

# THE EPISTLE OF



ST. PAUL'S EPISCOPAL CHURCH  
9200 WEST 10<sup>TH</sup> AVENUE  
LAKEWOOD, CO 80215-4701  
(303) 233-4991



FEBRUARY/MARCH 2020

The Mission of St. Paul's Episcopal Church is to live out the love of God as seen in Jesus Christ. We will, with God's help:  
Discover God's presence in Word and Sacrament,  
Share God's word, Nurture God's people,  
Encourage congregational and personal growth on our shared journey, and  
Act justly and peaceably.

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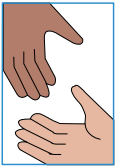
What gives a church community vitality? It's a question I ponder often because I very much want our community not only to have real honest-to-goodness vitality, but for us to perceive our community as having such. And, of course, I'm not the only one. Our lay leadership also wants us to be aware of a sense of vitality in our shared lives, and they are willing to take a look at ways to help us continue to develop a sense of liveliness in all aspects of our parish life.

Now, one could argue quite rightly that it is the presence of the Holy Spirit that gives us a sense of vitality. That will always be true. But what does it mean exactly to exhibit vitality? Given the results of a body of recent research within the Episcopal church, the answer to that question may not be as ethereal as we might think. The studies about the starting point for vitality seem pretty clear. Simply put: for a church community, vitality begins with mission. Knowing our mission. Cultivating our mission. Communicating our mission. Living our mission. All of those things are the keys to vitality.

But there are also, the research suggests, a few "best practices" that seem to be present in those churches who are connected to their mission (well, technically it's God's mission; but let's not split hairs). Before I share those, you should know that with a new Vestry class coming in the leadership of our parish will be pondering these best practices and how they might be effective in helping us to continue to foster the sense of vitality that we share in our community. You are certainly likely to hear more about each of these as we discern as a whole community what these identified best practices mean for us. For now, though, a brief summary will do to get us all thinking and praying about what vitality may look like for us.



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1. **Getting people moving on their spiritual journey**, which has to do with creating a deeper connection with our community and with God's presence in our lives.
2. **Embedding the scripture** in all aspects of the life of the church community and reflecting on the meaning and the call to action present in Scripture.
3. **Creating ownership**, meaning the church calls its members to participate and become stewards in the life of the church and in their individual spiritual journey.
4. **Pastoring the community**, which means focusing on the call to service and care by and for all members of the church, and keeping ourselves healthy along the way.
5. **The leader's heart**, meaning that the senior leadership of the church are committed to their own journey of faith and modeling the life of discipleship.

There is a lot there to ponder. And quite honestly, I am still thinking through them and what they may mean for me, the rest of the leadership of our parish, and for all of you. But it seems clear to me, at least at the moment, that becoming and remaining a community marked by vitality is no accident. It requires an intentional commitment to the mission of the church. In other words, if we want to continue to be a vital congregation, then we will have to intentionally and continually focus our attention on our mission.

In all fairness, this idea of *intentionality*, while not new to me, is certainly not one I've preached much about. I will always maintain that all the things we want out of our faith, our church, and our lives will come from our commitment to a deeper faith and trust in God. Deep faith is a strong force in all of our lives. Add to that some intentionality and you have a force that moves not just us, but others as well.

Speaking of mission, vitality, and starting places, I think it is worthwhile to note that the best place to begin (anything really) is always with prayer (see *The Prayer Book* on page 855). And, by the way, the answer to the question at the beginning of this article is...YOU! With God's help, of course.

Now for some familiar words: *The mission of St. Paul's Episcopal Church is to...*

God bless us all!  
*allan+*





## WARDEN'S CORNER

Welcome to **2020**

And, just like that, we are well ensconced in a new year. It's always an exciting time. A blank slate is ahead of us. Our thoughts are full of the positive and full of hope and expectation. What will the new year bring?

I'm excited to be the next Senior Warden at St. Paul's Episcopal Church in Lakewood and I look forward to serving all of you this year. I'm also a bit apprehensive. This feels a bit overwhelming as though I have taken on a lot of responsibility. But I am a glass half-full kind of person. So, here we go!

I don't know all of you so thought I'd spend a paragraph introducing myself to you. And, I'm anxious and ready to get to know all of you that call St Paul's your church and community home.

My husband, Ben, and I have lived in Lakewood nearly 30 years. We have four adult children, scattered around the United States and two lovely grandchildren whom we don't see often enough! I've worked in health care administration most of my career, have served the Jefferson County community as a volunteer for many organizations, and truly enjoy living in this great state. I currently am the Executive Director of a Colorado nonprofit organization, Benefits in Action, that is dedicated to improving the understanding, access, and utilization of health care and health care benefits. What does that mean? You'll just have to ask me to find out!

Why am I at St. Paul's? And, why did I accept this position? I came to St. Paul's about four years ago, because someone invited me to attend the Nishma service. I was looking for a different church and not having much luck. I came again to Nishma. I made a new friend in the parking lot after the service. I talked with Allan about one of his sermons. I was hooked. I continue to attend Nishma regularly. It is a very important part of my week. It is a time for me to reflect, to renew, to pray, and to remember what is important. This is a good and an important place for me. I belong. I think that's what so many of us crave in this crazy world of ours. A place where you are welcomed, a place where you receive comfort, a place to examine your faith, a place to belong. I'm so grateful for that invitation from my friend, Gretchen Colbert.

I am honored to have been asked to step into this leadership position. I am passionate about this church and the community that it serves. There is a lot of work to be done. And there's so much excitement and joy that comes from good work. Whether it's providing community meals, serving at worship, visiting those that need comfort, working on the building, working with Eiber students and families, or supporting any of the multitude of projects and services that we support. Our St Paul's community is making a positive difference in the world around us!

That 2020 blank slate is ready to be filled. Please join me in celebrating the good we do and will do this year! And, don't forget to invite someone to visit St. Paul's. They may just stick around!

*Jane Barnes*  
Senior Warden





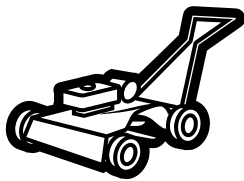
## FROM YOUR JR. WARDEN

Greetings fellow congregants! My name is Matt Faber, and if you can't put a face with that name, I understand. I've just been elected to the position of Jr. Warden, which it seems is responsible for the upkeep and sustainability of the physical church building and grounds.

With respect to our overly stretched budget, my primary focus will be on cutting expenses, but that doesn't mean putting off what's necessary. We all know that's more expensive in the long run! What that means is that my first effort will be to ask you all for what the church needs (be it your labor, skill, or materials) before I resort to hiring contractors or heading to the hardware store. There have been a handful of very helpful people who have been carrying the load for a long time, and it's my hope that during my tenure, we can spread out that accumulated knowledge and grow our group of 'folks that know'.

Thanks for your time, and see you Sunday!

***Matt Faber***  
Junior Warden



## EDUCATION FOR MINISTRY (EFM)

This month (January), our two EFM mentors, Michelle Cole and Melinda Wirsing, took a trip to Arizona to get re-certified. EFM, one of our Adult Faith Exploration options at St. Paul's, is a program out of the School of Theology at The University of the South in Seawanee, TN. Because it is part of their adult education offerings, they take training mentors very seriously and mentors must be re-certified every eighteen months.

Far from the boring box-checking trip this sounds like it may have been, it was an invigorating and totally mind-expanding visit with people all over the country who care about the growth of lay ministers of the church. Those lay ministers being all of us – who serve and share and worship at St. Paul's – who are not pursuing ordained ministry, but who are informed, thoughtful, and enthusiastic.

One of the most important take-aways from the training was that St. Paul's is an exemplary and unusual place to worship and be in community. There were so many times during the three days of learning where one of us said, "Oh, we do that at St. Paul's" only to have everyone look at us in awe. We care more about our adult faith formation, we are more community oriented, and we are more open to new ideas and people than any of the other churches represented.



# EXPLORATION

## *Sundays in February*

We also took a long, hard look at 2020 as a year when adult faith exploration and theological living is going to be challenged by the political world around us. We pooled our knowledge and learned a great deal from each other about keeping the church a place of grace, forgiveness, and care while being open to difference. The basis of EFM is learning to reflect on our world theologically, and this is going to be a very interesting year in which to do so.

My favorite quote from the weekend was this: "Perfection divides us, brokenness unites us. How can we live into that brokenness together?" We will be spending some time on that in the weeks to come along with our usual fare of Old and New Testament, Church History, and Theology.

If you are interested in EFM, want to know more about living and reflecting theologically, or feel drawn to adult faith exploration in community you can contact Michelle Cole at [efm@stpaulslakewood.org](mailto:efm@stpaulslakewood.org)

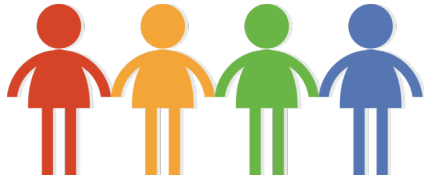
Beginning on February 2<sup>nd</sup>, our Adult Faith Exploration will experience an **\*exciting\*** new series with Michelle Cole. We will spend three weeks exploring the Torah and the New Testament through the lens of inclusion. Participants will be empowered to make the communities in which we live and serve more welcoming and diverse. Collectively, we will dive into the work of three theologians who use scripture to make a wider and bigger umbrella under which we can all stand. We will travel with the **Rev. Wilda Gaffney**, who takes the overlooked female characters in the Torah and brings them to life in a sociopolitical context.

We will visit with **Serene Jones**, who describes theology as "the place and story you think of when you ask yourself about the meaning of your life, the world, and the possibility of God." Serene turns grace and repentance into a call for a better tomorrow.

Finally, we will look at Jesus with the **Rev. Kelly Brown Douglas**, from the early slave testimonies to the writings of prominent religious and literary figures through the Civil Rights and Black Power movements.



## ADULT FAITH



## YOUR EPISCOPAL CHURCH WOMEN HAVE BEEN BUSY!

At the December 2019 meeting gifts were specified for Fr. Allan Cole, Mother Alwen Bledsoe, Susan Hilling, Kati Oltyan, Joe Montano, and the nursery workers in sincere thanks for all they do at St. Paul's. We also decided to give gift cards to each of the office volunteers for their faithful dedication to manning the office. Contributions were made as well to the Rector's Discretionary Fund, the Nurturing Fund and the Music Program.

December 7<sup>th</sup> was our annual Holiday Brunch. We served baked cinnamon French toast with sausage links and fruit salad. It was delicious and very well received. For dessert we had home baked cookies. And let's not forget Sally Gullstrom's famous and delicious glögg (hot-spiced wine). There were 56 attendees at this event. I'd like to thank Alison Buckley, Billie Brown, Miriam Cake, Louise Freeman, Renee Parkhurst and Cindy Rutledge for making casseroles, baking cookies, preparing the fresh fruit salad and purchasing the glögg makings. After lunch Linda Miller and the Jingle Belles entertained us with holiday favorites.

After our January 2020 meeting the items from the Mitten Tree were taken to Jeffco Action Center. Thank you EVERYONE who made donations to the Mitten Tree this year.



It is not too late to participate in one of the year's best events! The *Cabaret au Chocolat*. This fun-filled event will be celebrated at St. Paul's on Friday, February 14th. Please see Karen's article for more details on this special event.

In the coming months, the ECW Board hopes to find ways to engage more of our wonderful church women in the fun and worthwhile work inside and outside our parish. Please consider how you can participate. Our time, talents and treasures truly impact our local and world communities in ways known and unknown.

On Saturday, March 21 there will be a *Women's Lenten Retreat* facilitated by The Rev. Michelle Danson. The retreat will run from 8:30 a.m. to 12:30 p.m. This is a free event to all women in the parish. Let's prepare for a soulful Lent.

Mark your calendars for our annual *Spring Fling* on Saturday, *May 2<sup>nd</sup>* from 11:00 a.m. to 1:00 p.m. Watch for program details in the next *Epistle*.

The Episcopal Church Women Board consists of the following women: Kathy Breit, president; Jan Josselyn and Nancy Colligan, co-treasurers; Cindy Rutledge, courtesy; Barbara McLenon, secretary; Karen Van Gundy, Chaplin; Louise Freeman and Judy Henderson, UTO treasurers; Alison Buckley, BJ Burleigh, Carol Davenport and Renee Parkhurst.

Respectfully,  
**Kathy Breit**  
ECW President





## PRAYER CORNER

As I start this day help me to remember that I belong to you, and my desire is to act accordingly. Keep my feet from stumbling and my mind from wandering into distractions that could steal precious time and energy from the most important things you have designed for me. I'm proud to be your child, Lord. And I'm so grateful that you died for me— rising again on your own new morning — so that every day could be filled with the wonder of your love, the freedom of your spirit, and the joy of knowing you.

*Rebecca Barlow Jordan*  
crosswalk.com

## NEEDLECRAFT FOR THE NEEDY



Our Needle Craft meetings are the third Sunday of the month. Lunch is served at 1 p.m. in the parish hall, then we move down to the Sunday School rooms. We have sewing machines, materials (mainly felted wool and yarn) and patterns.

Seamstresses, knitters and crocheters of all experience levels are welcome. So come learn to knit or sew. We make warm mittens, hats and scarves for the Gathering Place, and make prayer shawls for our own congregation. We always have a lot of fun, so come join us and give it a try.

*Renee Parkhurst*

## 2020 CABARET AU CHOCOLAT



Once again this year, The Episcopal Church Women will be hosting the *Cabaret au Chocolat* on Friday, February 14, beginning at 6 p.m. The theme this year is *Send the Kids to Camp*. Our youth have the opportunity each year to spend time at **Cathedral Ridge** which is located in Woodland Park, Colorado. The women of the Episcopal Church Women's board are confident that funds raised at the *Cabaret* will be a welcome help when it comes time to pay tuition for Cathedral Ridge.

Baskets to be filled for the auction are available in the Parish Hall. Keep in mind; the shopping lists are only suggestions. Every one of you has wonderful ideas of your own, so fill a basket with whatever you desire. The baskets need to be returned to the church by Tuesday, February 11 no later than 1 p.m. All baskets will be wrapped on Wednesday, February 12.

Tickets for the *Cabaret au Chocolat* will be sold following Sunday services on January 26 and February 2 and 9. Tickets are \$20/person and include a catered dinner, and one complimentary wine or beer. All alcoholic beverages will cost \$4 each once the complimentary chip has been spent. We also request that the volunteer bartenders be tipped.

The *Cabaret* is a lot of fun and there are always surprises. Please consider supporting this unique opportunity for our youth. Come to the *Cabaret* or make a donation at ticket sales to support this project.

*Karen Van Gundy*



# 40 of Lent

## ADULT FAITH EXPLORATION

### Notes on the Season of Lent

*We want to avoid suffering, death, sin, ashes. But we live in a world crushed and broken and torn, a world God Himself visited to redeem. We receive his poured-out life, and being allowed the high privilege of suffering with Him, may then pour ourselves out for others.*

*~Elisabeth Eliot*

### 40 DAYS BEFORE EASTER, EXCLUDING SUNDAYS FEBRUARY 26–APRIL 11

In the season of Lent, we enter into the forty-day fast that Jesus undertook in the wilderness. Through this dedicated period of self-examination, we allow God to further shape us into the image of Jesus. We also align our hearts with the suffering of Jesus as we move ever closer toward Holy Week and the event of the crucifixion.

The season begins with Ash Wednesday, in which we receive the imposition of ashes and are reminded we are but dust and to dust we shall return. During this season, we observe chosen forms of fasting, prayer, and service or charity for forty days but break the fast on Sundays, which are considered feast days of celebration throughout the church year.

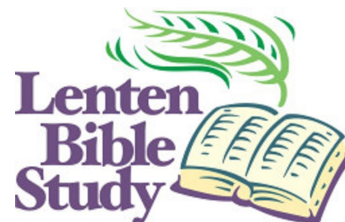
### QUESTIONS TO PONDER

- What role has self-examination played in my spiritual life?
- What role has self-examination played in my spiritual life?
- How open am I to this season of penitence, fasting, and prayer?
- How might I serve others through this time of sacrifice?

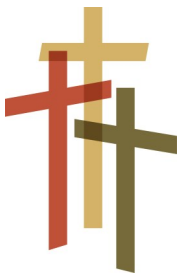
### PRACTICES TO CONSIDER

- Attend an Ash Wednesday service to receive the imposition of ashes
- Observe a Lenten fast for forty days, sacrificially abstaining from a habit or usual food or activity
- Commit to a particular prayer practice for forty days, deepening your connection to God
- Find an avenue for almsgiving and charity, serving your fellow neighbor in love
- Celebrate the Sunday feast days during Lent, setting aside your fast to embrace the “right-now” reality of the resurrection

*Saoirse Charis-Graves*







## STATIONS OF THE CROSS:

### A LENTEN DEVOTION

The Stations of the Cross are an ancient form of Christian devotion originally observed by pilgrims visiting the Holy Land and popularized by the Franciscans when they were given custody of the holy sites in Jerusalem in the 14th Century. The Stations follow the path that Jesus was forced to take from Pilate's Judgment Hall to Calvary, continued by the disciples who took his lifeless body from there to the tomb.

Moving from station to station, following the events in the words of scripture and letting the prayers draw us into the narrative, we are invited to grow closer to Christ by embracing the mystery of suffering in the world. By joining Christ on this transformative journey, we learn to become his disciples to a hurting world. Many different prayers and readings have been developed for this devotion, which can be said as a private form of prayer or as a public liturgy on Fridays in Lent.

At St. Paul's, we are fortunate to have a beautiful set of plaques depicting the Stations of the Cross gifted to us for this devotion. For the upcoming season of Lent, we offer opportunities for experiencing the Stations in two ways: 1) with a personal guide or 2) walk the stations on your own with a printed guide for prayer and meditation. We have two booklets available, one based on Saint Augustine's Prayer Book, and the other a simple, intimate and powerful classic by Clarence Enzler..

Fridays in Lent	February 28, March 6, 13, 20, 27, April 3 5:30-6:30 p.m.
Maundy Thursday	April 3 5:00-5:45 p.m.
Good Friday	April 10 5:00-5:45 p.m.

We hope you will join us!



## ADULT FAITH EXPLORATION

### *Sundays in March*

In March, we will begin our Seekers Class aka "Discernment for Confirmation" with the Rev. Allan Cole. This 5-session series is for those who are new to the Episcopal Church, those who have questions about its foundations, those who are preparing for confirmation or reception in the church, and for those who wish to continue in conversation about the church, faith and spirituality. The class is part history, part theology and reflects the diversity of those who attend each week. Begins March 1<sup>st</sup>.

Note: Classes are in the library starting at 9:14 a.m.. All are welcome!!



On the first and third Wednesdays of every month, St. Paul's hosts a free meal for the Eiber neighborhood and our church community. Community meals bring us together to enjoy food, fun, and most importantly, fellowship.

It takes many hands to set up the room, put the finishing touches on dinner, and help serve. If you would like to help in any way, please let us know. If you prefer to be a guest, it's as simple as walking in the door. We would love to spend the evening with you.

#### Upcoming Events:

#### 9<sup>th</sup> Annual Chili Cook-Off

Wednesday, February 5<sup>th</sup>  
5:15 p.m. – 6:45 p.m.



Please bring a crock pot of your favorite chili.

Dishes need to be at the church by 5 p.m.

Prizes will be awarded!

#### *Important!*

*If you will be bringing chili, please [sign up online](#) or in Royster Hall*

3rd Wednesday Meal

February 19th

Keep Your Eyes Open for Details!



St. Paul`s Episcopal Church  
Statement of Income and Expense by Minor Group  
December of Fiscal Year 2019

	Current Month		Year-to-date	
	Budget	Actual	Budget	Actual
Income				
00-01-Pledge & Plate Offering	32,010.00	36,898.02	302,000.00	301,697.45
00-02-Miscellaneous Receipts	5,487.64	5,844.71	34,500.00	36,589.40
00-04-Dedicated Income	0.00	0.00	0.00	0.00
Total Income	37,497.64	42,742.73	36,500.00	338,286.85
Expense				
00-01-Administrative Expenses	2,136.88	2,541.89	23,804.00	22,567.03
00-02-Clergy Expenses	11,313.98	11,092.94	133,879.00	134,268.67
00-03-Personnel&Contract Labor	6,966.09	9,187.07	79,591.00	76,963.51
00-04-Plant Expenses	2,794.87	3,192.04	48,400.00	47,475.97
00-05-Programs Expenses	2,575.29	5,825.72	28,300.00	30,702.07
00-06-Columbarium Expenses	0.00	0.00	0.00	0.00
00-07-Diocesan Pledge	2,013.37	2,013.33	24,160.00	24,159.96
00-08-Front Range Region Pledge	503.37	503.33	6,040.00	6,039.96
Total Expense	28,303.85	4,356.32	344,174.00	342,177.17
Income Less Expense	\$9,193.79	\$8,386.41	-\$7,674.00	-\$3,890.32

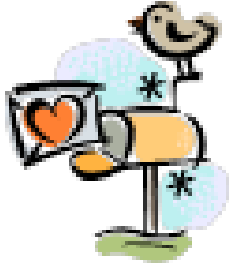
Month: Income \$42,742; Expense \$34,356; Net income \$8,386.

2019: Net income \$-3,890.

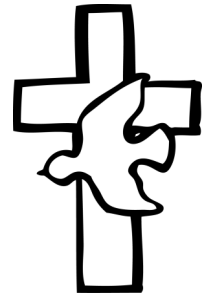
Bottom line is that expenses were about \$4,000 more than income, but not bad for a budget of \$340,000. Unfortunately, we used over \$10,000 of our reserves to repair the flood damage in the nursery. The total amount of money available to pay bills at the start of 2020 is only about \$25,000, or about one month's expenses. Help us out in our plans for 2020 by filling out a pledge card.

*David Parkhurst and Pam Horiszny*  
Treasurers

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LAKEWOOD, CO 80215-4701



*THE EPISTLE*  
*FEBRUARY/MARCH 2020*



WEEKLY SERVICE SCHEDULE

SUNDAYS	8:00 a.m.	Holy Communion
	9:15 a.m.	Adult and Youth Christian Education
	10:30 a.m.	Holy Communion & Elementary Education
THURSDAYS	11:00 a.m.	Holy Communion
SATURDAYS	6:00 p.m.	Nishma/Holy Communion

*ST. PAUL'S EPISCOPAL CHURCH STAFF*

The Rev. Allan Cole, Rector  
The Rev. Robert A. Buck, Rector Emeritus  
Kati Oltyan, Director of Office Ministries  
Susan Hillring, Verger  
David Parkhurst, Treasurer  
Pam Horiszny, Treasurer  
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Joe Montano, Sexton

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Matt Faber, Jr. Warden  
Saoirse Charis-Graves, Tina Blackburn,  
Barbara Engemoen, Hank Head, Susan Geiger,  
Susan Hillring, Rod McLenon, Renee Parkhurst,  
Dick Roark

Clerk of the Vestry: Pamela Blome

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