

JUNE 2023

the EPISTLE



Traditional Christian Hymns Word Search

S	U	R	V	E	Y	P	D	K	F	Y	U	K	P	L
H	C	Z	K	G	H	N	I	O	W	L	P	B	I	P
N	E	S	I	R	E	N	U	L	F	O	R	V	B	F
B	D	B	A	I	G	N	I	U	A	H	E	E	G	E
G	A	E	R	I	D	K	F	F	I	S	D	C	X	R
A	T	F	S	A	G	L	A	Y	T	P	L	M	H	M
K	Y	G	T	S	L	Q	Y	O	H	L	O	R	Y	P
Y	W	I	M	E	E	W	R	J	F	N	F	W	V	S
S	O	A	W	L	Z	L	X	Q	U	M	N	J	E	D
N	J	V	X	I	Q	Q	B	R	L	T	V	G	V	R
G	T	Q	R	G	N	G	G	G	N	S	A	Z	K	C
E	S	H	K	Q	O	F	V	R	E	L	Z	E	I	M
P	X	P	O	S	R	F	F	A	S	P	Q	Q	R	F
S	S	E	R	T	R	O	F	C	S	B	I	W	Z	G
U	G	Z	M	Z	U	F	K	E	Q	R	B	N	P	I

A Mighty FORTRESS Is Our God
How GREAT Thou Art
Amazing GRACE
Because He LIVES
BLESSED Assurance
Christ the Lord Is RISEN Today
Great Is Thy FAITHFULNESS

HOLY, Holy, Holy
All Hail the POWER of Jesus' Name
How Firm a FOUNDATION
It Is WELL with My Soul
JOYFUL, Joyful, We Adore Thee
What a FRIEND We Have in Jesus
When I SURVEY the Wondrous
Cross

Instructions:

Find and circle the words in ALL CAPS listed above. Words may be forward, backward, vertical, or diagonal within the puzzle.

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JUNE CALENDAR

June 1-2 Extreme Explorers

June 5 Ed Wynn SS Class Luncheon
10:30 a.m., Sanders Hall

June 7 Youth Games, 6:00-8:00 p.m.
Parlor & Youth Room

June 8-10 Annual Conference

June 9 Crafty Crop, 5:00 p.m., Parlor

June 10 Crafty Crop, 10:00 a.m., Parlor

June 12-16 Music Camp

June 12 Manna on Meridian Bagging
3:00 p.m., Faith Presbyterian

June 17 Date Night, 5:00 p.m., Nursery

June 18 Contemporary Service,
Sanders Hall, 7:00 p.m.

June 19 Congregational Care
10:30 a.m., Room 326

Trustees Meeting
5:30 p.m., Room 325

June 21 Youth Jelly Ball, 10:30-12:30
Fischer House in Monticello

June 24 Soul Food Distribution
9:30 a.m., Lake Ella

June 26-30 VBS

June 26 Governing Board
6:30 p.m., Room 301

JUNE events

MEN'S READING COMMUNITY

The Men's Reading Community meet **every Tuesday**. We meet from **8:30 - 9:30 a.m.** at Ology Brewing Company, 2910 Kerry Forest Parkway, Unit 8 for breakfast. This gives us an opportunity to gather and fulfill the mission, vision, and discipleship strategy of the church by being a faithful group of disciples. If you are interested or would like more information please contact David Gill, davidmurraygill@gmail.com, or Nic Fugate, ndfugate@gmail.com.

SUMMER COMBINED WORSHIP

Starting June 4, we will combine our Sunday morning worship services and worship together at 9:30 a.m., followed by a Sunday School hour from 10:45-11:45 a.m. During the summer months, as many families go on vacations, this is a great way to meet people from the "other service" while we give our staff members (and our air-conditioning) a bit of a break. Our final combined worship will be on August 6, which will be led by our youth as they return from their mission trip. August 13 we will resume two worship services. In these hot months we also take a break from wearing robes during worship.

SUNDAY NIGHT WORSHIP EXPERIENCE

Join us on **Sunday, June 18**, 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 for the little ones. Sunday Night Worship Experience is every third Sunday of the month.

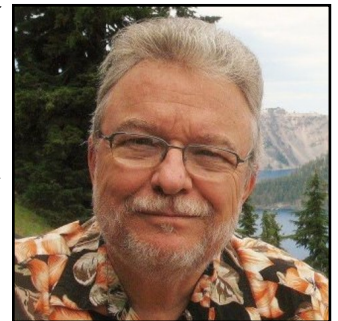


WEDNESDAY NIGHT PROGRAMMING

Thank you to everyone who participated in our Wednesday Night Dinners and programming during the school year! We have been averaging over a hundred people each week including dozens of little ones. We are so grateful to all who helped make these dinners happen. We will take a break for the summer while we menu plan, repair equipment, and rest.

INVITATION TO LEARN

The New Horizons Sunday School Class has invited Rev. Dr. Steve Harper to teach Sunday, June 25.



Rev. Dr. Steve Harper, a retired elder in the Florida Conference and author of more than twenty books, taught spiritual formation and Wesley studies to Christian divinity students for more than 35 years. We invite you all to join us in Sanders Hall at 10:45 a.m. as Dr. Harper addresses questions such as:

- What is the meaning of terms such as "LGBTQ+" and "non-binary"?
- What processes do people go through in identifying with these terms?
- How can we convey the love of God to others who identify with this community?

Dr. Harper wrote in his latest book, *You Are Loved: Since becoming an LGBTQ+ ally, I have met person after person who has made it through the rejection and harm of family, friends, and the faith community by tenaciously clinging to the solid rock of God's steadfast love.*

If you would like to submit a question to Steve Harper you may drop it anonymously in a box which will be in Sanders Hall until June 18.

HOW WOULD YOU LIKE YOUR EPISTLE?

Would you rather receive this newsletter by email? Send a message to linda@saintpaulsumc.org and we will switch your delivery method.

CREATION *care*



JOIN THE TOMATO HARVEST THIS SUMMER

The Mosaic Garden team is once again growing cherry tomatoes for Manna on Meridian Food Bank and would love your help harvesting them when the time is right. Text Jessie Perry at (850) 320-4040 for more details.



CREATION CARE SUNDAY @ SAINT PAUL'S UMC

The SPUMC Creation Care team shared the joy of being good stewards of the earth during both church services on April 23. Charlotte Keaton led the Call to Worship and scripture readings, Jessie Perry shared about making individual choices that add up during the Children's Chat, Lily Griesheimer sang a beautiful solo of the song "Trend", Yvonne Brownlie read the Prayer of Thanksgiving called "For the Beauty of Creation" by Katherine Smith Matheney, and Cara Fleischer provided the message called "How has God Equipped Us for Creation Care?" See the recording on Saint Paul's UMC website to learn how you can make a difference, every day



HAPPY BIRTHDAY

- 1 Sue Spencer
- 2 Mary Dekle, Bill Dunne, Phyllis Young
- 3 Joe Helton
- 4 Eddie Fristoe, Camille Hewitt, Kay Oswalt
- 5 Holger Amort, Karen Kline, Janice Nash
- 6 Michelle Fugate, Don Porterfield, Iris Weisbrod
- 7 Abby Courtemanche, Mac McRae, Laura Underhill, Juliet Yaques
- 8 Nikki Abels, Lanette Burton, David Dowdy
- 9 Bryan Doxsee, Lily Johnson
- 10 Chioma Okoli
- 11 Ryan Andrews, Joy Miller
- 12 Donna Peacock
- 13 Dale Nute, Wanda Pierce, James Ragans, Randy Willis
- 15 Liam Hatfield, Aimee Wirth
- 16 Adam Brown, Eli Getman
- 17 Merry Ann Johnson, Kevin Scott, Thomas Snuggs
- 18 Finnegan McFarland
- 20 Emily Andrews, Ronnie Cain
- 21 Chris Muire
- 22 Carol Broadway, Angela Perry
- 23 Jacob Alexander, Rhonda Shantz
- 24 Brooks Baldwin, Kathy Barber, Gordon Bowman, Anne Marie Clark, Caroline Cox
- 25 Leo Allison
- 26 Ryan Kline
- 27 Russell Pate
- 28 Courtney Pierce, Joyce Thompson
- 29 Lily Droessler, Cara Fleischer, Ella Waltz
- 30 Gaye Herndon

MISSION ministries

BIG BEND HOMELESS COALITION IS NOW

FAMILY PROMISE OF THE BIG BEND

On March 9, 2023 we were renamed Big Bend Homeless Coalition was renamed Family Promise of the Big Bend. Our new brand is part of an affiliate reach of almost 200 Family Promise organizations around the country who are also involved in helping the homeless and focusing on affordable housing efforts.

Did you know:

- ◆ Our program, HOPE, is the only family shelter in the Big Bend and we serve about 150 to 175 persons daily.
- ◆ We operate 3 affordable housing sites which provide forever homes to veterans, formerly homeless families and persons with disabilities.
- ◆ Last year we helped over 300 veterans find housing.
- ◆ Our waiting list for services is the longest we've had in our history - We depend on your support now more than ever.

CIRCLE OF SUPPORT

Did you know that at Saint Paul's UMC we offer the **ONLY** in-person mental health support group for moms in the entire Tallahassee area? And that it is free? **AND** that we provide free childcare??

The Circle of Support program was established to support moms (not just first-time moms) after the birth of a child. Often moms suffer in silence; however, offering a circle of support can help in alleviating isolation and provide the opportunity to connect in a safe and non-judgmental environment with other mothers. In addition, the group offers guidance, coping skills, stress management tools, peer to peer dialogue, understanding of perinatal mood and anxiety disorders, and communal encouragement while normalizing the transition into motherhood. The group is facilitated by maternal mental health advocate and mom, Danielle B. Foster, MSW who is trained in perinatal mood and anxiety disorders via Postpartum Support International.

The Circle of Support meets twice a month, and you can find out more information and register for sessions at www.saintpaulsumc.org/circleofsupport/.

SOUL FOOD MINISTRY

Our Saint Paul's Soul Food ministry continues to help our homeless brothers and sisters once a month at Lake Ella, usually on the last Saturday of the month. We distribute a hot breakfast, "goody bag" of homemade muffins and fruit, a food bag with non perishable food and a toiletry bag. Our friends are also able to choose clothing such as shirts, pants, jeans, belts and shoes. Some of the most appreciated items are new socks and underwear and \$5 laundry cards. In colder weather we give out jackets, gloves, hats and scarves.

With donations from the congregation, we have bought new tents, sleeping bags, blankets and duffel bags which our friends really need and love to receive. Thanks to all who have donated money or items to Soul Food! If you would like to make donations of clothing items mentioned above, please leave them in the Missions room 308. Monetary donations may be made through the church office. These are the food and toiletry items we give out if you would like to donate these: bottled water, hearty soups or pasta cans with pull tabs, oatmeal or grits packets, instant cup of noodles, tuna packets, granola bars, fruit cups, pudding cups and small packages of crackers such as cheese or peanut butter, toothbrushes, toothpaste, razors, soap, shampoo, lotion, deodorant, washcloths, and hand sanitizer. We have a few volunteers who bag the food and toiletries and help with distribution but we can always use a few more helping hands. If you are interested in helping one day a month, please contact Jo Ellen Brown at brown.joellen@gmail.com.

Thanks again to the entire congregation for supporting this ministry. It is a joy to know that our church can help our homeless friends in a very meaningful way.

MANNA ON MERIDIAN

Manna distribution is **June 17**, from **7:30 - 10:00 a.m.** at Faith Presbyterian Church with bagging the week before. Saint Paul's is again the lead church. If you can volunteer for either of those please let Barb Block know at tallahasseebarb@yahoo.com. Please continue to donate cereal (**regular size please**). You can drop cereal off in the church office.

MUSIC

at Saint Paul's

As we move into the Summer season, Kids@Art, Youth Choir, and Handbell Choir will be taking a break and resume in August for the start of a new season.

Our **Youth Choir**, alumni, music staff members, and several adult music ministry members will be attending the annual Church Music, Worship, and Arts Workshop/Music Camp sponsored by the Fellowship of Worship Artists, FL Chapter, at the Warren Willis Conference Center, June 12-16, where we will be immersed in all things related to worship, music, and the worship arts for an entire week. All of our adult and college-aged attendees have leadership roles during the Workshop. We'll return home better equipped to do our part in the Worship and Music Ministries at Saint Paul's. We are grateful to those who supported our fundraising efforts, and would greatly appreciate your prayers as we learn and grow as worship leaders.

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 would like to thank Janet Clark and Danielle Foster. Janet Clark volunteers every Wednesday afternoon at the front desk in the church office. In addition to serving in this role, she coordinates all of the office volunteers, making sure everyone is trained and that all shifts are filled. Janet serves as our Representative for the Florida United Methodist Children's Home, and reminds us of 5th Sunday offerings and keeps us up to speed with the ministry taking place there.

Danielle Foster has her Master of Social Work and is a Registered Clinical Social Work Intern specializing in maternal mental health. She donates her time to offer a twice-monthly support group for moms on our campus, which has met consistently since she started it in 2020. You can read more about The Circle of Support on the Missions Page.



Janet Clark



Danielle Foster

To both of these amazing women we say: THANKS-A-LATTE!

YOUTH rooted

VACATION BIBLE SCHOOL

From June 26 - 30, Rooted will be volunteering to lead our Vacation Bible School! Our youth will be partnering with other adult leaders to lead different stations, groups of children, and other behind the scenes work. To learn more about how you can get your youth involved, contact Bridget Weisbrod, bridget@saintpaulsumc.org.

On June 30, the youth that have volunteered are invited to stay (help clean-up), have lunch, and then participate in water games in the courtyard!

MUSIC CAMP

June 12 - 16

Every year our Youth Choir heads to music camp, where they spend a week with fellow musicians worshipping together. They are provided instruction by professionals and have a performance at the end of the week to demonstrate all that they have learned. To learn more about music camp or how you can be involved, contact Stephany Nystrand, stephanymusictherapy@yahoo.com.

EXTREME EXPLORERS

May 30 - June 2

From May 30 through June 2, members of Rooted Youth will be volunteering to assist our children's ministry in a week of fun for our 3rd through 5th graders. Read the Weekly Notes and contact Bridget Weisbrod, bridget@saintpaulsumc.org, for more information.

FAMILY HOSTED YOUTH EVENTS

June 7 and 21

Throughout the summer when we will not be having multi day programming, youth families have volunteered to host the youth for Wednesday events! Check the Weekly Notes to get more info on these events, and contact Pastor Becky Rokitowski, becky@saintpaulsumc.org with any questions.

June 7 - Youth Games, 6:00 - 8:00 p.m. in the Parlor

June 21 - Jelly Ball, 10:30 - 12:30 at the Fischer House
634 Hawkins Road, Monticello*

* We will organize a carpool.

SAINT PAUL'S 2023 GRADUATES

Chinonso Okoli



Chi Chi is graduating from Florida High and attending the University of Memphis in the fall where she will study electrical engineering. Her favorite memory at Saint Paul's is playing one of the lead roles in the "Back to the Manger" play in SPARKS during her fifth grade year.

Hannah Joiner



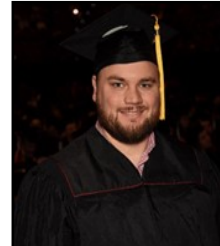
Graduating from Tallahassee Community College and has been accepted at FSU to study Public Health. Her favorite memory at Saint Paul's is spending time with her grandparents, participating in missions, and both participating and volunteering with VBS as she grew up.

Lily Griesheimer



Graduating from Florida High and plans to attend Tallahassee Community College in the fall. Lily will also be serving on the Team at Warren Willis United Methodist Camp and Conference Center this summer. Her favorite memory at Saint Paul's is all of the bus rides Trey McNabb drove the youth on!

Jay Helton



Earned a B.S. in Environmental Science and Policy from FSU in December of 2022. Jay will be working for the Florida Division of Emergency Management as a planner working on the State Comprehensive Emergency Management Plan. Jay's favorite memory at Saint Paul's is the church camping trips. He and his family attended most if not all of the fall and spring camping trips.



FAMILY events

Sunday School for all ages every week from 9:45 -10:40 a.m. including Pre-K, K-2 grade and 3-5 grade classes. Youth and adult classes are also available. Nursery open to children 6 months- 5 years old all morning.

CHILDREN'S SUNDAY SCHOOL CLASSES

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.

Combined Class for all elementary ages – Foundation Level “Art Room”

Summer school will be led by Margot Almond and friends.

Contact Bridget for more info. bridget@saintpaulsumc.org



Margot Almond



Super Margot

Margot Almond will be helping to teach Sunday School for the children this Summer!

“SPIRIT WEEK – SENSING GOD” IS VBS

June 26 - June 30 from 8:30 a.m. - 12:30 p.m.

Open to all rising K to 5th Graders (meaning the grade your child will enter in the fall of 2023). Nursery will be available to all children of volunteers. For more info contact Bridget at bridget@saintpaulsumc.org.

Wishlist for donations: https://www.amazon.com/hz/wishlist/ls/1FH5O1RZ97DP5?ref_=wl_share

Sign up now to secure your spot: <https://saintpaulsumc.breezechms.com/form/Spiritweekvbs2023>

Volunteers are needed and welcome to sign up here: <https://saintpaulsumc.breezechms.com/form/vbsvolunteers2023>

DATE NIGHT

June 17, 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.

Sign up: <https://saintpaulsumc.breezechms.com/form/datenightjune172023>

PMO SUMMER SESSIONS

Our hearts and hands are FULL, a huge praise! Anyone wanting to learn more please contact Director Beth Wilde, beth@saintpaulsumc.org.



MOTHERS OF PRESCHOOLERS “MOPS”

Registration is open! Going 13 years strong at SPUMC

We welcome all moms of children ages birth - Kindergarten to be a part of a loving and supportive group that celebrates Motherhood in all the ways we care for our children and each other. This year's theme is, “Say Yes” and we hope you do. Meetings are twice a month on Thursdays from 9:30 – 11:30 starting with a kick off party August 17. First meeting of the year is August 24. For more info contact Coordinator Leslie Scott at narcissus52@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. Mentor moms attend 2 meetings/month and enjoy brunch and great company! Nursery volunteers are the hands to the heart of this group and help care for children ages 12 months - 5 years during the mom's meetings. This offering to care for the smallest among us gives the Moms a much needed time to connect with other women in the same stage of life and be renewed in spirit.

1700 North Meridian Road
Tallahassee, Florida 32303
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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

Associate Pastor

Rev. Becky Rokitowski
becky@saintpaulsumc.org

Church Administrator

Linda Fletcher
linda@saintpaulsumc.org

Director of Children's & Family Ministries

Bridget Weisbrod
bridget@saintpaulsumc.org

Nursery Director

Beth Wilde
beth@saintpaulsumc.org

Music Performance Associate

Gaye Herndon
gaye@saintpaulsumc.org

Adult Choirs Director

Cynthia Prescott
prescottc1360@gmail.com

Kids@Art Choir Director

Stephany Nystrand
stephanymusictherapy@yahoo.com

Youth Director

Zac Prasse
zac@saintpaulsumc.org

Contemporary Worship Leader

Ben Reid
ben@saintpaulsumc.org

Kitchen Coordinator

Ted Rokitowski
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. Wayne Waytt

OUR MISSIONARIES

Delbert and Sandy Groves,
Zambia