questions please talk to the Rector or Bob Schaefer.

Nursery Volunteers- In the last three months two families have told the Rector that they would like to attend St. Matthew's but that as there was no nursery they were hesitant to do so. Would you like to volunteer one Sunday a month so that should a family with a little one show up there will be coverage? The nursery has been cleaned and is waiting. The Diocese does require training in "Safe Guarding God's Children" which is offered numerous times through out the year. There is no better way to show new families that St. Matthew's loves children.

Lectors and Acolytes-Serving at God's altar and proclaiming the Word is a great privilege. Training is provided. It is not difficult and is very rewarding. If this something that you have always wondered about doing won't you consider it now?

Christian Formation- The life of any church is incomplete without Bible Study and reflection. Are you interested in Bible Study? A Spiritual Reading Group? Theology on Tap? Some of the most successful of these programs meet in people's homes. Won't you consider sponsoring or joining one?



## RIES PROPERTY

In 1996, Andrew and Mary Ries approached St. Matthew's about purchasing a parcel of land from us at the western-most part of our property. After some discussion, an agreement was made in May 1996. The land was sold to the Ries' for \$110,000. However, the agreement had an unusual option. This option would begin on the earlier of the following dates – 1) the date upon which the survivor of the two of them would die or 2) the date upon which they would notify St. Matthew's that they were intending to sell the house. At this time, St. Matthew's would have an exclusive option to purchase the property. If St. Matthew's exercised the option to purchase, the title to the land would return to St. Matthew's at no cost to us.

In 2000, the Ries' offered to "buy-out" the above contract for \$110,000 payable in equal annual payments of \$10,000. After lengthy discussions, the vestry decided not to accept the buy-out offer for a variety of reasons.

On May 12<sup>th</sup> of this year, we received a letter from the Ries' stating that they were moving to Seattle, Washington, thereby setting the option period in motion. I met with them to tell them that we would need to get an inspection of the property and an appraisal. The appraisal was necessary to help establish what we would pay for the house. During this conversation, they expressed regret that they had not offered to pay the \$110,000 in a lump sum back in 2000. I asked if this would still be an option and they said yes.

Several days later, I received a call from the Ries' stating that they had changed their mind and decided not to buy-out the agreement for \$110,000. I asked to meet with them to discuss this decision. After we met to discuss it, I received a call from Andy Ries who stated that they would prefer to revert back to the buy-out and asked that they be allowed to pay the \$110,000 out of the proceeds of the sale or by the end of September 2007, whichever came first.

We have engaged a local attorney to prepare the necessary legal documents.

Bob Schaefer