

SEPTEMBER 2023

the EPISTLE



FROM GOVERNING BOARD

Saint Paul's UMC is a place of community and connection in Tallahassee's Midtown. The parking lot welcomes weary souls to rest under the oak trees' shade and even Tallahassee's finest (deputies and policeman) take refuge there to write reports and meet co-workers.

So far this year, we have replaced our steeple, parking lot and a parsonage roof. But the property of Saint Paul's is not just a matter of brick, mortar, and material. We continued participation in Manna on Meridian, sent children to music and summer camps at the Warren Willis Camp and Conference Center, and sent a large group on the summer youth mission trip. We planted multiple seasonal gardens; harvesting food for local use. Our many musical programs are outstanding! And, we are starting a preschool, just to name a few! Saint Paul's is a faithful worshipping community who cares for her neighbors. We have truly been faithful stewards over God's resources.

In recent years, we've navigated a worldwide pandemic of COVID-19 and a national pandemic of racism. We suffered and rebounded along with so many churches, institutions, and businesses. Our discipleship strategy of worship, grow, serve, share, and give continues and is thriving.

Now is the time to be in prayer about how we will continue to build on the momentum of the many ministries and projects that we have undertaken in our effort to contribute to God's kingdom. Some have generously asked: What more can we do?

Our preschool will surely have many needs in the year to come. All of our mission projects require funds to operate. Our children, youth, and adult programs are in need of teachers and materials. Our property has many needs. Our buses are old and need to be replaced. Roofs on the Sanctuary, Education Building, Alzheimer's building, and Woodside Drive parsonage have to be replaced. Those physical needs alone top \$450,000.00. The list goes on and on.

As we move into 2024, consider how you can support the good work of our church through your financial gifts, time, talents, prayers, and witness. Let your heart and gut help you determine how best to devote your resources for the work of God through this community of the United Methodist Church in Midtown Tallahassee.

We are Saint Paul's United Methodist Church, a faithful community of disciples who serve as the heart, hands, and feet of Christ so that all people come to know the love of God.

SEPTEMBER CALENDAR

- Sept. 4 Office Closed for Labor Day
- Sept. 6 SPARKS Resumes, 3:00 p.m.
Room 200
- Sept. 10 Survive & Thrive Advocacy
9:45 a.m., Sanders Hall
Se'lah Concert, 6:30 p.m.
Sanctuary
- Sept. 12 United Women in Faith
10:00 a.m., Sanders Hall
- Sept. 16 MOPS Garage Sale, 8:00 a.m.
Sanders Hall
- Sept. 17 Children's Sunday
8:30 & 11:00 a.m.

NOW WEEKLY

- Youth Programming, 6:00 p.m.
Room 210 & 211
- Contemporary Service,
7:00p.m., Sanders Hall
- Sept. 18 Congregational Care,
10:30 a.m., Room 326
Trustees Meeting, 5:30 p.m.
Room 325
- Sept. 20 Quarterly Q & A, 6:30 p.m.
Sanders Hall
- Sept. 22 Children/Youth/Family Game
Night, 6:00 p.m., Sanders Hall
- Sept. 23 Date Night, 5:00 p.m., Nursery
- Sept. 25 Governing Board Meeting
6:30 p.m., Parlor
- Sept. 29 Crafty Crop, 5:00 p.m.
Sanders Hall
- Sept. 30 Soul Food Distribution
9:30 a.m., Lake Ella
Crafty Crop, 10:00 a.m.
Sanders Hall

SEPTEMBER events



SURVIVE & THRIVE

Sunday September 10 at 9:45 the CHEERS Sunday School class is sponsoring a presentation from Survive and Thrive Advocacy Center on human trafficking. This presentation will take place in Sanders Hall.

Survive and Thrive Advocacy Center's (STAC) mission is to disrupt child, sex, and labor trafficking. This training EMPOWERS businesses, workplaces, and employees with greater knowledge about how to PREVENT, RECOGNIZE and RESPOND to proactively end human trafficking in Leon County. They are funded by Leon county and the city of Tallahassee.

This training is intended to provide information to improve workplace performance, safety, skills and practices, and to inform businesses and employees of general and legal expectations and obligations regarding human trafficking and its impact on workplaces and the community. Survive and Thrive Advocacy Center (STAC) and/or their officers, directors, employees, affiliates, agents, contractors, or partners assume no legal liability or responsibility for the actions or inactions of training attendees resulting from or following this training. Each employee and individual taking this course will take personal responsibility for their own safety and the safety of others.

WEDNESDAY NIGHT CLASS

"The Examen: Finding Peace"

Through 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.

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

September 13 - Week Four: Do Something!

QUARTERLY UPDATE AND Q & A

Join us in Sanders Hall after Wednesday dinner on **September 20**, for our Quarterly Update and Q&A. Come hear about new things happening and upcoming goals. Is there anything you have been curious about? Bring your questions for our pastors and leaders and we will have an open Q&A time.

SUNDAY NIGHT WORSHIP EXPERIENCE

Join us **every Sunday, starting September 17**, 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.

UNITED WOMEN IN FAITH

United Women in Faith will be meeting on **Tuesday, September 12** at 10:00 a.m. in Sanders Hall. Our guest speaker for the morning will be Gwendolyn Dixon, President of the Northwest District UWF. She will be sharing about the UWF book studies that Virginia Pelham told us about in May. All women of the church are welcome. If you have any questions please contact Peggy Harter, 850-339-1356 or harterp97@gmail.com.

WAYS TO CARE

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 **September 18 at 10:30 a.m. in room 326**. We would love to have you join us.

CREATION *care*



A Mighty River
Amos 5: 24

**Let Justice
and Peace Flow**
Season of Creation 2023

The Prophet Amos cries out: *“But let justice roll on like a river, righteousness like a never-failing stream!”* (Amos 5: 24) and so we are called to join the river of justice and peace, to take up climate and ecological justice, and to speak out with and for communities most impacted by climate injustice and the loss of biodiversity.

As the people of God, we must work together on behalf of all Creation, as part of that mighty river of peace and justice.

The Prophet Isaiah proclaims: *“Listen carefully, I am about to do a new thing, now it will spring forth; will you not be aware of it? I will even put a road in the wilderness, rivers in the desert.”* (Isaiah 43: 19)

The Season of Creation is the annual celebration to pray and respond together to the cry of creation. The season begins on September 1st, the World Day of Prayer for the Care of Creation, and ends October 4th, the Feast of St. Francis of Assisi, the patron saint of ecology beloved by many Christian denominations. To learn more, visit www.seasonofcreation.org.

September 1, 2023 is the World Day of Prayer for the Care of Creation

Blessed are you, Creator of all
to you be praise and glory forever
as your dawn renews the face of the Earth
bringing light and life to all creation
bring hope to your people.

May we rejoice in this day you have made
open our eyes to behold your presence
and strengthen our hands to work for justice for all of creation,
that the world may rejoice together and give you praise.
(Adapted from Lancelot Andrewes, 1626)

HAPPY BIRTHDAY

- 1 Doug Garthwait
- 2 Debra Criswell, Thelma Muire
Laura Pace-Alexander
- 4 Faye Miller, Daniel O’Keefe
- 5 Carolyn Archer, Ralph Jaeger,
John Stiles
- 6 Russell Almond, Julie Hatfield
Betty Mason, Edward Powell
- 10 Bette Beverly, Ann Broadway,
Monterey Nosari
- 11 Margot Almond, Zadi Almond
- 12 Marguerite Martin, Shelby Watson
- 13 Robin Eychaner, Robert Pennock,
Jim Rolfe, David Swanson,
Sandy Wiggan
- 14 Ruby Griesheimer
- 16 Nolan Block, Andra Scott Cornelius,
Catie McRae, Laura Tully,
Juanita Whiddon
- 17 Janet Clark, Pleas Strickland
- 18 Janel Caine, BJ Ross
- 19 Judy Gornicki, Rick Herndon,
Lindsey Pupo
- 20 Frank Novak
- 21 Chinonso Okoli
- 22 Tamara Verheyen
- 23 Mikaela Dobson, Wendy Waltz
- 24 Reagan Block, Annabelle Chaney
- 25 Ed Holmes
- 26 Cat Keen
- 28 Cora Fernandes
- 29 Ellen Baxter, Loui Tope
- 30 Gwen Alcus

MISSION ministries

MANNA ON MERIDIAN

Manna has been able to continue our monthly distribution to almost 300 families. Each month expenses average \$6800.00. So, monetary donations are always needed and welcomed. Your food donations are greatly appreciated especially cereal. The Youth group did the bagging for August, filling 200 bags in record time! Thank you Youth!

NEWS FROM THE FLORIDA UNITED METHODIST CHILDREN'S HOME

School Superlatives

Even though we are almost through the summer break, we continue to rejoice over our children's exploits this past school year. One of our students came to us with a .25 GPA and completed the last semester with straight A's on her report card, raising her GPA to 1.90! We had three of our students at our Enterprise campus who received straight A's on their report cards for the last semester, including Advance Placement and Honor classes! Congratulations to our students and the Legacy Scholars Academy for a job well done!

At the Madison Youth Ranch, two of our youth won an educational reward with their academic prowess and improvement as they maintained a 2.0 GPA or better, did not receive any in our out school suspensions for the entire year. One of the youth missed it last year by one point and worked really hard all this past school year to meet the Incentives.

They were provided a trip to Sea World where they dove for pearls and saw Orcas. They also visited the Magic Kingdom and Animal Kingdom where they raved about all of their Avatar adventures. They also spent a day at the beach! Thank you so much for our donors who provided that incentive and made it all possible.

SAVE THE DATE

THE CRAFT FAIR IS BACK

Friday and Saturday, October 13 and 14. United Women in Faith is sponsoring the Craft Fair this year. Hours are 8:00 a.m. to 5:00 p.m. and tables are available. If you are interested in renting a table to sell your craft, email Merry Ann Johnson at MAJBGJ@gmail.com for an application. More details will be in the October Epistle, so put this on your calendar and join us.

SLEEP IN HEAVENLY PEACE BED BUILD

Saturday, November 4 8:45 a.m. to 12:00 p.m.

Saint Paul's United Methodist Church is partnering with the Tallahassee Chapter of Sleep In Heavenly Peace to build 15 bunk beds for children in the area that are in need of a bed to sleep in at night. This will be our 5th year for working on this mission and will enable us to have provided 150 children with a bed to call their own!

Additional information on how to volunteer for the event will be available at a later date in the Saint Paul's Weekly Notes. Any questions, please contact Jerry Roney at 708-363-3948 or Roney.jm@comcast.net

YOUTH rooted

SUNDAY NIGHT YOUTH

September 17th and 24th, 6:00 - 8:00 p.m.

On September 17 and 24, Rooted will be having Sunday Night Youth! This program is filled with dinner, games, worship and discussion. It is a great event for students to bring a friend to, or for anyone new to join. If you are interested in helping provide dinner for our youth, please contact Zac Prasse at zac@saintpaulsumc.org

CHILDREN, YOUTH, AND FAMILY GAME NIGHT

September 22, 6:00 - 8:00 p.m.

On Friday, September 22, Rooted will be collaborating with our Children and Family Ministries to have a game night! We will have board games, card games, video games, and group games. Dinner will be provided. Donations to help cover the cost of food would be greatly appreciated! Contact Zac or Bridget at bridget@saintpaulsumc.org with any questions you have.

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! September is a great time to join any of our choirs as we have just moved into the new season.

Preschool Music Group (for ages 3-4): meets from 5:10 - 5:30 on Wednesday afternoons. 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)

Kids@Art (Children's Worship Arts Program for Grades K-5): Our children's worship arts-based program is 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 are preparing to lead our congregation in worship for the 8:30 and 11:00 a.m. services on September 17. (Contact Stephany Nystrand: stephanymusictherapy@yahoo.com)

Youth Choir: We invite all 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. (Contact Gaye Herndon: 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)

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. We rehearse on Tuesdays from 6:15 - 7:15 p.m. and warm-up on Sunday mornings at 10:35. 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)

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 will be presenting a Concert on September 10 in the evening. A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director: prescottc1360@gmail.com

Handbell Choir: rehearses on Sundays 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. At this time our choir is full, but we always need substitutes. (Contact Gaye Herndon: 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.

How Sweet the Sound!

Se'lah, one of our musical ensembles at Saint Paul's will be presenting their concert "How Sweet the Sound" **Sunday, September 10 at 6:30 p.m.** in the Sanctuary. This will be an hour of music to lift your spirits and praise our God. The concert is free and donations will be taken to support our College Student Section Leader Scholarship fund.

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.

Our volunteers this month are Cassie Griesheimer-Fischer and Tamara Verheyen. Both volunteered heavily with our Youth Ministry this summer while Zac Prasse was working at Warren Willis Camp. Cassie organized all of our youth helpers at VBS, taught youth Sunday School and helped to plan some of the summer youth events. Tamara also taught youth Sunday School, and traveled to Tampa as one of the chaperones on the youth mission trip. To both of these amazing volunteers we say, "Thanks-a-Latte!"



*Cassie
Griesheimer-
Fischer*



*Tamara
Verheyen*

PEACE & JUSTICE PILGRIMAGE

In partnership with Trinity UMC, we will once again be leading a group on a pilgrimage to Montgomery, AL to visit the National Memorial for Peace and Justice and the Legacy Museum. Through this journey we will engage with the history of racism in our country from Slavery to Jim Crow to mass incarceration. Pilgrims will participate in times of reflection, discussion and worship as we wrestle with these deep topics and how we can love better as Christ call us.

Date: **November 10-11**

Cost: Approx. \$300 per person (less if sharing a hotel room)

For more details and to register, visit the link found in the Weekly Notes or on our website, or at the QR Code.



WEDNESDAY *nights*

EVERY WEDNESDAY NIGHT

3:00-5:00 SPARKS
5:10-5:30 Preschool Music Group
5:15-6:30 Dinner in Sanders Hall
6:00-7:00 Kids@Art
6:00-7:00 Rooted Youth Program
6:15-7:30 Adult Classes
7:00-7:45 Youth Choir

MEN'S READING COMMUNITY

6:15 - 7:00 p.m.
in Room 301
Every Wednesday

ADULT CLASS

"The Examen: Finding Peace"

Through September 13
6:15 p.m. in Room 310
(more information on events page)

WEDNESDAY NIGHT DINNER

The doors open at 5:00 and we serve food from 5:15 until 6:30. The cost is \$7 for adults and \$3 for children 10 and under. Reservations should be received by Monday at noon.

September Menu:

September 6 - Meatloaf

September 13 - Baked Potato Bar

September 20 - Cheesy Chicken Pasta

September 27 - Pork Chops

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

Sunday School Classes are booming and volunteers are needed to serve as subs and future leaders. If you feel moved to serve, please contact Bridget at bridget@saintpaulsumc.org

Children's classes are Located on the "Foundation Level" (Facing Lake Ella) of the children's wing

- K-2 grade class led by Mrs. Jo Ellen Brown
- 3-5 grade class led by Mr. Kevin and Mrs. Jenni Cox

Nursery – Level 200, Secure access please ring door bell
Ages 6 months up to 5 years of age available from 8:00 a.m.-12:15 p.m. includes Sunday school instruction.

SPARKS

Starts **September 6** from 3:00 - 5:00 p.m. Open to all K-5 grade student this afterschool ministry will foster friendship and faith through outdoor activity, Art and Science exploration. The church bus is picking up from Gilchrist and Sealy elementary each week and invites new friends to join in! Contact Bridget with any questions at bridget@saintpaulsumc.org.

MOMSnext

September 14 from 6:30 - 8:30 p.m. This is the next big thing for Moms and is a ministry geared toward working parents of preschoolers and older children into elementary school ages but welcomes all. Meetings will be held on the 2nd Thursday of each month starting September 14 from 6:30 - 8:30 p.m. Childcare not provided. For more information contact Mandi Houston at amandabradley078@gmail.com.

PARENTS MORNING OUT (PMO) IS FULL

This popular ministry to children & their families offers part time morning hours and full day learning fun. For more information or to be added to the wait list contact Director Beth Wilde at beth@saintpaulsumc.org.

DATE NIGHT

Saturday, September 23, 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.

MOTHERS OF PRESCHOOLERS "MOPS"



Is calling for volunteers to serve as "Mentor Moms" and also helping hands to come play with their "moppets" (children ages 1-4) during their meetings 3 times a month on Thursdays from 9:00 a.m. – 12:00 p.m. This year's theme is, "Say Yes" and we hope you do. For more info. Contact Coordinator Leslie Scott at narcissus52@gmail.com.

SAINT PAUL'S PRESCHOOL

Saint Paul's Preschool is open and, on a mission to provide a safe and loving Christian environment for our community. To also be a place where your child feels respected, confident, and supported to have fun, make friends, and learn in Christ's love. To be eligible your child must have turned 3 years of age by August 1. For more information contact Director Beth Wilde at: beth@saintpaulsumc.org.



CHILDREN, YOUTH, AND FAMILY GAME NIGHT

Friday September 22 from 6:00 – 8:00 p.m. Invites all upper elementary students (Grades 3-5) in collaboration with our Youth group to come out and play all the games! We will have board games, card games, video games and group games. Dinner provided. Donations and adult volunteers are welcome. Contact Zac or Bridget at bridget@saintpaulsumc.org with any questions you have.



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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
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Dir. of Children & Family Ministries

Bridget Weisbrod
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Dir. of Early Childhood Ministries

Beth Wilde
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Dir. of Music & Worship Arts

Gaye Herndon
gaye@saintpaulsumc.org

Adult Choirs Director

Cynthia Prescott
prescottc1360@gmail.com

Kids@Art Choir Director

Stephany Nystrand
stephanymusictherapy@yahoo.com

Dir. of Youth Ministries

Zac Prasse
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Contemporary Worship Leader

Ben Reid
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Kitchen Coordinator

Ted Rokitowski
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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