



The Fisherman's Net "Catch the Spirit"

St. Peter's Episcopal Church
Highway 83
North Lake, WI 53064

Andy Marks, Sr. Warden
Steve Marks, Jr. Warden

Website: StPetesNorthLake.org
Phone: (262) 966-7312

Newsletter Editor: Mary Buerosse (262) 691-3549 E-Mail: Mbread@att.net

NOVEMBER 2011

Pastor's Pen *Fr. David Couper*

Health Advice

There are usually two bits of advice we are constantly given from healthcare providers and clergy: to exercise and to pray. I think it's safe to say that both are critical for good physical and spiritual health. But of course we are busy and to take time for both of these activities is just too time consuming -- even if we know it is good for us.

So I am going to propose a solution; do both together -- exercise while you pray, pray while you exercise! During my morning hour-long exercise (which is either walking our woods, cycling, snowshoeing or skiing) I pray. It isn't as difficult as it sounds. And I am sure that God accepts this type of prayer as much as God accepts other prayers. Remember the formula: ACTS as a method of prayer? -- *adoration* (praise to God), *contrition* (self-examination and asking for forgiveness), *thanksgiving* (for all our blessings), and *supplication* (asking help from God). During exercise, we can also *listen*; to be quiet, hear what God is saying to us (this is the part of prayer that we often forget... to be quiet). This is an important ingredient in both contemplative and centering prayer. You can find out more about this kind of prayer at: <http://www.contemplativemind.org>.

What I am really talking about is "prayer-walking." And prayer-walking has a long history within all our enduring world religions. For example, I found a great little book online about this kind of prayer at: <http://www.newchurches.com/mediafiles/PrayerWalkManual.pdf>. And within the Christian Orthodox tradition, "hesychasm" is a form of praying done while walking and constantly repeating the "Jesus Prayer" ("*Lord Jesus Christ, Son of God, have mercy on me, a sinner*"). (You can find out more about this practice at <http://www.hesychasm.ru/en/library.htm>). And within Buddhism, many monks, like Thich Nhat Hanh, advocate mindfully walking for one's spiritual health.

I have also found that an iPod is a good way to keep up on contemporary spiritual music from praise to Gregorian chant. Plug in and listen to the wonderful spiritual music that can be downloaded from the iTunes website (and besides, our monthly praise Eucharist will be a lot more familiar to you!).

So this month I am advocating that you consider beginning a program that combines exercise *and* prayer. I have mentioned before that to either eliminate or ingrain a habit takes about six weeks. So why not begin this fall? Start out with a 30 minute walk and pray the "ACTS" format and then spend the rest of the time being quiet and listening for God. Set a time every day and get out and get praying. The result

is a heart that will be healthier both physically and spiritually!

Outreach & Boundaries

The Dean of Divinity at Trinity College, Toronto, writes “A priest whom I know received a \$300 check from a parishioner to use at his discretion to provide food at Christmas for the poor of his congregation. At first, the priest was rather taken aback and unable to think of any families who might need or even accept such help. After a conscientious search of his membership list, he came to the conclusion that it would be wrong (and probably offensive) to offer help of this kind to any of the Church members. He finally gave the money to the priest of a poorer congregation where it was clearly needed. His action puzzled me at first, for while this priest's parish had a middle class congregation and a number of affluent members, it was nevertheless situated in a district where signs of poverty were clearly manifest, though not yet on a massive scale. Upon further discussion, however, it became clear the he was dealing with names on a membership list, rather than people living in a geographic area. His responsibility was to a congregation rather than to a parish. In fact, he was not aware of a parish in a geographical sense at all, but only of a list of families. There is a lot of difference between ministering to a list of interest people and ministering to the people of an area. It is perilously close to the difference between a club and the Church.”

—*The Virginia Churchman* via *The Anglican Digest* Autumn 2011

Our Next Generation is Collecting Books

“Developing a love of reading among the children we serve has always been at the heart of our mission. For more than 10 years, Our Next Generation has conducted programming aimed at encouraging children to read and improve their reading proficiency. Help us put books in the hands of children and continue to foster their love of reading” Our Next Generation is collecting children’s new or gently used books-- grades 1-8, magazine subscriptions (Kids National Geographic, Highlights for Children, Ranger Rick, etc) and cash. Details are in flyer is on the bulletin board.. Rick Luedke has placed a green tub in Narthex to receive books which he will deliver to the ONG. Many thanks for reaching out to our next generation of readers!

*It is better to give than to lend, and the cost is about the same.

*Christians show what they are by what they do with what they have.

*The longest chapter in the bible is Numbers chapter 7—nearly two thousand words, all about giving.

Calendar & Times

		<u>Scheduled Reader</u>	<u>Altar Flowers</u>
Nov. 6, Sunday	8:00 am Vestry Meeting		
Dungaree Sunday	9:30 am Holy Eucharist	Mary Buerosse	Memorial
Nov. 13, Sunday	9:30 am Holy Eucharist	Kathy Marks	Ackley
Nov. 20, Sunday	9:30 am Holy Eucharist	Helen Ackley	McKay
Nov. 23, Wednesday	7:00 pm Holy Eucharist	volunteer	
	<u>Thanksgiving Eve</u>		
Nov. 27, Sunday	9:30 am Holy Eucharist	Charlie Brumder	(Greens)
	<u>First Sunday in Advent</u>		

Lessons for NOVEMBER

<u>1 Lesson</u>	<u>Psalm</u>	<u>2nd Lesson</u>	<u>Gospel</u>
Nov 6 Amos 5:18-24	70	1 Thessalonians 4:13-18	Matthew 25:1-13
Nov 13 Zephaniah 1:7, 12-18	90:1-13	1 Thessalonians 5:1-11	Matthew 25:14-30
Nov 20 Ezekiel 34:11-16, 20-24	95:1-7	Ephesians 1:15-23	Matthew 25:31-46
Nov 27 Isaiah 64:1-9	80:1-7, 16-18	1 Corinthians 1:3-9	Mark 13:24-37

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)

- *Pray for the people who died in the earthquake that hit Turkey.
- *Pray for the harvest this fall, for food enough to help those in need.
- *Pray for peace and justice in the world, especially in Libya.
- *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 by 2015.
- *Pray for St. Peter's and its families, for the present and the future, that we may grow in Christ and be his light to the world.
- *Remember the members of the Prayer Circle in your prayers.

Let's Celebrate!

Happy Birthday

Nov. 12 Andy Marks

Nov. 23 Evan Medd

Nov. 27 John Campbell

Happy Anniversary

Nov. 6 Paul & Denise Mikulak

If we have missed your birthday or anniversary or listed it incorrectly, please let us know so we may celebrate with you! Submissions or corrections may be sent to the editor: Mbread@att.net

The Spirit at Work!

- *Congratulations to Joshua Roland Marks and Darcie Marie (Nikka) Stanford who were united in Holy Matrimony on Saturday, October 22 in Chippewa Falls!
- *REMEMBER to set your clocks BACK. November 6, Daylight Savings Ends!!!
- *St. Peter's Fall Clean-up and Dungaree Sunday (wear jeans) is **Sunday, November 6** after service. Lunch will be provided.
- *A NEW FLOWER CHART is posted on the Narthex Bulletin Board ! Pick your special Sunday to give thanks to God for a special celebration, memorial, or general thanksgiving.
- *A NEW BREAKFAST CHART is also posted. It's easy to do.... Ask a friend to help.
- *The next Vestry meeting is also Sunday, November 6 at 8:00 am.
- *Thank you to all who contribute to Our Next Generation "Book drive". Many thanks to Rick Luedke for giving us this outreach opportunity and delivering our donations.

"Nunsense"

We have another theater trip in the making. This time we will be going to the Sunset Playhouse in Elm Grove for a 2 PM performance of "Nunsense", a musical comedy sure to get you laughing. The date is January 15, 2012. Ticket cost is \$15.00/person (group rate). There is a sign up sheet on the bulletin board. We have 20 seats reserved. Please make your payment payable to "Sheila Campbell". We will follow with an early dinner gathering at Baker's Square (Bluemound and Moorland Rd/Pilgrim Parkway—Brookfield) for anyone who is interest. (Dinner cost in NOT included in the ticket cost.) Please let Sheila know if you will be joining us for dinner, so she can advise the restaurant.

*Don't want to go to the theater performance, but would like to join us for dinner — that's fine.

*Don't want to go to dinner, but would like to go to the performance — that's fine, too.

We aim to please, just let Sheila know.

Caroline Chester

St. Peter's received very sad news in October. Darcy Chester, a member of St. Peter's for many, many years, moved to Owego, New York several years ago to be closer to her family, in particular her daughter Caroline who had health issues. In August we received word that Caroline had been diagnosed with Stage 4 colon cancer. Darcy let us know that her beloved daughter died on October 10 at the age of 29 years old. We are all very saddened by this news and extend our sympathies to Darcy and her family. We pray that God will give her comfort and healing. Flowers will be placed on the altar on November 6 in memory of Caroline.

Autumn Whispers

What is so rare

As a day in November

When bronze-tipped pheasants fly;

As pumpkins line each country road

And Autumn whispers a fond goodbye.

What is so rare

As a day in November

Treasuring His bounty of Thanksgiving love

As we humbly bow our heads and hearts

In Praise to Father God above.

by Rev. Douglas Raymond Rose, Grand Prairie, TX

via *The Anglican Digest*, Autumn 2011

All Saints' and All Souls' Day

All Saints' Day, observed in the west on November 1, celebrates all the Christian saints, known and unknown. All Saints' feast was first noted by St. Ephrem Syrus (d. 373), while St. Chrysostom (d.407) assigned it to a definite day, the first Sunday after Pentecost, still observed in the East. It was first celebrated on May 13 in either 609 or 610 A.D. when the Emperor Phocas gave the ancient Roman temple called the Pantheon to Pope Boniface IV as a church. From then on an annual commemoration of All Saints' was made on May 13. Its observance on November 1 appears to date from the time of Gregory III (d. 741) who dedicated on that day a chapel in the basilica of St. Peter to 'All the Saints'. Gregory IV (d.844) ordered its universal observance and the feast was extended to commemorate all saints in addition to those who had given their lives for their faith. Halloween takes its name from All Saints' Day because

October 31 was called 'Allhallows Eve, 'eve of all the holy ones day.' Sixtus IV (d.1484) added the Octave. In the calendar in the proposed revision of the Book of Common Prayer of 1927-8, the Octave Day (November 8) is assigned to the 'Saints, Martyrs, and Doctors of the Church of England'.

All Souls' Day is the commemoration of the souls of the faithful departed on November 2, the day following All Saints' Day. Its observance became universal through the influence of Odilo, the fifth Abbot of Cluny (near Burgundy), who in 998 commanded its annual celebration in the Benedictine houses of his congregation. Odilo is credited with developing sound economic organization and independence of lay financial control at the monastery of Cluny.

On Eldad and Medad and the Mysteriousness of Life

"The spirit blows where he wills," Jesus said, which means you cannot box God in. We Anglicans have a particularly hard time with this since we are told to expect worship to be "decent and in order." But—have you noticed—things don't always work like that. Life is not so much a problem to be solved as a mystery to be lived. When God is in charge, patterns can be broken, expectations can be shifted, and all heaven can break loose. One biblical story which speaks to this is the tale of Eldad and Medad in Numbers 11. Moses and the people of God are in a dispute about misfortune and food and Moses is getting blamed and feeling burdened. God asks Moses to gather seventy men among Israel's elders who would be enabled to share the burdens of the people. It had to be done, however outside the camp at the tent of meeting. Moses did his part, and God came through also: "and when the spirit rested upon them, they prophesied." (Numbers 11:25) So far so good. But there was a problem. Two other men named Eldad and Medad who were not

chosen by Moses and not at the tent of meeting also prophesied. Wrong people, wrong place. Uh oh. Joshua the son of Nun objected. This isn't according to Hoyle! It isn't in the Vestry handbook. "Moses, put a stop to it!" he says. But Moses said to him, "Are you jealous for my sake? Would that all the LORD's people were prophets, that the LORD would put his spirit upon them!" (Numbers 11:29) Moses is commendably open to letting God be God in a surprising way. Please note, too, that it is the younger Joshua who is unduly limited by the script and the old Moses who is willing to ad lib and go with the flow of the Holy Spirit." I pray that all of us will learn to be less like Joshua and more like Moses.

Via *The Anglican Digest*, Autumn 2011 by Rev. Canon Dr. Kendall S. Harmon

Senior Warden's Reflection by Andy Marks

We Give Thanks...

The leaves have fallen. The chill is in the air. It's almost time to roast the turkey. And here we are again, Thanksgiving. As we gather around the table for the feast, we give thanks. So, what are we thankful for? Is it the spectacular feast, the wonderful fall weather, the abundant food, the place we call home. Yes, it is all of those, but the most important one is the people that are gathered together to share this meal. The family and friends that are by our side through it all. It's the love that they give and receive from each other that makes it work.

It's the same when we gather at church. It is the family of St. Peter's that is always there when needed. When one member needs strength, all are willing to give. The love from everyone is never ending. And so this Thanksgiving, I give special thanks for St. Peter's family. I pray that all of you will share your Thanksgiving with those that you love, and may you take the time to let them know how important they are in your life. Happy Thanksgiving!

NOTE: St. Peter's Thanksgiving Service is WEDNESDAY, November 23 at 7:00 pm

A Prayer for the Harvest of Lands and Waters

O gracious Father, who openest thine hand and fillest all things living with plenteousness: Bless the lands and waters, and multiply the harvest of the world; let thy Spirit go forth, that it may renew the face of the earth; show thy loving-kindness, that our land may give her increase; and save us from selfish use of what thou givest, that men and women everywhere may give thee thanks; through Christ our Lord. Amen.

Book of Common Prayer

Thanksgiving Day

The first Thanksgiving Days were harvest festivals, days for thanking God for plentiful crops. The American Thanksgiving Day probably grew out of the harvest-home celebrations of England. The first Thanksgiving observances in America, however, were entirely religious and did not involve feasting. On December 4, 1619, 39 English settlers arrived at Berkeley Plantation, on the James River near what is now Charles City, Virginia. The group's charter required that the day of arrival be observed yearly as a day of thanksgiving to God. The first New England Thanksgiving wasn't held until July 30, 1623, after a dreadful winter in Massachusetts had killed nearly half of the members of the colony. It was a three-day feast! During the Revolutionary War, eight special days of thanks were observed for victories and for being saved from dangers. In 1789, President George Washington issued a general proclamation naming November 26 a day of national thanksgiving. In the same year, the Protestant Episcopal Church announced that the first Thursday in November would be a regular yearly day for giving thanks. President Lincoln proclaimed the last Thursday in November 1863 as "a day of thanksgiving and praise to our beneficent Father." In 1939, President Roosevelt set it one week earlier. He wanted to help business by lengthening the shopping period before Christmas. Congress finally ruled that after 1941 the fourth Thursday of November would be observed as Thanksgiving Day and would be a legal federal holiday.

What We Sing: # 290 "Come, ye thankful people, come"

This favorite hymn seems to appear in a markedly different version in virtually every major hymn book. It was written by Henry Alford (1819-1871) for use in services to celebrate the harvest and remains the most popular of all Harvest Festival hymns today. Two of Christ's parables are echoed in the hymn: the story of the wheat and the tares in Matthew 13:24-30, and the story in Mark 4:26-29 which tells of the seed which springs up without the sower knowing of it: "The earth produces of itself, first the stalk, then the head, then the full grain in the head." Henry Alford was the son of an Anglican clergyman. He took Holy Orders, becoming Dean of Canterbury Cathedral in 1857. He was a distinguished scholar and wrote many books. "Come, ye thankful people, come" was first published in Alford's *Psalms and Hymns* in 1844. He revised it for his *Poetical Works* published in 1865 and it is this revised version that we sing today. As noted, a version printed in *Hymns Ancient and Modern* differs very considerably from our hymn. Compilers in 1861 made substantial changes. They were firmly repudiated by the author, but have persisted to this day and can be found in the current "New Standard" version. An example of this change appears in the last four lines of the second verse:

Ripening with a wondrous power
Till the final Harvest hour
Grant, O Lord of Life, that we
Holy grain and pure may be.

The *New English Hymnal* prints yet another version of these verses:

Then, thou Church triumphant, come	There for ever purified
Raise the song of harvest-home;	In God's garner to abide;
All be safely gathered in,	Come, ten thousand Angels, come
Free from sorrow, free from sin,	Raise the glorious harvest-home!

This is what we sing. The bolded lines are the originals.

Come, ye thankful people come,
Raise the song of harvest-home:
All is safely gathered in,
Ere the winter storms begin;
God, our Maker, doth provide
For our wants to be supplied:
Come to God's own temple, come,
Raise the song of harvest-home.

All this world is God's own field,
Fruit unto His praise to yield;
Wheat and tares together grown,
Unto joy or sorrow grown;
First the blade, and then the ear,
Then the full corn shall appear:
Grant, O harvest Lord, that we
(Lord of harvest, grant that we)
Wholesome grain and pure may be.

For the Lord our God shall come,
And shall take His harvest home;
From His field shall in that day
All offences purge away;
Give His angles charge at last
In the first the tares to cast;
But the fruitful ears to store
In His garner evermore/

Even so, Lord, quickly come;
to thy final harvest-home;
(Bring Thy final harvest home:)
Gather Thou Thy people in,
Free from sorrow, free from sin;
There, for ever purified,
in thy presence to abide
(In Thy garner to abide:)
Come, with all thine angels come
Raise the glorious harvest-home.

Johnny's Mother looked out the window and noticed him "playing church" with their cat. He had the cat sitting quietly and he was preaching to it. She smiled and went about her work.

A while later she heard loud meowing and hissing and ran back to the open window to see Johnny baptizing the cat in a tub of water. She called out, "Johnny, stop that! The cat is afraid of water!" Johnny looked up at her and said, "He should have thought about that before he joined my

church."

Church Signs

*Thou shalt not steal the copper from the AC Unit.

*You may party in hell, but you will be the barbeque.

*The best vitamin for a Christian is B1.

*Try our Sundays. They are better than Basking-Robbins.

*Try Jesus. If you don't like him, the devil will always take you back.