

OCTOBER 2023

# the EPISTLE



## AN OCTOBER PRAYER

Lord of summer sunshine  
and autumn harvest, be with  
us as we gather to encounter  
your word and your way for  
us. Remind us that we can  
place our trust in your  
eternal love. Enable us to be  
more effective in our witness  
to that love by word and  
deed. Guide our steps and  
pick us up when we falter.  
Dust us off and place us on  
the pathways of grace and  
service. These things we pray  
in Jesus' name. AMEN.

By Nancy C. Townley,  
Ministry Matters

### OCTOBER CALENDAR

- Oct. 1 Blessing of the Animals,  
4:30 - 6:30 p.m., Parking Lot
- Oct. 2 Ed Wynn Luncheon,  
10:30 a.m., Sanders Hall
- Oct. 7 Charge Conference, 10:00 a.m.  
Centenary UMC  
206 N. Madison St., Quincy
- Oct. 10 United Women in Faith  
10:00 a.m., Sanders Hall
- Oct. 16 Congregational Care,  
10:30 a.m., Room 326  
  
Trustees' Meeting, 5:30 p.m.  
Room 325
- Oct. 19 Capital Area Healthy Start  
Walk to Remember, 5:30 p.m.,  
Sanders Hall
- Oct. 20 Crafty Crop, 5:00 p.m.  
Sanders Hall
- Oct. 21 Crafty Crop, 10:00 a.m.  
Sanders Hall
- Oct. 23 Governing Board, 6:30 p.m.  
Parlor
- Oct. 26 Tallahassee Interfaith Clergy  
Alliance, 12:00 p.m., Parlor  
  
MOM's Next Meeting,  
6:30 p.m., Sanders Hall
- Oct. 27 Youth Halloween Lock In  
6:00 p.m., Sanders Hall
- Oct. 28 Soul Food Distribution  
9:30 a.m., Lake Ella
- Oct. 29 Trunk or Treat, 4:30 p.m.  
Parking Lot

# OCTOBER events

## **BLESSING OF THE ANIMALS**

**Sunday, Oct 1 from 4:30 - 6:00 p.m.**

Bring your pet to a fun event and celebrate them! In the tradition of St. Francis, the Blessing of the Animals will share the message of loving all of God's creation and include a blessing for each pet and their family by the pastors in our lakefront chapel. Pets need to be leashed or crated, or if they are shy, feel free to bring a photo to be blessed. Well-behaved pets are welcome to stay for the Worship Service that starts at 7:00 p.m. in Sanders Hall. PET PICS! Get an adorable digital photo of your pet by professional photographer Alana Gallaher! Price: \$10 donation to SPUMC. Cash or check please. Invite a friend! Contact Cara at cares4creation@gmail.com with any questions.

## **SUNDAY NIGHT WORSHIP EXPERIENCE**

Join us **every Sunday**, 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.

## **STUDY ON JONAH: THE DEPTH OF GOD'S GRACE**

Join Pastor Becky on Wednesday nights (**October 4 - 18**) from 6:15 - 7:30 p.m. in Room 310 for a three-part study on the book of Jonah. We are going to take an in-depth look at this short book of the Bible to see what it has for us regarding the depth of God's grace. **EVEN WHEN WE RUN**, God pursues. God does not scratch us off the list and give up on us. We may miss opportunities, but God is always right there with something new for us. **AND** in the midst of whatever path we take, God can use even our weakness and our misdirections to bring about good.

## **UNITED WOMEN IN FAITH**

United Women in Faith will be meeting on **Tuesday, October 10** at 10:00 a.m. in Sanders Hall. Our program for the morning will be a social time since we worked hard last month building UMCOR flood buckets. Come and see if you can win at Halloween Bingo. All women of the church are welcome. If you have any questions please contact Peggy Harter, 850-339-1356 or harterp97@gmail.com.

## **MEN'S READING COMMUNITY**

We continue to have two options for the Men's Reading Community: Tuesdays 8:30 a.m. at Ology Northside led by David Gill, or Wednesday Evenings at 6:15 p.m. in Room 301 at Saint Paul's UMC led by Nic Fugate. The Tuesday morning group will be starting a new book October 3 - Richard Rhor's "Breathing Underwater." In this book, Rhor shows how the gospel principles in the Twelve Steps can free anyone from any addiction—from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin. We will be reading this for 12 weeks.

Here is a sample from this book:

*"I am indeed saying that only people who have suffered in some way can save one another — exactly as the Twelve Step Program discovered. Deep communion and dear compassion is formed much more by shared pain than by shared pleasure. I do not know why that is true. We are not saved by any formulas or theologies or any priesthood extraneous to the human journey itself."*

## **WALK TO REMEMBER**

**October 19, 5:30 - 8:30 p.m.**

This event is held each year in October by the Capital Area Healthy Start Coalition to observe National Pregnancy and Infant Loss Remembrance Day. The Walk is dedicated to our local grieving families and to their departed children (no matter how long ago or recently the loss occurred). All families and their friends in the community are welcome to participate at no cost. No footprint is too small to leave an imprint in this world. Remembering your baby is an important part of the healing journey. Walk To Remember is a time for all grieving families to come together and be surrounded by love and support from their families, friends, and our local community. This is a time to not only reflect on loss, but to embrace love. Register at <https://capitalareahealthystart.org/walk-to-remember/>

## **SUNDAY LEARNING OPPORTUNITY**

You are invited to hear Rev. Dr. Paul Chilcote, author of Active Faith: Resisting 4 Dangerous Ideologies, who will be teaching the New Horizons Sunday School class in-person in Sanders Hall on **Sunday, October 29** from 9:45-10:45 a.m. He will be teaching about Christian Nationalism and the dangers thereof and taking questions. All are invited, including any other classes or individuals.

## CHILDREN'S HOME 5TH SUNDAY

Our next Children's Home 5<sup>th</sup> Sunday and noisy change offering is **October 29**. Please save your coins and dollars too as we celebrate the children and this mission to empower children and families to experience the transforming love of Christ through evidence-based care and holistic services. In 2022, 228 children were served in Residential Care; 26 young adults were served in Independent Care; 235 children were served in our Early Childhood Education program and 240 children were served in our Foster Care program. There were also 9,403 hours of outpatient counseling received by children through our Circle of Friends Services. THANK YOU, for your Love and Support of the children at the Children's Home and Madison Youth Ranch.

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# 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! As we move into October, all of our music ensembles and choirs are beginning work on our Thanksgiving, Advent, and Christmas offerings. Now is a great time to join us!**

**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](mailto:gaye@saintpaulsumc.org))

**Kids@Art (Children's Worship Arts Program for Grades K-5):** has finished their first unit of study with leading our services of worship on September 17, and what a blessing that was! Our next unit will focus on choir and handbells/chimes. We'll be participating in worship on October 29. We'll also begin working on our Advent musical, "Room for Christmas," by Mark Burrows. All children in Grades K-5 are invited to join us on Wednesday evenings, 6:00-7:00 p.m. in the Children's Music Room, #200. (Contact Stephany Nystrand: [stephanymusictherapy@yahoo.com](mailto:stephanymusictherapy@yahoo.com))

**Youth Choir:** All Youth, Grades 6-12, are invited 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](mailto:gaye@saintpaulsumc.org))

**Saint Paul's Dancers:** is a group of older elementary and youth with dance experience. They will be participating in worship on October 8 and are preparing for Advent offerings. (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. We rehearse on Tuesdays from 6:15 - 7:15 p.m. and warm-up on Sunday mornings at 10:35. We're beginning work on our Advent and Christmas offerings. 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. A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director: [prescottc1360@gmail.com](mailto:prescottc1360@gmail.com)

**Handbell Choir:** rehearses on Sundays from 5:45-6:45. We will be participating in the community event, Ring in the Season, to be held at First Baptist Church, Tallahassee, on December 3, 4:00 p.m. (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's volunteers aren't official members of the church, but have been part of the band leading the new contemporary service on Sunday evenings. Derek Langley, Phil Prasse, and Ella McNaughton have helped kick off this service in August and September along with our Contemporary Worship Leader, Ben Reed. All three are part of FSU/TCC Welsey and we really appreciate them sharing their passion and talents with us!

*Derek Langley*



*Ella McNaughton*



*Phil Prasse*



# 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

## **CHURCH 101**

Are you new to being a Christian, new to Saint Paul's, or maybe just in need of a refresher on the basics? This class covers basic Christian beliefs, Methodism, putting our faith into practice and how you can become more involved at Saint Paul's. Meets **October 25 through November 15** from 6:15 - 7:30 p.m. in Room 310.

## **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.

### **October Menu:**

**October 4** - Taco Bar

**October 11** - Lasagna

**October 18** - Shepherd's Pie

**October 25** - Honey Garlic Chicken

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



# CREATION *care*

## BLESSING OF THE ANIMALS

**October 1, 4:30 - 6:30 p.m.**

Bring your pet to a fun event and celebrate them! In the tradition of St. Francis, the Blessing of the Animals will share the message of loving all of God's creation and include a blessing for each pet and their family by the pastors in our lakefront chapel. Pets need to be leashed or crated, or if they are shy, feel free to bring a photo to be blessed. PET PICS! Get an adorable digital photo of your pet by professional photographer Alana Gallaher! Price: \$10 donation to SPUMC. Cash or check please. Well-behaved pets are welcome to stay for the Worship Service that starts at 7:00 p.m. in Sanders Hall. Invite a friend! Contact Cara at [cares4creation@gmail.com](mailto:cares4creation@gmail.com) with any questions.

## MOSAIC GARDEN TURNS COFFEE GROUNDS INTO "BLACK GOLD"



Have you seen the funny-looking barrels next to the preschool playground and wondered what was going on inside them? We compost our coffee grounds, veggie scraps, and leaves to create a nutrient-rich compost for our garden that helps our veggies grow to their full potential. These tumblers are easy to use, don't have an odor, and create compost in just a few months. Maybe you'd like to try one at home this fall? Contact Jessie if you'd like to learn more at [perry386@msn.com](mailto:perry386@msn.com).

## CREATION CARE MAKES HYGIENE KITS TO HELP WITH HURRICANE IDALIA RECOVERY



Lead by Anne Wilde, our Creation Care team made Hygiene Kits to share with people who needed help after the hurricane. Our mission is to care for God's, earth, animals, and people, and hurricanes are more frequent now that the climate crisis is heating up the waters that fuel storms, impacting people's lives, especially the poor and marginalized. It is our biblical call to be good stewards of the earth and do everything we can to reduce our carbon footprints.



## HAPPY BIRTHDAY

- 1 Jean Holzapfel, Jennifer Tofte
- 2 Karen Hahn
- 3 Hatcher Byford, Janie Knight, Ashley Powers, Kaden Rokitoski
- 4 Parker Keaton
- 5 Adelaide Fischer, Ben Spivey, Wren Thacker
- 6 Elizabeth Fugate, Teresa Morris
- 7 Sandy Barlow, Cheryl McFarland, Charles O'Keefe
- 8 Jean Whiteside
- 9 Stephany Nystrand, Zac Prasse, Joyce Thomas
- 10 Nicole McDermott
- 11 Anelise Baldwin, Camdyn Baldwin, Julie Letchworth
- 12 Carole Beckham, Eva Benton, Diane Hughes, Lillian Reese, Andrew Wynn
- 13 Elizabeth Okoli, Cara Thacker
- 14 Terry Broadway
- 16 Andrew Cox
- 17 Casey Fernandes, Elizabeth Simmons
- 18 Peggy Benton, Michael McBride, Susan Powers,
- 19 Mike Sever
- 20 Jaston Herndon
- 21 Michael Dobson, Gary Eggebraaten, Jeremiah Rios
- 22 Jim Pfost
- 23 Michael Wilhoit
- 24 Robert Abels
- 26 Charlene Doud, Debra Eggebraaten, David Gill, Tiffany McNabb
- 27 Gwynne Fulkman
- 28 Kristin Kline
- 29 Miles Dilger, Lyn Shoffstall
- 30 Kay Fussell, Trey McNabb, Richard Miller, Danny Thomas
- 31 Elizabeth Harwood

# MISSION ministries

## MANNA ON MERIDIAN

We are so excited to share that the peanut farmers in Southwest Georgia donated over 3,200 **jars of peanut butter** to Manna on Meridian last month. This is an **AMAZING** donation as it will cover our peanut butter needs for about 10 months! This donation is valued somewhere between \$5,000-6,000. We received our first Second Harvest (SH) order on September 14. As with anything new, we learned some things and hope to make the experience easier next time for all involved. We were able to purchase over 1,800 pounds of food for about \$700. We will implement the tracking system needed for Second Harvest next month- no names, just demographic information. We are thrilled to have these donations, but please - keep the cereal coming! **(Regular size boxes please- the family size do not fit in the bags)**

## 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](mailto:Roney.jm@comcast.net)



## ALTERNATIVE CHRISTMAS MARKET

Before you begin your Christmas shopping this fall, please save the date for our **"Alternative Christmas Market"**

**Sunday, November 5**

**9:15 a.m. - 2:30 p.m.**

in Sanders Hall you can visit our local church members who will be happy to share with you how Saint Paul's is serving the needs of our community.

*For example:*

Capital Area Justice Ministry  
International Rescue Committee helping refugees  
Jail and Prison Ministry  
Manna on Meridian  
Sleep in Heavenly Peace  
United Methodist Children's Home  
Yaguaramas Methodist Church, Cuba  
Wesley Foundations at FSU/TCC and FAMU  
*And more to be added to the Market*

*GIVE GIFTS THAT GIVE TWICE when you donate to one of these missions you will receive a Christmas card to send to your loved ones notifying them that a gift to help others has been given in their name.*

# YOUTH rooted

## HALLOWEEN LOCK-IN

On **October 27**, Rooted will be having our Halloween Lock-in! Youth will arrive at the church Friday night, and be picked up Saturday morning after breakfast. Throughout the night, youth will participate in a variety of activities, games, and other surprises before going to sleep. You can register for the Halloween Lock-in under the "Youth Ministry Updates" section in the weekly notes!

## TRUNK OR TREAT

On **October 29**, Rooted will be participating in Saint Paul's Trunk or Treat at 4:30 p.m.! We will decide as a group what our trunk will be, and will need youth help handing out candy and standing by our trunk for the event. Be sure to come to youth to have a say in what our trunk will be!



# FAMILY events

## SUNDAY SCHOOL CLASSES FOR ALL AGES

**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 Sunday school instruction.

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

- K-1 grade class led by Mrs. Jo Ellen Brown & Gigi Ebert
- 2-3 grade class led by Mrs. Faye Miller & Volunteers
- 3-5 grade class led by Mr. Kevin & Mrs. Jenni Cox

## SPARKS

**SPARKS hands on Art & Science** afterschool ministry every Wednesday, we welcome all K-5th graders to join us and offer church bus pick up from Gilchrist and Sealy elementary. Drop in any time after 3:00 p.m. at Generations Park.

- |             |   |
|-------------|---|
| 3:00 - 3:35 | Supervised Park Play                                  |
| 3:40 - 3:55 | Snack & Scripture Sharing                             |
| 4:00 - 4:25 | Hands on Art Making with Ms. Courtney and Ms. Megan   |
| 4:30 - 4:55 | Science Experiments with Ms. Leslie, and Ms. Kjersten |

Cost is for the entire semester and breaks down per child to only \$5 for 2 hours of instruction, transportation and snacks. Scholarships available. Contact Bridget for more info at: [bridget@saintpaulsumc.org](mailto:bridget@saintpaulsumc.org)



## DATE NIGHT

**Saturday, October 21, 5:00 - 8:00 p.m.**

Enjoy an evening out with your special someone or simply enjoy some much-needed quiet time while our experienced staff care for your little ones. Contact Director Beth Wilde at: [beth@saintpaulsumc.org](mailto:beth@saintpaulsumc.org).

## SAINT PAUL'S PRESCHOOL

Saint Paul's Preschool has openings for new students on Tuesdays and Thursdays. Our school strives to be a loving Christian environment for our community. To be eligible your child must have turned 3 years of age by August 1. For more info contact Director Beth Wilde at: [beth@saintpaulsumc.org](mailto:beth@saintpaulsumc.org)



## MOMSnexT

**October 26** 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. Monthly meetings, no childcare at this time. For more info, contact Mandi Houston at [amandabradley078@gmail.com](mailto:amandabradley078@gmail.com).



## MARK YOUR CALENDARS

Trunk or Treat on **Sunday, October 29**, from 4:30 - 6:00 p.m. Lugos Food Truck will be on site for meal purchases to make an easy family night! Contact Bridget about signing up your trunk, [bridget@saintpaulsumc.org](mailto:bridget@saintpaulsumc.org).



1700 North Meridian Road  
Tallahassee, Florida 32303  
850-385-5146  
[www.saintpaulsumc.org](http://www.saintpaulsumc.org)

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### **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  
850-385-5146

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)

#### **Dir. of Children & Family Ministries**

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

#### **Dir. of Early Childhood Ministries**

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

#### **Dir. of Music & Worship Arts**

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)

#### **Dir. of Youth Ministries**

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