

AUGUST 2025

the EPISTLE



Saint Paul's Family,

Thank you for the beautiful welcome! You have all been generous and warm in welcoming myself and David into the story of Saint Paul's and we are very excited for our future here. As we get to know you I am more and more amazed at what God is doing through all of us.

As the summer begins to wind down (not in temperature but in terms of school calendar) I am looking forward to experiencing more of what Saint Paul's has to offer. One of my goals is to visit a different adult Sunday School class each week but there are so many this is going to take me a couple of months! And just so you know, MaryAnn and I are continuing the previous workweek schedule that she and Latricia had which means I am in the office Monday - Wednesday and will work at home on Thursday. MaryAnn will work at home on Tuesday and we both have a day off on Fridays. Please call the church office if you need to speak with me or stop by - my door is usually open unless I'm in a meeting.

I look forward to seeing you in worship and the many other places Saint Paul's gathers.

With Joy,
Pastor Carolyn



AUGUST CALENDAR

Aug 1	Crafty Crop, 9:30, Sanders Hall
Aug 2	Crafty Crop, 9:30, Sanders Hall
Aug 3	Youth Sunday, 9:30 Sunday Night Youth, 5:00, Parlor
Aug 7	Circle of Support, 10:00, Parlor
Aug 10	Blessing of the Backpacks
Aug 11	Congregational Care mt, 10:30, Room 326
Aug 16	Manna on Meridian, 8:00, Faith Presbyterian
Aug 17	Regular Sunday schedule resumes Sunday Night Youth, 5:00, Parlor
Aug 19	Ed Wynn lunch, 10:30, Sanders Hall
Aug 20	Wednesday Nights resume
Aug 21	Circle of Support, 10:00, Parlor
Aug 25	Governing Board mt, 6:30 Parlor
Aug 27	Town Hall mt, 6:00, Sanders Hall
Aug 30	Soul Food, 9:30, Lake Ella

CREATION *care*

PROTECTING OUR FRESH WATER: A SHARED RESPONSIBILITY

Water is essential for human existence and life in general. H₂O....this inorganic, transparent, tasteless, and odorless chemical that we take for granted every time we turn on the tap.... is unique to Earth. It is the only planet in our solar system known to have liquid water on its surface. Water resources are renewable in one way as water is continuously recycled on Earth, but it is NOT renewable in that we only have the same amount of water on the Earth now as we had since its formation. The **fresh** water on our planet is only 2.5% of the total amount of water, so it is crucial to manage water resources to prevent depletion or contamination. As stewards of God's creation, we are called to protect this precious gift — not just for ourselves, but for our neighbors and generations to come. Here are a few ideas for how to help preserve the quality of our fresh water lakes, rivers, streams and springs:

Local Water Justice and Advocacy Opportunities in Leon County

- Join the Water Resources Committee to learn about water justice from board members with conservation, legal and planning backgrounds who provide input to county commissioners.
- Partner with the Leon Soil and Water Conservation District, a group that educates and advocates for conservation practices. Monthly meetings open to the public.
- Support the Office of Sustainability, a Leon County team that runs shoreline cleanups, community garden grants and more.
- Explore Water Quality Data using county's interactive Water Quality Map to understand pollution trends.
- Follow Florida Springs Advocacy at floridaspringscouncil.org
- Volunteer for a Lake Ella Clean-up on SPUMC adopted street, Lake Ella Drive.

In reverence to this precious resource, pray this prayer every time you drink a glass of water.

Dear God, we know we are the hands and feet of Christ in this world. May we honor You with our care for creation and reflect your love in every drop of water by choosing care over convenience and advocacy over apathy. Amen



"Let justice roll on like a river, righteousness like a never-failing stream." Amos 5:24

Here's a little reminder: The human brain consists of 73% water, so remember to "Water your Brain."

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 **6:00 pm**. All are welcome to come.

MEN'S READING COMMUNITY

The Men's Reading Group meets on Tuesday mornings at Ology Northside. August 5th will be at 8:30 am. Beginning on **Tuesday, August 12 they will begin meeting at 8:00 am.**

If you are interested in learning more about this group contact David Gill or Nic Fugate-
davidmurraygill@gmail.com ndfugate@gmail.com

UNITED WOMEN IN FAITH

United Women in Faith would like to thank everyone who participated in the recent spaghetti dinner/auction. Thanks to your support and generosity, we are excited to announce that we made \$4,302.54!!! This money will be used for church missions and community projects. We plan for this to become an annual event, so watch for next summer's date!

We would love to have new members join our group. If you are a woman who would like to meet new friends, enjoy tasty snacks, support mission activities, and learn about church and community organizations, programs, and services, United Women in Faith is right for you. Our focus is faith, fellowship, and fun! Mark your calendar for our first fall meeting, **September 9**, beginning at 10:00 in Sanders Hall. If you are interested in at least visiting to see what we're all about, please send me your email address so that you can receive notifications and reminders about our meetings. Remember, you are wanted and welcome!

Erma Sever
850-510-5807
ermasever@comcast.net

HAPPY BIRTHDAY!!

- 1 Lauren Fleischer, Ellen Osborn
- 2 Bill Wilbur
- 3 Mack Dilger
- 4 Tim Ashley, Nena Martinez, Marlene Roney, Jay Wirth
- 5 Sandy Friedman, Susan Gill, Christine Prescott, Stephen Ray
- 6 Larry Crawford, Douglas Mann
- 7 Hartley Bryant, Dennis Croft
- 8 Eva Beth Armstrong
- 9 Steve Mayberry, Lucretia Thomas
- 10 Paydan Chan, Michael Chanay, Eric Crawford, Michael Parramore, Victoria Snyder
- 11 Bill Perry, Wendy Raynor
- 12 Flo Dickinson, Janet Newsom
- 14 Franklin Batailles
- 15 Wayne Wallace
- 16 Katherine Combs
- 17 Joseph Luisi
- 18 Donna Crawford
- 19 Karolyn Holmes
- 20 Jake Varn
- 21 Grayson Leach
- 22 Emma Apthorp, Cathy Tarleton
- 23 Jenna Martin, Lynne Pennock
- 26 Theo Johnson, Carolyn Shackelford
- 27 Yvonne Brownlie, Mary Lou McIntosh
- 29 Samuel Ashton, Stephen Leach, Randy Pupo
- 30 Scott Shoffstall
- 31 Ella Degraw, Susan Limbaugh, William Miller

MISSION ministries

MANNA ON MERIDIAN

Hi everyone!

Thanks to all your support Manna on Meridian is able to serve hundreds of our food insecure neighbors every month with groceries, produce, frozen meat and other necessary items.

Special thanks this month to our kids who attended VBS, they donated 169.5 pounds of food to Manna including 66 boxes of cereal, 28 cans of soup and 49 cans of tuna!

If you are already involved in donating, volunteering or praying for Manna, thank you! If not, and you would like to assist here are some ways you can help:

- Drop off donations (especially canned foods, soups, cereal, rice, etc) in the marked bins outside Sanders Hall
- Come out and volunteer during our largest distribution on the 3rd Saturday of the month at the Manna building behind Faith Presbyterian about a mile North of Saint Paul's on Meridian
- If you have questions or just want to join the mailing list for Manna on Meridian feel free to drop me an email at kevingscott@yahoo.com

CAPITAL AREA JUSTICE MINISTRY

What an incredible day we had at the County Commissioners meeting on July 8th!

We showed up. We spoke out. We stood together. And **we WON**.

The commissioners **voted to approve \$500,000 per year for the gap financing initiative**—a huge step forward for affordable housing in our community. This didn't happen by accident. It happened because of YOU. Because people cared enough to show up, to speak up, and to stand firm for justice.

Let's be honest and proud:

We set an ambitious goal of 150+ people in that chamber. We didn't hit it this time.

But over **90 strong, determined, committed members of CAJM Nation** packed the room, wearing green, standing as one voice for our neighbors.

That mattered. That made a difference. That *helped win the vote*.

A huge thank you to our incredible speakers:

Rev. Sylvia Jones – who called us higher with her passion and faith.

Jordan Rios – who spoke so clearly about our community's urgent needs.

Apostle Otis B. Young, our Co-President – whose leadership and conviction anchored us all.

Your words moved hearts and changed minds in that chamber.

We might not have hit 150 this time. But 90+ committed justice-seekers is nothing to dismiss. You showed up. You spoke out. You helped secure a real investment in affordable housing. And we're just getting started. Thank you for your heart. Thank you for your commitment. Thank you for believing that Tallahassee can be a city where *everyone belongs*. Let's keep going. With deep gratitude and unwavering hope,

Bryan Stringer

Executive Director

Capital Area Justice Ministry (CAJM)

MUSIC at Saint Paul's

MUSIC MINISTRY AT SAINT PAUL'S

August is a great time to join any of our choirs as we are starting a new season.

Preschool Music Group (for ages 3-4): will be meeting from 5:10-5:30 on Wednesday afternoons beginning August 20. 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)

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 20. We 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. (Contact Stephany Nystrand: stephanymusictherapy@yahoo.com)

Youth Choir: will be leading the 9:30 am Service of Worship on Sunday, August 3, 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 20 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)

Covenant Chancel Choir: sings for the 11:00 am (and occasionally 8:30 am) services. This 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 pm, rehearsal schedule in the choir room on August 5. 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. Regular weekly rehearsals resume on August 5, 7:30-8:30 pm. A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director: prescottc1360@gmail.com.

Handbell Choir: will resume rehearsals on Sunday, August 17, 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)

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.

WEDNESDAY

nights

WEDNESDAY NIGHTS

Our Wednesday night programs will resume on August 20th.

For August, we will have a special, one night program on the 20th and our Town Hall meeting on the 27th.

Our first session of fall adult classes will begin on September 3rd. Keep an eye out for details in Weekly Notes.

WEDNESDAY NIGHT DINNERS

Wednesday Night Dinners are about to resume! We look forward to welcoming you back on **August 20th** for our weekly time of food and fellowship. We are excited to welcome our new chef, Verna Reddick! She will cook 3 meals a month and on the 3rd Wednesday of each month, our Youth will prepare the meal. Dinner begins at 5:15. Adults eat for \$8 and kids 10 and under are \$4. Reservations are required and need to be in each week by Mondays at noon. Menus will be posted on the sign up, which will go out on August 7th.

YOUTH

rooted

GREETINGS!

The youth ministry has had a very busy summer! With youth week, music camp, VBS, Warren Willis, Mission Trip, Sunday school, Sunday nights, and Wednesday nights, we have had lots of fellowship and have grown spiritually.

We are looking forward to our annual Youth Sunday! On August 3rd, please join us for the youth-led service in the Sanctuary during our 9:30 service time.

Starting on the 20th, the youth ministry will be preparing and serving Wednesday Night dinner on the 3rd Wednesday of every month. We hope you will come out and support us and enjoy a delicious dinner! We are kicking it off with a Taco bar and we'll keep the fun meals coming.

We are so grateful for the wonderful support from Saint Paul's, thank you for supporting our Youth Ministry!

Blessings,
Casey



FAMILY *events*

CHILDREN'S MINISTRY HAPPENINGS

Children's Ministries Update

As Summer comes to a close and school starts back, remember that Sunday School is a vital part of your back-to-school regimen.

We will continue to offer Children's Sunday School between services on Sundays. To do this, we need Adult Volunteers! Sunday School lessons are pre-planned and ready to go. All you have to do is show up and possibly hand out snacks. It's easy to do and so much fun. You never know what will happen (in the best way)! If you feel led, the signup is linked in the weekly notes, or you can reach out to me (Leslie@SaintPaulsUMC.org), and I can connect you. This is a great way to get to know the younger portion of our church and maybe even get a small snack to help you make it to lunch.

School Supply Drive and Blessing of the Backpacks

We are excited to work with CCCCO (Capital City Community Cultural Outreach) again to ensure kids in our community have supplies when they start school this fall. CCCCO is partnering with CCYS (Capital City Youth Services) to meet real need in our area. To support them, we are collecting new backpacks and monetary donations to fill them with supplies. Please have these donations in by August 4th.

On August 10th, during Morning Worship, all kids are invited to bring their personal backpacks so we can pray over them and attach a small reminder that you're loved and prayed for by Saint Paul's United Methodist Church.





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

SUMMER SUNDAYS AT SAINT PAUL'S

9:30am Worship
10:45am Sunday School for all ages
6:00pm Contemporary Service
*Regular schedule resumes Aug 17th

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. Carolyn Williamson
carolyn@saintpaulsumc.org

Associate Pastor

Rev. MaryAnn Piccioni
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Church Administrator

Linda Fletcher
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Amy Leach
amy@saintpaulsumc.org

Director of Operations & Administration - Joyful Beginnings

Melissa Edelstein

Church Treasurer

Timothy Scott

Director of Education and Engagement -

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Director of Music & Worship Arts

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Adult Choirs Director

Cynthia Prescott
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Kids@Art Choir Director

Stephany Nystrand
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jonathan@saintpaulsumc.org

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WPTallahassee

Video Coordinator

Jay Wirth

OUR BISHOP

Rev. Tom Berlin

OUR DISTRICT SUPERINTENDENT

Rev. Catherine Fluck-Price

OUR MISSIONARIES

Delbert & Sandy Groves,
Zambia