

# the EPISTLE

AUGUST 2023



## School Starts August 10

### AUGUST CALENDAR

- Aug. 1-5 Youth Mission Trip
- Aug. 6 Youth Sunday
- Aug. 7 Ed Wynn SS Class Luncheon  
10:30 a.m. - Parlor
- Aug. 8 United Women in Faith  
10:00 a.m., Parlor
- Aug. 12 Capital Area Justice Retreat  
9:00 a.m., Parlor  
  
Fresh Expressions Training  
9:00 a.m., Room 300/301
- Aug. 13 3rd Grade Bible Sunday  
  
TWO SERVICES RESUME!
- Aug. 15 Men's Reading Community  
Resumes - 8:30 a.m.  
Ology Brewing
- Aug. 16 Wednesday Night Dinner  
Resumes - 5:30 p.m., SH
- Aug. 19 Manna on Meridian  
8:00 a.m., Faith Presbyterian  
  
Date Night, 5:00 p.m., Nursery
- Aug. 21 Congregational Care Meeting  
10:30 a.m., Room 326  
  
Trustee's Meeting, 5:30 p.m.,  
Room 325
- Aug. 26 Soul Food Distribution  
9:30 a.m., Lake Ella  
  
Church-wide Movie Night  
7:00 p.m., Sanders Hall
- Aug 28 Governing Board Meeting  
6:30 p.m., Parlor

# AUGUST *events*

## SUNDAY NIGHT WORSHIP EXPERIENCE

Join us on **Sunday, August 20**, in Sanders Hall for worship through contemporary music, a message, and discussion time. All are welcome to come. Youth programming runs 6:00 - 8:00 p.m. and worship will be 7:00 - 8:00 p.m. Nursery is available upon request. Contact [beth@saintpaulsumc.org](mailto:beth@saintpaulsumc.org). Sunday Night Worship Experience is every third Sunday of the month. We are planning to expand this to weekly on September 17.

## MOVIE NIGHT

Church-wide Family Movie Night, **Saturday, August 26** from 7:00 - 9:00 p.m. in Sander's Hall. Popcorn snacks and drinks provided. We will announce which movie as the date gets closer!

## UPCOMING WEDNESDAY NIGHT CLASS

### "The Examen: Finding Peace"

**August 23 – September 13 at 6:30 p.m. in Room 310**

St. Ignatius designed a spiritual discipline called the examen. It's a method of reviewing your day in the presence of God. St. Ignatius thought of it more like an attitude than a method. It's used to help people develop a reflective mindset of gratitude to see where God showed up in your life in the last 24 hours. It may help us attune our thoughts and behavior towards God's presence which will then lead to a response to God's leading.

The goal to learning this spiritual discipline in this Wednesday night class is to help deepen our relationship and connection with/to God by seeing God in all aspects in the ordinary facets of our lives. To grow in self-awareness to seek grace and courage to connect with our inner most selves so that we can live fuller lives.

**August 23** - Week One: What is the Examen? Why to we need it?

**August 30** - Week Two: Pray for Light and Give Thanks

**September 6** - Week Three: Daily Review and Where did I stray?

**September 13** - Week Four: Do Something!

## WAYS TO VOLUNTEER

Various subcommittees of our Care Team provide meals to those who are ill or recovering from surgery, send cards to members in times of extra care, deliver flowers to those in need of encouragement, and pray weekly for the needs of our congregation. Our next monthly meeting is **August 21 at 10:30 a.m. in room 326**. We would love to have you join us.



**NEED A RIDE OR  
WILLING TO GIVE ONE?**

Help us restart our ride-share program!

## RIDE-SHARE FOR WORSHIP

Before the pandemic, we had a team that provided rides to members of our congregation who were unable to drive. We would like to restart this program by matching people who need rides with those who are able to drive, and who live nearby. If you know someone that needs a ride, or if you are willing to drive, please fill out the form below.

## YOUTH MISSION TRIP

From **August 1-5**, the youth group will be teaming up with Trinity UMC Youth to serve in the urban Tampa Bay area. They will be partnering with Metropolitan Ministries, as well as Feeding Tampa Bay to provide assistance in their food warehouses as well as outreach services. They will end their week with a day spent at Busch Gardens before returning home. Please pray for God to move through our youth and the amazing work they will do on this trip!

## SANDERS HALL TEMPORARILY CLOSED

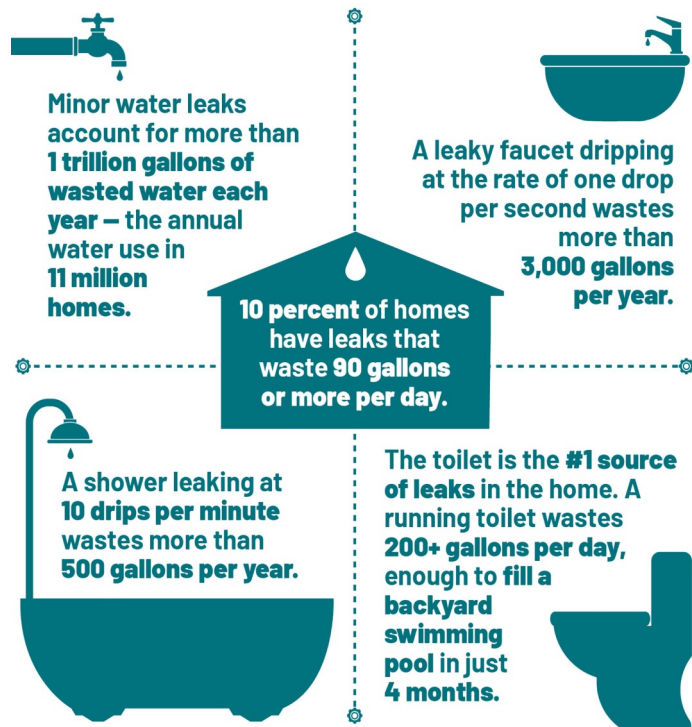
Our Trustees have been hard at work this year making improvements and getting things fixed up! The floors in Sanders Hall are scheduled to be refinished August 7 - 11, and then will take another few days to ventilate. Therefore, there will be **NO ACCESS** through Sanders Hall **August 7 - 15** and no events scheduled during this time.

# CREATION care

## WORLD WATER WEEK IS AUGUST 20-24

August means HOT weather in Florida, and we love to cool off in springs, beaches, pools, and even backyard sprinklers. How often do we take clean flowing tap water for granted? A seemingly unlimited supply is piped directly into our homes for less than a penny per gallon. Even Florida, the land of liquid sunshine, is facing a thirsty future with population growth doubling water use by 2070. Using water wisely begins at home, with simple actions like repairing plumbing leaks, upgrading to water-saving fixtures and appliances, and adopting everyday conservation and disposal practices that become lifelong habits. These simple changes will pay immediate dividends in lower water bills and help you be a good steward of God's creation.

### #1 Way to Save Water: Repair Water Leaks



### #2 - Find Out Your Water Footprint

Take this online quiz to find out where you rank compared to the national average and other Saint Paul's UMC members. [www.watercalculator.org](http://www.watercalculator.org)

Share with your Sunday School classes to see who has the lowest Water Footprint. Email the results to our Creation Care team at [Cares4Creation@gmail.com](mailto:Cares4Creation@gmail.com) to find out where you rank!

## HAPPY BIRTHDAY

- 1 Lauren Fleischer, Ellen Osborn
- 2 Olivia Hahn, Bill Wilbur
- 4 Tim Ashley, Nena Martinez, Marlene Roney, Jay Wirth
- 5 Sandy Friedman, Susan Gill Christine Prescott, Steve Ray
- 6 Larry Crawford, Catherine Hewitt
- 7 Hartley Bryant, Dennis Croft
- 8 Steve Chellman
- 9 Steve Mayberry, Lucretia Thomas
- 10 Paydan Chan, Michael Chaney, Cecelia Novak, Mike Paramore, Vicky Prescott Snyder
- 11 Bill Perry, Wendy Raynor
- 12 Flo Dickinson, Janet Newsom, Cynthia St. John
- 13 Meg Bevis
- 14 Franklin Batailles
- 15 Wayne Wallace
- 16 Kathy Combs, Mary Pridgeon
- 17 Boots Howse
- 18 Donna Crawford, Margaret Dowdy, Jack Pearce
- 19 Grant Barber, William Hatfield Karolyn Holmes
- 20 Jake Varn, Scott Cherry
- 22 Emma Apthorp, Cathy Tarleton
- 23 Lynne Quimby-Pennock
- 26 Charles Field III, Charlene Helton, Robert Kennedy, III, Carolyn Shackelford
- 27 Yvonne Brownlie, Mary Lou McIntosh
- 29 Sam Ashton, David Broadfoot, Steve Leach, Randy Pupo
- 30 Michael McFarland, Scott Shoffstall, Carol Wortham
- 31 Ella DeGraw, Susan Limbaugh, William Miller

# MISSION ministries

## MANNA ON MERIDIAN

The next distribution is on **August 19** from **8:00 - 10:00 a.m.** Saint Paul's is the lead church which means we are responsible for providing volunteers. If you are able to help between 8:00 & 10:00 please contact Barb Block either at [tallahasseebarb@yahoo.com](mailto:tallahasseebarb@yahoo.com) or (850) 241-2842, and please continue to donate cereal boxes, regular size please.



For several years Saint Paul's has had members volunteer to mentor students at Kate Sullivan Elementary School. First, under the leadership of Meg Guyton, and then when Meg moved away, under Susan Gill's leadership, volunteers have registered with the Leon County Schools. We are still trying to rebuild our volunteer and mentor programs to full capacity after the pandemic.

To this end, if you would like to volunteer for the 2023-2024 school year, please complete the volunteer application at this link: <https://volunteers.leonschools.net>. A new volunteer application is required annually. Your new volunteer application will be valid from the date of completion through June 30, 2024.

If you would like to serve a returning mentor or a new mentor, please mark "yes" to the last question on the volunteer application that reads: "Would you like to serve as a weekly mentor?" Once you complete the volunteer application, please let Susan Gill know so she can support you, her email is [susangill.gill@gmail.com](mailto:susangill.gill@gmail.com).

## UPDATE FROM THE INTERNATIONAL REFUGEE COMMITTEE

The Guatemalan Refugee family that St. Paul's has co-sponsored is doing very well. Our six-month responsibility will be terminating next month. We'll need to find out about our future involvement and how we can continue to be a support for them.

Right now they are looking at school choices for the coming school year. They now have a car, which is wonderful news. Their extended family arrived in Los Angeles a while ago, but moved here a few weeks ago so they can all be together in Tallahassee. Through your generosity, we were able to help purchase airline tickets for them to fly from Los Angeles. At first, they were all living together in their home, but IRC found an apartment for their family members now, and they've settled in there. So there's much to be thankful for.

Please keep them all in your prayers as they continue to adapt to a new culture and learn the language. We will update you and let you know if there are specific needs we can address.

# MUSIC

## at Saint Paul's

**Music Ministry is a vital part of the worship life of Saint Paul's. We have a place for you! August is a great time to join any of our choirs as we are gearing up for the new season.**

**Preschool Music Group (for ages 3-4):** will be meeting from 5:10-5:30 on Wednesday afternoons beginning August 16. This group is a developmentally appropriate music program for children ages 3-4 which incorporates singing, playing instruments, and movement, setting the foundation for building our future worship leaders. Contact Gaye Herndon ([gaye@saintpaulsumc.org](mailto:gaye@saintpaulsumc.org))

**Kids@Art (Children's Worship Arts Program for Grades K-5):** Our children's worship arts-based program will change times for the 2023-24 school year. We will be meeting on Wednesdays, 6:00-7:00 p.m., immediately following Wednesday Night Dinners. All children, grades K-5, are invited to join us for Children's Choir, instrument playing, drama, sacred dance and movement, visual arts, and more. We'll begin on August 16. In our first unit of study, we'll be doing choir, drumming, and sign language, preparing to lead the entirety of our Services of Worship on September 17. (Contact Stephany Nystrand: [stephanymusictherapy@yahoo.com](mailto:stephanymusictherapy@yahoo.com))

**Youth Choir:** will be leading the 9:30 a.m. Service of Worship on Sunday, August 6, Youth Sunday. Our seniors will be giving the message and singing a solo, others will be giving testimonies about their mission trip and Music Camp experiences, and the Youth Choir will be singing and leading the congregational songs. Several of our Youth Choir members will also be contributing to our worship experience by using skills learned at Music Camp to create our altar-scape. We look forward to this special worship experience to lead us into the new school year. We will be resuming our regular rehearsal schedule on August 16 and invite all who are in Grades 6-12 to join us. Rehearsals are on Wednesday evenings, 7:00-7:45, in the Music Room (200) of the Children's Wing. We prepare choral music to help lead our congregation in worship and take an annual trip to MUSIC CAMP! (Contact Gaye Herndon: [gaye@saintpaulsumc.org](mailto:gaye@saintpaulsumc.org))

**Saint Paul's Dancers:** is a group of older elementary and youth with dance experience who meet seasonally to prepare for leading worship. (Contact Stephany Nystrand: [stephanymusictherapy@yahoo.com](mailto:stephanymusictherapy@yahoo.com))

**Covenant Chancel Choir:** sings for the 11:00 a.m. (and occasionally 8:30 a.m.) services. This choir also presents and leads special seasonal services. After taking a break in July, they will resume their regular Tuesday evenings, 6:15-7:15 p.m., rehearsal schedule in the choir room on August 1. A nursery/childcare is provided. If members want to sit with their families during worship, they leave the choir loft after the anthem. Contact Cynthia Prescott, Adult Choirs Director: [prescottc1360@gmail.com](mailto:prescottc1360@gmail.com)

**Se'lah:** is an ensemble of adults who love to praise God through song but can't commit to singing in worship every Sunday. This group rehearses Tuesday evenings, 7:30-8:30, in the choir room. They perform a variety of music and sing in a variety of places. This group sings once a month in worship and occasionally with the Covenant Chancel Choir for special occasions. They are currently preparing to present a Concert on September 10 in the evening. A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director: [prescottc1360@gmail.com](mailto:prescottc1360@gmail.com)

**Handbell Choir:** will resume rehearsals on Sunday, August 13, from 5:45-6:45. We play for our morning worship services approximately once a month during the school year, participate in music ministry seasonal offerings, and participate in community handbell events (Ring in the Season and WinterRing) Basic music reading skills are required for participation in this choir. (Contact Gaye Herndon: [gaye@saintpaulsumc.org](mailto:gaye@saintpaulsumc.org))

**Instrumental and Choral Ensembles:** are offered according to the particular gifts and talents of our members. Please let one of our music staff know if you're interested in these types of music ministry.



# THANKS *a latte!*

In every Epistle we are going to take a moment to spotlight two volunteers that are making a difference and serving at Saint Paul's. These volunteers will receive a special coffee mug along with a \$5 gift card to Black Dog Café as a token of appreciation for all their hard work.

This month we want to give a very special word of thanks to Mary Ann Brown and Mary Dekle!



Mary Ann Brown

Mary Ann Brown volunteers in the office every Monday morning, and has also been helping behind-the-scenes with so many of our events, including funeral receptions. She agreed to serve as the chair for our new bereavement team, and serves on the kitchen committee. We are so grateful for all she does.

Mary Dekle began volunteering in the office this summer, and serves every Thursday morning. She took over sending out the grief booklets to those experiencing loss, and has fully digitized our system for logging and sending those out. We are so thankful for all of our office volunteers!



Mary Dekle

# WEDNESDAY *nights*

Wednesday Nights resume on August 16!

## EVERY WEDNESDAY NIGHT

5:10-5:30 Preschool Music Group  
5:30-6:30 Dinner in Sanders Hall  
6:00-7:00 Kids@Art  
6:00-7:00 Rooted Youth Program  
6:30-7:30 Adult Classes  
7:00-7:45 Youth Choir

## ADULT CLASS

### "The Examen: Finding Peace"

August 23 – September 13

6:30 p.m. in Room 310

(more information on events page)

## WEDNESDAY NIGHT DINNER

The doors open at 5:00 and we serve food from 5:30 until 6:30. The cost is \$7 for adults and \$3 for children 10 and under. Reservations should be received by Monday at noon.

### August Menu:

August 16 - Chicken Enchiladas

August 23 - BBQ & Mac n' Cheese

August 30 - Spaghetti

Dinner also includes salad, drinks, and dessert.  
The kids meals are chicken nuggets, fresh fruit  
and a cheese stick.



# FAMILY events

## CHILDREN'S SUNDAY SCHOOL CLASSES

Located in the Children's wing on the "Foundation Level" (Facing Lake Ella)

- August 6 is the last combined Summer Sunday School class
- August 13 Back by popular demand Mrs. Jo Ellen Brown returns to lead the K-2 class and Mr. Kevin & Mrs. Jenni Cox will lead the 3-5th grade class.

**Nursery** – Level 200, Secure access please ring the door bell

Ages 6 months up to 5 years of age available from 8:00 a.m.-12:15 p.m. includes pre-school Sunday school instruction.

**Blessing of the Backpacks on August 6 during the 9:30 a.m. worship service**

## MOTHERS OF PRESCHOOLERS

"MOPS" open to all moms of children ages birth thru kindergarten. Meetings are twice a month on **Thursdays from 9:30 – 11:30 starting with a kickoff party August 17.** This year's theme is, "Say Yes" and we hope you do. For more info contact Coordinator Leslie Scott at narcis-sus52@gmail.com.

"Say Yes" to helping! Mentor Moms are important members of this ministry and are women who have raised children into school or beyond and can share their stories and experience.

## DATE NIGHT

**August 19, 5:00 - 8:00 p.m.**

Enjoy an evening out with your special someone or simply enjoy some much-needed quiet time. Our wonderful nursery staff will take care of your little ones while you get out for a few hours. Contact Director of Nursery Beth Wilde with any questions or concerns at: [beth@saintpaulsumc.org](mailto:beth@saintpaulsumc.org).

## UP & COMING MINISTRY HAPPENINGS

**SPARKS Returns!** Starting **September 6** from 3:00 - 5:00 p.m. This mid-week afterschool ministry will share the love and joy of Christ with our community through outdoor activity, Art and Science exploration. Open to all elementary age children with transportation available from nearby schools. Stay tuned to the weekly notes and our website for sign up details!

**MOMSnex**t is the next big thing for Moms! This ministry is geared toward working parents of preschoolers and older children into elementary school ages but welcomes all. Meetings will be held on the second Thursday of each month starting **September 14** from 6:30 - 8:30 p.m. Childcare not provided. For more info. Contact Mandi Houston at [amandabradley078@gmail.com](mailto:amandabradley078@gmail.com)

## PARENTS MORNING OUT (PMO) IS GROWING AGAIN!

Starting in August we will be offering a full day of toddler fun and learning as well as a new preschool program. Part time morning hours will still be available. It's a great time to get your child involved with all the exciting adventures happening at Saint Paul's! Contact Beth Wilde, our Director of Early Childhood Ministries, to learn more.





1700 North Meridian Road  
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[www.saintpaulsumc.org](http://www.saintpaulsumc.org)

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## RETURN SERVICE REQUESTED

### SUNDAY MORNINGS AT SAINT PAUL'S

8:30 a.m. & 11:00 a.m. Worship

9:45 a.m. Sunday School for all ages

### CHURCH OFFICE HOURS

Monday - Thursday 9:00 a.m. - 4:00 p.m.

Friday - Closed

Find us on  at SaintPaulsUnitedMethodistChurch

### OUR STAFF AND EMAILS

#### Senior Pastor

Rev. Dr. Latricia Scriven  
[latricia@saintpaulsumc.org](mailto:latricia@saintpaulsumc.org)

#### Associate Pastor

Rev. Becky Rokitowski  
[becky@saintpaulsumc.org](mailto:becky@saintpaulsumc.org)

#### Church Administrator

Linda Fletcher  
[linda@saintpaulsumc.org](mailto:linda@saintpaulsumc.org)

#### Director of Children's & Family Ministries

Bridget Weisbrod  
[bridget@saintpaulsumc.org](mailto:bridget@saintpaulsumc.org)

#### Nursery Director

Beth Wilde  
[beth@saintpaulsumc.org](mailto:beth@saintpaulsumc.org)

#### Music Performance Associate

Gaye Herndon  
[gaye@saintpaulsumc.org](mailto:gaye@saintpaulsumc.org)

#### Adult Choirs Director

Cynthia Prescott  
[prescottc1360@gmail.com](mailto:prescottc1360@gmail.com)

#### Kids@Art Choir Director

Stephany Nystrand  
[stephanymusictherapy@yahoo.com](mailto:stephanymusictherapy@yahoo.com)

#### Youth Director

Zac Prasse  
[zac@saintpaulsumc.org](mailto:zac@saintpaulsumc.org)

#### Contemporary Worship Leader

Ben Reid  
[ben@saintpaulsumc.org](mailto:ben@saintpaulsumc.org)

#### Kitchen Coordinator

Ted Rokitowski  
[ted@saintpaulsumc.org](mailto:ted@saintpaulsumc.org)

#### Sexton

Simon Webb

#### Website Administrator

Ryan Kline

#### Video Coordinator

Jay Wirth

#### Church Treasurer

Timothy Scott

### OUR BISHOP

Rev. Tom Berlin

### OUR DISTRICT SUPERINTENDENT

Rev. Clarke Campbell-Evans

### OUR MISSIONARIES

Delbert and Sandy Groves,  
Zambia