

AUGUST 2024

# the EPISTLE



## Sowing the Spirit at Abundant Life



### AUGUST CALENDAR

- Aug 1 Circle of Support, 10:00am, Parlor
- Aug 6 Alzheimer's Support Group 11:30 am, Parlor  
The Chop Break Duo Concert 7:00 pm, Sanctuary
- Aug 11 Blessing of the Backpacks  
3rd Grade Bibles
- Aug 12 Congregational Care Meeting, 10:30 am, Room 326
- Aug 15 MomCo Kickoff, 9:15am, Sanders Hall  
Circle of Support, 10:00am, Parlor
- Aug 17 Manna on Meridian, 8:00am, Faith Presbyterian  
Date Night, 5:00pm
- Aug 18 Return to 2 morning services  
Youth Round-up, after 11:00 service
- Aug 21 Wednesday Night Dinners resume, 5:15, Sanders Hall
- Aug 23 Crafty Crop, 2:00pm, Parlor
- Aug 24 Crafty Crop, 10:00am, Parlor
- Aug 25 Youth Sunday, 11:00am
- Aug 26 Governing Board, 6:30pm, Room 327
- Aug 31 Soul Food Distribution, 9:30am, Lake Ella

Thank you to all the volunteers, parents, and donations that made this awesome week possible! All the smiles on this page, as well as countless others not caught on camera, are due to your generosity and willingness to invest in our children and youth.

# AUGUST events

## SUNDAY NIGHT WORSHIP EXPERIENCE

Join us every Sunday evening for our shared Contemporary Worship Service with Good Samaritan UMC, in Sanders Hall. This service begins at 6:00pm. All are welcome to come.

## MEN'S READING COMMUNITY

The Men's Reading Group is currently on break for summer. They plan to resume regular meetings in the fall. If you are interested in learning more about this group, please contact David Gill, davidmurrahgill@gmail.com, or Nic Fugate, ndfugate@gmail.com.

## UNITED WOMEN IN FAITH

United Women in Faith will not be meeting during the summer. They will resume in September and all women of the church are welcome to join! Please keep an eye out for details and you can contact Peggy Harter if you would like any more information. 850-339-1356 or harterp97@gmail.com

## CRAFTY CROP

Join us for Crafty Crop with some fun gal-friends **August 23 & 24** in Sanders Hall! Bring your projects and table space will be provided. The fellowship begins on **Friday at 2:00 p.m.** You may leave your projects all set up to continue the fun on **Saturday at 10:00 a.m.** Any questions and/or to sign up, contact Jill Merryday (850-443-9428).

## MORE FROM CREATION CARE

### If you plant it,...they will come

Who will come?? Caterpillars.....Monarch caterpillars, that's who! We planted 4 small native milkweed plants in the pollinator garden back in early spring, and the mother butterfly must have found them and laid eggs, because last week we found small caterpillars nibbling their way through the leaves and leaving their tell-tale droppings below. No sign of the beautiful butterfly yet, but the yellow, black and white patterned stripes of the larval stage make us hopeful that we will see the bejeweled chrysalis stage through to the final emergence of this gorgeous creature. If you want to draw them to YOUR yard, plant the native kind of milkweed, pink or white swamp milkweed. The tropical milkweed, while showy, can disrupt the Monarchs instincts and cause the species to decline.



A bee stopped by the Mosaic Garden to sample the blooms on the basil.

# CREATION *care*

## BEYOND RECYCLE .....the OTHER R's

After decades of promotion, "recycling" has entered the everyday language of most people. Curbside pick-up is standard, but the rates of recycling remain low, and landfills grow, degrading land, water, and the quality of life and property values of people who live nearby, not by choice. Before we default to Recycle, let us employ the other R's.....for God's sake.

**REUSE!** Take your reusable bags to the grocery, purchase a reusable water bottle, print double-sided, turn the backs of printed paper into scrap paper for notes, switch from plastic cups to paper or reusable mugs. Before you trash anything, ask yourself if it can be reused as is or repurposed for a new use.

**REDUCE!** Buy in bulk to reduce packaging and emissions from shipping whether to you directly or to the store. Choose "paperless" for bills and newspapers and reduce the trees cut down.

**REFUSE!** Resist the constant pounding of advertising that says buy more and more. Say NO to a plastic straw when out to eat and NO to a bag for a few items that you can carry easily. Reject products that include pesticides or are wrapped in plastic packaging.

**REPAIR!** Learn and use the simple skill of mending. Consult YouTube or a local hardware store for possible fixes for non-working appliances or gadgets. Refinish or touch up wooden furniture and recover chair seats with new fabric.

**REGENERATE!** Consider rewilding a portion of your property. The bees and other pollinators will thank you, and we can thank the bees which help in production of 30% of our food. Compost your food and lawn scraps and use them to regenerate the fertility of your soil.



## HAPPY BIRTHDAY

- 1 Lauren Fleischer, Ellen Osborn
- 2 Olivia Hahn, Bill Wilbur
- 3 Mark Dilger
- 4 Tim Ashley, Nena Martinez, Marlene Roney, Jay Wirth
- 5 Sandra Friedman, Susan Gill, Christine Prescott, Stephen Ray
- 6 Larry Crawford
- 7 Hartley Bryant, Dennis Croft
- 8 Steven Chellman
- 9 Stephen Mayberry, Lucretia Thomas
- 10 Paydan Chan, Michael Chaney, Michael Parramore, Victoria Prescott-Snyder
- 11 Bill Perry, Wendy Raynor
- 12 Flo Dickinson, Janet Newsom
- 13 Mary Bevis,
- 14 Franklin Batailles
- 15 Wayne Wallace
- 16 Kathrine Combs, Mary Pridgeon
- 17 Boots Howse
- 18 Donna Crawford, Margaret Dowdy, Jack Pearce
- 19 William Hatfield, Karolyn Holmes
- 20 Jake Varn
- 21 Grayson Leach
- 22 Emma Apthorp, Catherine Tarleton
- 23 Jenna Martin, Lynne Pennock
- 26 Carolyn Shackelford
- 27 Yvonne Brownlie, Mary Lou McIntosh
- 29 Sam Ashton, Steve Leach, Randy Pupo
- 30 Scott Shoffstall, Michael McFarland, Dorian Wilson
- 31 Ella DeGraw, Susan Limbaugh

# MISSION ministries

The new school year is beginning and we invite you to take a look at what many Saint Paul's members are doing in our community to bless our neighbors. Would you pray about serving in one of these missions?

## **ALZHEIMER'S PROJECT, Inc. (AP)**

At the Alzheimer's Project, we provide a range of services aimed at supporting caregivers to maintain a decent quality of life while caring for their loved ones, and ensuring those living with dementia experience a comfortable, dignified existence. Our respite care service, or social club, offers caregivers the valuable opportunity to focus on self-care, while our support groups create vital connections within a community of fellow caregivers. Through counseling and caregiver education offerings, we equip care partners with essential tools to understand and assist their loved ones through the progression of the disease. In many instances, our support **enables caregivers** to keep their loved ones in the familiarity and comfort of their own home.

## **CAPITAL AREA JUSTICE MINISTRY (CAJM)**

We will be organizing listening meetings in the homes of our members soon where we invite all our members to share where they have experienced or been exposed to unjust situations in the greater Tallahassee area. For the past few years we have been advocating for our elected officials to do more for affordable housing and interrupting gun violence. We are one of 19 houses of worship who unite for such changes.

## **CUBA SISTER CHURCH**

Through praying for each other our congregation is united with the Methodist Church in Yaguaramas, Cuba, a farming community in the central district. This church was able to build one of the only new sanctuaries since the Cuban Revolution. We have agreed to send extra funds to them so they can feed about 60 village children a free breakfast when they come on Sundays. If you are interested in visiting our sister church please contact David Gill, [davidmurrahgill@gmail.com](mailto:davidmurrahgill@gmail.com)

## **ELDER CARE SERVICES**

Saint Paul's provides to Elder Care Services donated items to help very low-income elders in our community with basic necessities including non-perishable food, household supplies including electric fans for those who lack air-conditioning.

## **HAITI SISTER CHURCH**

Saint Paul's UMC has a charter sister church relationship with the Methodist Church in Soisson, Haiti. We pray for each other at least weekly and are in touch with the lay pastor there through e mail. We have been able to support their congregation with funds to purchase equipment to help facilitate their Sunday services. Although travel to or from Haiti is not possible at this time, we remain hopeful to visit the congregation of our sister church sometime in the future. Please pray for our brothers and sisters in Haiti.

## **HURRICANE RECOVERY**

We are renewing our team of volunteers from our congregation and offering training to be prepared to help our sisters and brothers who have been hurt or had their homes damaged by storms. Currently we are helping a Saint Paul's member with having a tree removed from her roof. We need volunteers to help with administrative as well as physical tasks required to help victims be restored in their homes. Contact Don Griesheimer, [dgriesheimer@comcast.net](mailto:dgriesheimer@comcast.net).

## **MANNA ON MERIDIAN**

Manna on Meridian is giving bags of food to 320-350 families on the third Saturday per month. We also give baked goods donated by Publix each Sunday at noon. Second Harvest is providing meat and produce in addition to many canned items. We are having a large impact on our community. Many of you have volunteered consistently and it is much appreciated. If you think you might like to be involved, call Barb Block at 850-241-2642 for information!

## **REFUGEE ASSISTANCE**

The church as a whole is no longer involved at this time with IRC. However, Yvonne, JoEllen, Jessie, Helen, Tracy and Sylvia continue to help relatives of our original family. The most recent family of 4 has been transported to lots of appointments—medical, educational and interviews. The 3 children attended and loved VBS! The International Rescue Committee (IRC) is the official refugee by resettlement agency for this area which has about 200 families who are fleeing violence and persecution and they always need the following supplies: laundry detergent, shampoo, conditioner, body wash, toothpaste, shaving cream, disposable razors, deodorant, diapers sizes 2-5, wipes, sanitary pads.

## **SOUL FOOD**

Soul Food provides a hot breakfast, coffee and donuts along with nonperishable food items, toiletries, clothes, shoes, socks, blankets, tents and sleeping bags to our homeless friends at the Lake Ella parking lot on the last Saturday of the month. We meet at 9:00 to load up our cars and start distribution at 9:30 at Lake Ella. If you would like to help out at the distribution, please let Jo Ellen Brown know of your interest at [brown.joellen@gmail.com](mailto:brown.joellen@gmail.com). Also, you are welcome to donate any of the above items at any time to room 308. Clothes and shoes may be used but socks and underwear should be new.

# 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)**

They will be meeting from 5:10-5:30 on Wednesday afternoons **beginning August 21**. This 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 start our new season on **Wednesday, August 21**. 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. In our first unit of study, we will be preparing to lead the entirety of our Services of Worship on September 29. (Contact Stephany Nystrand: [stephanymusictherapy@yahoo.com](mailto:stephanymusictherapy@yahoo.com))

### **Youth Choir:**

They will be leading the 11:00 a.m. Service of Worship on **Sunday, August 25**, Youth Sunday. Our Youth will be giving testimonies about their Music Camp, Warren Willis Camp and Mission Week experiences, and the Youth Choir will be singing and leading the congregational songs. We will be resuming our regular rehearsal schedule on August 14 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**

This 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**

This choir sings for the 11:00 a.m. (and occasionally 8:30 a.m.) services. Chancel choir also presents and leads special seasonal services. After taking a break in July, they will resume their regular Tuesday evening, 6:15-7:15 p.m., rehearsal schedule in the choir room on July 30. 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**

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 22 at 7:00 p.m. in the sanctuary.

A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director: [prescottc1360@gmail.com](mailto:prescottc1360@gmail.com)

### **Handbell Choir**

They will resume rehearsals on Sunday, August 18, 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**

These 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.



# WEDNESDAY nights

## KIDS@ART BEGINS ON AUGUST 21ST

Our children's worship arts-based program will be meeting on Wednesdays, 6:00 - 7:00 pm, 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.



## WEDNESDAY NIGHT DINNER

Wednesday Night Dinners  
will resume on August 21st!

On Wednesdays, 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. Come and enjoy a home-cooked meal and visit with church friends. Dinner includes a salad, drinks and dessert. Kids meals are chicken nuggets, fruit and a cheese stick.

# YOUTH rooted

## UPCOMING EVENTS FOR YOUTH

### AUGUST 11

Blessing of the Backpacks- 9:30 Worship

### AUGUST 14

Youth Choir resumes - 7:00 pm, Music room

### AUGUST 18

Youth Roundup- Join us for a fun kick-off for youth and their parents. More details to come.

### AUGUST 21

Wednesday Night Dinners resume- 5:15, Sanders Hall  
Youth Choir- 7:00 pm, Music room

### AUGUST 28

Wednesday Night Dinner- 5:15, Sanders Hall  
Youth Rooted- following dinner



# FAMILY events

This summer, we have **Sunday School** for all ages every week from 10:45-11:45 a.m. Youth and adult classes are also available. Our nursery is open to children 6 months- 5 years old all morning. Our elementary kids will meet in the Foundation room to learn, create, play and snack together. On Sunday, August 18th, we will resume Sunday School at our usual time of 9:45-10:45.

## BLESSING OF THE BACKPACKS

We will celebrate our students as they return to school with the Blessing of the Backpacks. All students are invited to participate. This will take place during morning worship (9:30) on **Sunday, August 11th**.



## DATE NIGHT

**THIS MONTH'S DATE:**  
**AUGUST 17**

**Time:** 5 - 8 pm  
**Cost:** \$25 for one child,  
\$30 for two children,  
\$35 for 3+ (per family)

Once a month we have a night where you can drop the kids with us and have a night out!



Contact Beth Wilde for more info- [beth@saintpaulsumc.org](mailto:beth@saintpaulsumc.org)

## JOYFUL BEGINNINGS

Saint Paul's Preschool  
12 months- 5 years old  
**CURRENTLY ENROLLING FOR 2024-2025**

Half and full day options are available

Friendship, Self Expression, Creativity, Music Enrichment, Yoga, Gardening and Pretend Play



**OUR MISSION AT SAINT PAUL'S IS TO PROVIDE A PLACE WHERE YOUR CHILD FEELS RESPECTED, CONFIDENT, AND SUPPORTED TO HAVE FUN, MAKE FRIENDS, AND LEARN IN CHRIST'S LOVE.**

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

LICENSE# C02LE0283





**REGISTRATION IS NOW OPEN!**

## WILD HOPE

THE MOMCO

The MomCo by MOPS International  
is a Mom Community,  
Serving moms from pregnancy and beyond.

**BE OPEN TO RECEIVE** **BUILD ENDURANCE** **LIVE PASSIONATELY**

## JOIN US!

**2ND & 4TH THURSDAYS**  
**(AUG. 2024-MAY 2025)**  
**9:15-11:30AM**

Saint Paul's United Methodist Church  
1700 N. Meridian Rd.




## JOIN MomCo FOR THE 24-25 SCHOOL YEAR

We may have a new name, but we are the same great group of mothers, grandmothers, and even moms-to-be. We would love for you to join us on Thursdays from 9:15 am to 11:30 am twice a month or join our Thursday evening group once a month from 6:30 to 8:30. If you are interested in more details don't hesitate to get in touch with Leslie Scott ([leslie@saintpaulsumc.org](mailto:leslie@saintpaulsumc.org)). We will be hosting our Kickoff on August 15th in Sanders Hall at 9:15 am.

We always welcome more volunteers to help with childcare for the morning meetings and appreciate our dedicated team of volunteers. If you are interested in volunteering with us please contact Jenni Cox or email [SaintPaulsMomCo@gmail.com](mailto:SaintPaulsMomCo@gmail.com).



1700 North Meridian Road  
Tallahassee, Florida 32303  
850-385-5146  
www.saintpaulsumc.org


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## SUMMER SUNDAYS AT SAINT PAUL'S

9:30am Worship (combined service)  
10:45am Sunday School for all ages  
6:00pm Contemporary Service  
\*August 18th, we resume 8:30 & 11:00 services

## CHURCH OFFICE HOURS

Monday - Thursday 9:00am - 4:00pm  
Friday - Closed

Find us on  at SaintPaulsUnitedMethodistChurch

RETURN SERVICE REQUESTED

## OUR STAFF AND EMAILS

### Senior Pastor

Rev. Dr. Latricia Scriven  
latricia@saintpaulsumc.org

### Associate Pastor

Rev. MaryAnn Piccioni  
maryann@saintpaulsumc.org

### Church Administrator

Linda Fletcher  
linda@saintpaulsumc.org

### Communications

Amy Leach  
amy@saintpaulsumc.org

### Financial Assistant

Melissa Edelstein

### Church Treasurer

Timothy Scott

### Dir. of Early Childhood Min.

Beth Wilde  
beth@saintpaulsumc.org

### Interim Dir. of Children & Family Min.

Leslie Scott  
leslie@saintpaulsumc.org

### Interim Dir. of Youth

TBD

### Dir. Of Music & Worship Arts

Gaye Herndon  
gaye@saintpaulsumc.org

### Adult Choirs Director

Cynthia Prescott  
prescott1360@gmail.com

### Kids@Art Choir Director

Stephany Nystrand  
Stephanymusictherapy@yahoo.com

### Contemporary Worship Leader

Ben Reid  
ben@saintpaulsumc.org

### Kitchen Coordinator

Shannon Allen  
shannon@saintpaulsumc.org

### Sexton

Jonathan Leach  
jonathan@saintpaulsumc.org

### Website Administrator

WPTallahassee

### Video Coordinator

Jay Wirth

## OUR BISHOP

Rev. Tom Berlin

## OUR DISTRICT SUPERINTENDENT

Rev. Catherine Fluck-Price

## OUR MISSIONARIES

Delbert & Sandy Groves,  
Zambia