



The Fisherman's Net

"Catch the Spirit"

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OCTOBER 2010

Pastor's Pen *Fr. David Couper*

Retreat to Advance!

You know that I am a big fan of making retreats; that I believe that going on a "retreat" is an important part of our spiritual growth. Following Jesus, being his disciple, is being like Jesus and doing what he did. Jesus often went on a retreat during his earthly ministry – to get away from those pressing crowds, to teach his disciples, and on the night before he died. His followers wrote about what he did in the four gospel accounts. They teach us ways we can spiritually grow into the men and women God created us to be and for whom Jesus died. One of the ways, of course, was going on retreat. So, how do you do a retreat? Retreats are spiritual getaways; quiet, reflective, deep and over-night time with God.

Going on retreat is putting aside the distractions (even madness!) of our daily lives. It is turning off phones, television, computers, i-pods and those things which we think we desperately need but really don't. Things we know which distract us from not only listening to and focusing on God, but also from living full and rich lives. "Retreating" can also mean taking on various kinds of fasting – reducing what we eat and drink. Fasting can also be taking on some things and practices that will help us grow spiritually.

There are many opportunities around us for doing an overnight retreat. Whether it be self-organized (taking a day off and intentionally using the time for meditation, rest, bible study, prayer, and spiritual walking) or the formal retreats offered by the many retreat centers in our area (see, for example: <http://www.retreatonline.com/usa/wisconsin/>).

But retreats do not necessarily have to be formal or occasional; in fact, we should be in retreat one day every week – it's called the Sabbath – and it necessarily doesn't have to be on Sunday! God is asking us to keep one day a week holy! Modern life is getting too busy, too over-loading and too stressful. If we don't slow down and rest we will surely burn out! It is said that we are processing six times as much information today as we did in 1960! That is one reason we have become a people who are sleep-deprived, over-worked, and stressed-out. Most of us avoid the Sabbath idea as a quaint custom like offering up Old Testament animal sacrifices. However, I don't think it is a quaint custom or one of the "Ten Suggestions;" it is one of God's Commandments to us -- the 4th Commandment in which God said:

"Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to GOD, your God. Don't do any work... For in six days GOD made Heaven,

Earth, and sea, and everything in them; he rested on the seventh day. Therefore GOD blessed the Sabbath day; he set it apart as a holy day” (Exodus 20:8-11).

I suggest this Commandment is as relevant today as it was when it was given to Moses on the Mountain. So, we need to think about how we are going to keep this Commandment. The Sabbath is to be a day set-aside, a day of no work, a holy day. The failure of us to keep this Commandment not only puts our souls at risk, but also our physical health. Can we do this? Can we agree to work six days and then do no work on the seventh day? Keep one day a week holy?

Hoorah for Sunday School! By Sabine Lobitz

I remember when my kids were growing up and fall was finally here. Yes, mothers from all over the countryside would do the “back to school dance” in celebration. Now I actually look forward to fall because it marks the beginning of Sunday school. So mark your calendars – St Peter’s will officially begin Sunday school on October 3rd at 9:30. (I have a class reunion the weekend of September 26th. Come and watch me do the dance” in celebration on October 3rd. Hope to see you there.

Who Says We’re a Party Church? I do! By Sabine Lobitz

I have very rarely written an article for the newsletter, but something that happened this past Sunday spurred me on. The supply priest (not Fr. David who was on retreat) made an interesting observation after the passing of the peace. He commented on how he had rarely experienced a congregation that showed such joy and sincere caring for one another. I have always felt the energy and love as I shared hugs with members of my church family, but never thought of it as unusual.

As I drove home, I thought about how wonderful it was to be back. To once again feel the unconditional love I missed while away from St Peter’s fighting cancer. Sometimes I feel because coming to St Peter’s is like getting together with good friends for a party. The weekly ride from home to church is always full of anticipation and fun. Arriving at church is always full of smiles and warm greetings (like a family reunion). There is always a bit of concern and worry when I haven’t seen someone for a few weeks. I find that I actually miss them.

So, it’s amazing to me that I get all this at St Peter’s – and on top of that, I get to worship God in this holy place. Yup, what more could you want at any party! See ya next week.

“Sunday School

Let’s Celebrate!

Happy Anniversary

Oct. 2 Randy & Susan Medd

Oct. 20 Steve & Debbie Stone-Marks

Calendar & Times

		<u>Scheduled Reader</u>	<u>Altar Flowers</u>
Oct. 3, Sunday	8:00 am Vestry Meeting		
	9:30 am Holy Eucharist	Rick Luedke	K. Marks
Oct. 8-9, Fri-Sat.	Diocesan Convention		
Oct. 10, Sunday	9:30 am Holy Eucharist	Steve Marks	Luedke
Oct. 17, Sunday	9:30 am Holy Eucharist	Mary Buerosse	Luedke
Oct. 24, Sunday	9:30 am Holy Eucharist	Kathy Marks	Marks
Oct. 31, Sunday	9:30 am Holy Eucharist	Helen Ackley	H. Ackley
	Bishop Miller visitation		
Nov. 7, Sunday	9:30 am Holy Eucharist		Mikulak
	St. Peter’s Clean-Up Sunday		

Lessons for October

	<u>1 Lesson</u>	<u>Psalm</u>	<u>2nd Lesson</u>	<u>Gospel</u>
Oct. 3	Lamentations 1:1-6	137	2 Timothy 1:1-14	Luke 17:5-10
Oct. 10	Jeremiah 29:1, -47	66:1-11	2 Timothy 2:8-15	Luke 17:11-19
Oct. 17	Jeremiah 31:27-34	119:97-104	2 Timothy 3:14—4:5	Luke 18:1-8
Oct. 24	Joel 2:23-32 65	2 Timothy 4:6-8,16-18	Luke 18:9-14	
Oct. 31	Habakkuk 1:1-4; 2:1-4	119:137-144	2 Thess. 1:1-4, 11-12	Luke 19:1-14

Remember in Your Prayers

“And this is the confidence that we have in him, that, if we ask any thing according to his will, he hears us: And if we know that he hears us, whatsoever we ask, we know that we have the petitions that we desired of Him” (1John 5:14-15)

- *Remember those in our parish who need your prayers: Sabine, Peg, Paul, Walter.
- *Pray for the 33 miners in Chile who survived a mine collapse and may not be rescued for several months.
- *Pray for peace in the world, especially in Iraq, Afghanistan and Iran. Pray for our soldiers. Remember especially Yumi and Costin.
- *Pray for the hungry, the jobless, the homeless and those who see no hope in their lives.
- *Pray for our leaders, both national and local, to make good decisions.
- *Pray for the Millennium Goals, especially to eradicate hunger and poverty.
- *Pray for St. Peter’s and its family, for the present and the future, that we may grow in Christ and be his light to the world.

The Spirit at Work!

- *The **Vestry** will meet Sunday, October 3 at 8:00 AM at the church.
- *Gail Abbott was pictured on the cover of the Journal’s Sunday, Sept. 19 *Living Lake Country Sunday*. The article inside gives details of Gail’s consulting business, Triumphant Gardener! Congrats! Full article may be seen on St. Peter’s bulletin board in the Narthex.
- ***St. Peter’s History Book is missing!** Do you know where it might be? It is a freshly bound book with all births and deaths and history of St. Peter’s. It is approximately 8½ x 11. If you have an information about the missing book, please contact Andy Marks 538-1472.
- *Look for the new flower chart in the Narthex this month and sign up to bring flowers “to the Glory of God”, perhaps in memory of a loved one, celebration of a birthday or anniversary. If you have forgotten which Sunday you have signed up for, the flower designation is listed in the “Calendar and Times” section of the newsletter (previous page).
- *A brunch is being planned for Bishop Miller’s visitation on October 31. Look for the sign-up sheet on the bulletin board in the Narthex. Have you signed up to do breakfast?
- *Thank you all for shopping at Pick ‘n Save and denoting St. Peter’s as your non-profit organization to receive 1% of your receipt total. We have received a check totaling \$61.82 from Roundy’s which will be given to the North Lake Food Pantry. Last month we gave the Food Pantry \$15.76 from our Sentry Receipts. This money, coupled with your actual food donations, is greatly appreciated by the food pantry and the people they serve. Thank You!!!
- *Mark your calendars NOW for St. Peter’s fall clean-up presently scheduled for Sunday, November 7 after our service. Lunch will be provided.
- *Thanks to all who contributed to Our Next Generation school supplies. And thank you to Rick Luedke for delivering our donations.

North Lake 150th Anniversary & Harvest Fest

St. Peter's invited those participating in North Lake's 150th anniversary (Sesquicentennial) to enjoy Neapolitan, chocolate chip, and chocolate/vanilla ice cream at our historic church! Many individuals walked through our beautiful church, marveled at the fireplace in the sacristy and meandered through the cemetery looking for the "resting places" of many important figures in North Lake's history. Many thanks to Sabine Lobitz, Kathy Marks, Dan & Stephanie Naze along with Tyler and Lindsay, Katie Luedke, and Pete & Mary Buerosse for helping make this event a success! We even sold three St. Peter's cookbooks for a donation to the North Lake Food Pantry! Watch for the picture board. It will be coming to a coffee hour near you!

Opportunities for Outreach

**Sundries From The Avenue* is a program run by St. James' Episcopal Church in Milwaukee. Working in concert with the outreach Ministry of the Central City Churches of Milwaukee, they gather and provide sundries at no cost to single adults, families living on low-incomes, fixed-incomes or with no incomes. St. Peter's would like to help this cause. Please collect items such as tooth brushes, toothpaste, shampoo, lotion, facial tissues, deodorant, soap, disposable razors, mouthwash, combs and hair brushes, shaving cream, lip balm, dental floss and bandages and place them in the box labeled for *Sundries From The Avenue*. The items will be delivered to the Diocesan Convention in October 8-9 by our delegates

Dylan's Run September 12, 2010 by Stephanie Naze

Our family, as ALWAYS, would like to thank our friends at St. Pete's for the monetary support, the "ped"al power, and the encouragement, that you send our way and to other families affected with Autism. Words are not enough to express our deepest gratitude. We're so humbled and honored to see our friends in "Tyler's Strider's" gear, ready to hit the pavement at Dylan's Run .

This year I had planned to hang with the power walkers after retiring my feeble career as a "distance" athlete. But our unstoppable – now decorated, Sabine Lobitz threw down the gauntlet and challenged to run the 2 miles route around the Indian Summer Festival grounds. With some crash training, carbo loading, and a long drag on the inhaler, I almost kept up with her.

Barely. In all, it was a beautiful day, the weather was perfect, there were a lot of laughs, Sabine placed gold in her division, and St. Pete's (and 3000 plus other friends) made some great steps towards finding a cure for Autism. Yes we CAN! (Cure Autism Now.) With all my love!

Bishop Miller to visit St. Peter's

Bishop Steven Miller will visit St. Peter's on Sunday, October 31. Bishop Miller is now on a two-year visitation cycle so that no congregation has to receive a visit in July, August, or on a holiday weekend. It also allows him to have make-up days in the event of weather or pastoral emergencies and makes it possible for him to participate fully in the House of Bishops.

God in America

PBS—Channel 10/36 will broadcast a 6 part-special series program beginning **October 11 at 8:00 PM** on "God in America," an investigative look into how religion shaped our national identity, our schools and our politics. The programs are entitled "A New Adam/A New Eden," "Rebirth/A New Light from Above" and "Soul of a Nation/of God and Caesar".

On Tuesday, October 12 PBS 36.2 *world* is broadcasting a program "Three Faiths, One God: Judaism, Christianity, Islam. Watch your TV Guides for repeats of the program and specific times/channels for the 6-part series.3

Embracing an Adult Faith: What it Means to Be Christian

Fr. David will facilitate a discussion of a video presentation by contemporary theologian Marcus Borg (author of “Meeting Jesus Again for the First Time,” “The Heart of Christianity” and “The God We Never Knew”) on five subjects: “God, Jesus, Salvation, Practice and Community.” The study is called “Embracing an Adult Faith: What it Means to Be Christian.” Each night we will begin at 6pm with a simple meal and then listen to a 20 minute video by Borg. Fr. David will facilitate a discussion for no longer than an hour. Each participant will receive a handbook for note-taking and reflection. We will meet on the following Wednesday evenings:

November 17, 24 and December 1, 8, and 15. There will be a sign-up sheet in the Narthex.

Murder in the Cathedral

Summer Stage will present *Murder in the Cathedral*, A Play by T. S. Eliot, on Friday and Saturday nights, October 1-2, 8-9, 15-16 at 7:30 pm or Sundays, October 3, 10, 17 at 2 PM. at St. John’s Chrysostom Church in Delafield. For more information on Summer Stage’s performance calendar, check their website: www.Summer-Stage.org

Senior Warden’s Reflection by Andy Marks

Ego and the toggle switch

What is *ego*? The Webster dictionary defines ego, “the individual as aware of himself” or more simply “the self”. Most of us have our own concepts of ego and they are probably very similar to the given definition. We often readily recognize it in other people when they act out or as some say “become full of themselves”. Ego seems to stand out in other people, but often we are slow to recognize it in ourselves. In the book, *A New Earth* written by Eckhart Tolle, the ego seems to be the root of all evil. And our lack of understanding of the impact our egos have on our lives leads us farther away from happiness and truth. In the Buddhist tradition, the goal is to eliminate the ego and move toward non-self. In this state, mindfulness can be achieved. Mindfulness, as described by Thich Nhat Hanh in his book *Living Buddha Living Christ*, is “the energy to be here and to witness deeply everything that happens in the present moment, aware of what is going on within and without.” In our Christian faith, Jesus refers to ego when he tells us not to try to take the splinter out of our neighbor’s eye before first removing the log in our own eye. The problem is we never seem to see or believe that we have a log in our own eye. In fact we believe we have 20-20 vision. One of the leaders at the “One Year to Live Retreat” I attended this past weekend referred to Ego as an acronym for **Edging God Out**.

As the elections approach and the political tensions rise, egos come out in full force. The exaggerations and misrepresentations made by all the political candidates make people rally to the cause. Ego comes into play in a big way and once again God is edged out. It’s almost as if the devil himself writes the political rhetoric and we dive right in. The toggle switch snaps to one side and shuts out objectivity and truth. We hear what we want to hear and forget that we are Christians.

What We Sing: # 11 Awake, My Soul, and with the Sun

One of the most saintly figures in the history of the Church of England, Thomas Ken (1637-1711) wrote this stirring morning hymn. Thomas Ken was left an orphan as a young child. He was educated at Winchester and New College, Oxford, and ordained at the age of twenty-six. He achieved considerable fame as chaplain to King Charles II, whose amorous adventures he found impossible to sanction. On one occasion, Charles found himself in Winchester with his mistress Nell Gwyn and asked Ken to put them up in his house. Ken refused, declaring, “Not for your kingdom would I allow such an insult on the house of a Royal chaplain.” Despite the snub, the King held no grudge against Ken and appointed him to the bishopric of Bath and Wells in 1685. After Charles died, his brother James II had Ken imprisoned in the

Tower of London for refusing to sign the Declaration of Indulgence which suspended penal laws against Roman Catholics and Dissenters. Reinstated in his see by William of Orange, he was soon in trouble again for refusing to take the oath of allegiance to the new monarch. He retired and spent his last days at Longleat House. "Awake, my soul" was included in a manual of prayers for the boys at Winchester College. In the preface to the manual the young scholars were exhorted "to sing the Morning and Evening hymns in your chamber devoutly." He wrote nine verses originally of which we only sing four, the 1st, 7th, 8th and 9th. He produced a revised version in 1709 in which the first two lines of verse 2 were changed and two new verses* were added. The 9th verse, which we sing, is very well known.

2 Redeem thy mis-spent time that's past,
And live this day as if thy last
Improve thy talent with due care,
For the Great Day thyself prepare.

3 By influence of the Light divine
Let thy own light to others shine.
Reflect all heaven's propitious ways
In ardent love, and cheerful praise.

4 Wake, and lift up thyself, my heart,
And with the angels bear thy part,
Who all night long unwearied sing
High praise to the eternal King.

*11 Awake, awake, ye heavenly choir,
May your devotion me inspire,
That I like you my age may spend,
Like you may on my God attend.

5 All praise to thee who safe hast kept
And hast refreshed me while I slept.
Grant, Lord, when I from death shall wake
I may of endless light partake.

6 Heav'n is, dear Lord, where e'er thou art,
O never then from me depart;
For to my soul 'tis hell to be
But for one moment void of thee.

*10 Let all thy converse be sincere
Thy conscience as the noon-day clear;
Think how all-seeing God thy ways
And all thy secret thoughts surveys

9 Praise God, from whom all blessings flow
Praise him, all creatures here below,
Praise him above, ye heavenly host
Praise Father, Son, and Holy Ghost.

* A father was approached by his small son who told him proudly, "I know what the Bible means!" His father smiled and replied, "What do you mean, you 'know' what the Bible means? The son replied, "I do know!" "Okay," said his father. "What does the Bible mean?" "That's easy, Daddy..." the young boy replied excitedly. "It stands for 'Basic Information Before leaving Earth.'

*People want the front of the bus, the back of the church, and the center of attention.

*A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses." When he returned, he found a citation from a police officer along with this note: "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

*Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, it's morning."

*A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me," his father replied. "Then why do you keep crossing things out?"

*There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments." answered the lady.

Encourage One Another

A mouse looked through the crack in the wall to see the farmer and his wife open a package. What food might this contain the mouse wondered? He was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning: "There is a mousetrap in the house!" The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it." The mouse turned to the pig and told him, "There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it. But I will be thinking of you." The mouse turned to the cow and said "There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap.... alone. That very night a sound was heard throughout the house—like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital, and she returned home with a fever. Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well; she died. So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them. The mouse looked upon it all from his crack in the wall with great sadness. So, the next time you hear someone is facing a problem and think it doesn't concern you, remember — when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.