



Bread for the Journey

Grace Episcopal Church, Kirkwood

Fall 2018



fall ministry preview

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Grace Episcopal Church
 514 East Argonne Drive
 Kirkwood, MO 63122
 314-821-1806
www.GraceKirkwood.org



Worship with us:

Sundays:
 Holy Eucharist at 8:00 & 10:00 a.m.

Tuesdays:
 Holy Eucharist at 9:30 a.m.

Wednesdays:
 Morning Prayer at 9:30 a.m.

Bread for the Journey
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 Grace Episcopal Church

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Editor's Note: This special issue of *Bread for the Journey* contains a preview of just some of the ministries and events happening at Grace Church this fall. If you have a ministry or event you would like published, please contact Janis in the church office.

The Way of Love:

Grace Episcopal Church will celebrate our 160th anniversary in 2019! As we begin this new program year that leads to our anniversary celebration, we invite you to take a journey to deepen your personal and communal faith. The Most Rev. Michael Curry, Presiding Bishop of the Episcopal Church, calls on us all to embrace spiritual practices that can lead us to a Jesus-centered life. He calls that practice *The Way of Love*.

What do you seek?

Early in his ministry, Jesus of Nazareth was surrounded by crowds. He turned and asked, "What do you seek?" (John 1:38)

Today, each of us can pause with the same question. As much as the world has changed, the fundamental human hopes and yearnings that draw us to faith may not be so different:

- ***We Seek Love:*** To know God's love, to love and be loved by others, and to love ourselves.
- ***We Seek Freedom:*** From the many forces - sin, fear, oppression, and division that pull us from living as God created us to be: dignified, whole, and free.
- ***We Seek Abundant Life:*** Overflowing with joy, peace, generosity, and delight. Where there is enough for all because we all share with abandon. A life of meaning, given back to God and lived for others.
- ***We Seek Jesus:*** The way of Jesus is the Way of Love, and that way has the power to change lives and change the world.

LOVING with God evangelism
LIBERATING with Each Other reconciliation
LIFE+GIVING with Creation care of creation
the Jesus Movement

The Jesus Movement

The movement begun by Jesus in the first century was filled with a community of people whose lives were centered on Jesus Christ and committed to living the way of God's unconditional, unselfish, sacrificial, and redemptive love.

"Before they were called 'church' or 'Christian,' this Jesus Movement was simply called 'the way,'" says Presiding Bishop Curry. "Today I believe our vocation is to live as the Episcopal branch of the Jesus Movement."

The Jesus Movement is the ongoing community of people who center their lives on Jesus and follow him

Continued on page 3

Practices for a Jesus-Centered Life

into loving, liberating and life-giving relationship with God, each other and creation.

Together, we follow Jesus as we love God with our whole heart, soul and mind and love our neighbors as ourselves (Matthew 22:36-40), and restore each other and all of creation to unity with God in Christ (BCP, p. 855).

The Way of Love

The Presiding Bishop has outlined a path to guide us in our spiritual journey. Called *The Way of Love*, these seven practices provide a Rule of Life that all Episcopalians are encouraged to adopt:

- **Turn:** Pause, listen and choose to follow Jesus.
- **Learn:** Reflect daily on scripture, especially the life and teachings of Jesus.
- **Pray:** Spend time with God in prayer every day.
- **Worship:** Gather in community for worship every week.
- **Bless:** Share one's faith and find ways to serve other people.
- **Go:** Move beyond one's comfort to witness to the love of God with words and actions.
- **Rest:** Dedicate time for restoration and wholeness.



THE WAY OF LOVE
Practices for Jesus-Centered Life

The Way of Love is not a new program, but instead calls upon spiritual practices that for centuries have helped Christians draw closer to God. *The Way of Love* is an adaption of monastic traditions that Curry said would help church members “open up the soul and spirit.”

Practicing the Way of Love with Grace Church

We believe that God's love has the power to change lives and change the world. We'll focus our programming efforts at Grace this year on helping you practice *The Way of Love*. Inside this newsletter, you'll find some of the many ministry opportunities available to you through Grace Church this fall. We invite you to consider the ways God is calling you to engage in your faith.



Fall Ministry Preview: Outreach

By Michele & Vince Nicosia and Chris Kurth

Hands-on service to our community is very rewarding and the joyful thanks of children is especially so. Out of the abundance of our lives we can follow Jesus' admonitions to help others, looking to the corporal works of mercy: to feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit those in prison, comfort the sick, and bury the dead.

Our programs fall under the 3rd and 4th Marks of Mission. Grace Church Outreach seeks to facilitate through all parishioners our Lord's caring and sharing ministries to the greater community, and to fulfill our baptismal vow to seek and serve Christ in all persons. Through Grace's Outreach Ministries we can give assistance to people in need — providing time, talent, funds, goods and outreach monetary grants.

Outreach provides many different ministries and events to participate in this fall, including Hands on Kirkwood, Trinity Hot Lunch... and more.

Trinity Hot Lunch

Second Sunday of every month

Grace Church provides and serves a hot lunch once a month to our neighbors in need through Trinity Episcopal Church in St. Louis' Central West End. From January through June of this year, Grace fed a total of 535 grateful men, women and children in the Trinity neighborhood!

Chris Kurth has led this ministry for eight years and will be stepping aside at the end of the year. So we are transitioning into a new leadership model:

A volunteer coordinator (phone person) will schedule ministry teams to serve the meals at Trinity and help clean up the kitchen at Grace. (about 1 hour per month)

Cooking teams of about four people will prepare the food after the 8 a.m. service on second Sunday of each month. (about 2-3 hours per month)

Serving teams will transport the food to Trinity and serve the lunch to our guests. These teams will be made up of various ministry members from throughout our parish.

You can volunteer to serve for just one month or every month! A sign-up sheet is on the Outreach Board in Albright Parish Hall. This could be a fun time shared with friends/family, or an opportunity to make new friends as you work together on this blessed ministry.



Hands on Kirkwood

September = collections

October 6 = service day

HOK is a one-day mission blitz of our local community. All of us have heard the statement, "It is better to give than to receive." Most of us believe this statement, and HOK provides an easy opportunity to get involved. Just sign-up to serve neighbors in need of a friend, yard work, home repairs, a smile, clothes or a blanket.

Winter Clothing Collection

September 1 - 27 / Albright Parish Hall

September 29 - October 5 / Kirkwood Baptist Church

DESIRED HOK ITEMS:

No summer clothes, please!

- ⇒ Gently used winter items for men, women, children:
Coats, fall jackets, sweaters, sweatshirts, hats, gloves, mittens, scarves, mufflers, earmuffs, boots, socks, jeans, slacks, sweatpants, suits, shirts, winter skirts/dresses, blankets
- ⇒ Also other children's Items:
all kids clothes, children's books, toys, games, car seats, booster seats, infant carriers, child plates, chairs & play tables, towels, blankets, bedding
- ⇒ Nurses for Newborns:
disposable diapers, baby blankets and layette items
- ⇒ Cell phones/cords:
clear your phone memory and zip-bag it with its charger cord

Hands on Kirkwood clothing store set-up

September 29 to October 5 at Kirkwood Baptist Church

Sign up online to volunteer:

www.handsonkirkwood.com

Hands on Kirkwood Event

Saturday, Oct. 6

Volunteer for community service:

www.handsonkirkwood.org

Volunteer for celebration lunch at Grace Church:

Sign up on the bulletin board in Albright Parish Hall



The Giving Tree

Late November - Early December

Purchase Christmas gifts or gift cards for children and youth at Episcopal City Mission, Grace Hill and another ministry to be finalized. Place your gifts under the Giving Tree for distribution to these ministries.



Suggest new outreach ministries

We encourage you to bring ideas you have long wanted to promote, or ones you already do in the community and need more help. We want parishioners to lead these ministries, not just suggest them for someone else to develop. Everyone is encouraged to help us do God's work in the world!

Scheduled Fall Outreach Meetings:

Sunday, Aug. 26 / 11:30 a.m.

LaVielle Conference Room

Sunday, Oct. 28 / 11:30 a.m.

LaVielle Conference Room

Fall Ministry Preview: Christian Formation

by Janis Greenbaum



As parents and as a faith community, we have an abundance of decisions to make when it comes to raising our children. Some actions come naturally without thinking; others require a lot of prayerful consideration. Our goal is to raise happy, strong, smart, kind, loving individuals who have a sense of belonging, a sense of wonder, and a sense of faith.

Every Sunday morning, we choose whether or not to attend church with our family. Here's why I believe regular church attendance is important: Learning to follow Jesus' teachings of love will make us and our children better people. We all seek to know God's love, to love and be loved by others, and to love ourselves. Many experts have written about this subject, including:

Lisa Miller, Ph.D: *The Spiritual Child* (2015)

"Biologically, we are hardwired for spiritual connection. Spiritual development is for our species a biological and psychological imperative from birth. The innate spiritual attunement of young children – unlike other lines of development such as language or cognition -- begins whole and designed by nature to prepare the child for decades ahead, including the challenging developmental passage of adolescence."



I encourage you to actively choose to make Grace Church a priority in your family's life this school year! You will find many opportunities to engage your child in God's word and works. Get excited to attend our special events, engage in a ministry, and experience God's love with your children.

We begin our program year at Grace Church Sunday, August 19 at 9:00 a.m. with our traditional back to school pancake breakfast. Our Sunday school open house for students AND parents is Sunday, August 26 at 9:30 a.m. I hope you and your family will decide to attend and be a part of the Episcopal Branch of the Jesus Movement.

Presiding Bishop Michael Curry, General Convention Revival Sermon (July 7, 2018)

"My brothers, my sisters, my siblings, we have work to do. To stand for Christianity, a way of being Christian that looks like Jesus of Nazareth. A way of being Christian that is grounded and based on love. A way of being Christian that is not ashamed to be called people of love. So go from this place and be people of the way. Go from this place as people of Jesus. Go from this place as people of love!"

Fall Events for Children and Youth

- ⇒ **Nursery**
Sundays, 9 - 11:30 a.m.
Infants - 4-year old Toddlers
- ⇒ **Sunday School**
Begins August 26 (no class Labor Day weekend)
9:30 - 10:30 a.m.
Pre-K through High School
- ⇒ **Sunday School Special Event:
Communion for Kids**
Sunday, Oct. 14 / 9:30 - 10:30 a.m.
Led by the Rev. Canon Loren Lasch
- ⇒ **Confirmation Class**
Begins Sunday, Sept. 9 (info session)
2nd & 3rd Sundays of each month / 9 - 10:30 a.m.
Adults & Youth (8th grade and older)
- ⇒ **EYC Special Event:
Youth & Parent Dinner with Labyrinth Event**
Sunday, Sept. 9 / 5 - 7 p.m.

Fall Family Events

- ⇒ **Labyrinth Prayer Service**
Sunday, Sept. 29 / 5 p.m.
Our youth and Grace's Labyrinth Ministry host a special evening prayer service designed for all ages.



- ⇒ **First Sundays @ 5**
Begins October 7: Blessing of the Animals
Our monthly alternative worship service begins with a celebration of Saint Francis. Bring your pets (on a leash or secured carrier, please) for a special blessing and treats. After worship, we'll gather for a shared meal and fellowship.
- ⇒ **Pizza, Pumpkins & Prayers**
Sunday, Oct. 28 / 5 - 7 p.m.
Bring your own pumpkins & carving tools to this fun family event. The evening ends with a candlelight prayer service in the Memorial Garden.

Adult Christian Formation

- ⇒ **Sunday Forums**
Sundays, 9 - 10 a.m.
LaVielle Conference Room



Mother Ginny and/or Father Todd lead a series of engaging programs to feed your spirit between services on most Sundays (please check our weekly communications for details).

- ⇒ **Adult Confirmation**
Info session: Sunday, Sept. 9
9 - 10:30 a.m.

Are you interested in learning more about the Episcopal Church, reaffirming your Baptismal vows, or making a mature commitment to Christ? Come to our information session or contact Fr. Todd or Janis Greenbaum to learn more.

- ⇒ **Sunday Speaker Series**
Once each month / 9 - 10 a.m.
LaVielle Conference Room

Engage your spirit in a variety of topical classes, led by special guest speakers from around our area:

- **Sunday, Sept. 23 - The Rev. Nathaniel Pyron**
A former rector of St. Matthew's Episcopal Church visits Grace on our patronal feast day.
- **Sunday, Oct. 21 - Amy Bertchausen**
The Executive Director of Care and Counseling discusses belonging and loneliness and their importance in spirituality, relationships and mental health.
- **Sunday, Nov. 18 - the Rev. Todd McDowell**
Our rector leads a special class to prepare for the Advent Holy Land Pilgrimage.
- **Sunday, Dec. 16: The Rev. Susie Skinner**
Have a little fun while you learn with a special Christmas Trivia game.

- ⇒ **Grace Online Academy**

Feed your spirit through the convenience of your computer! We offer simple, free video courses each month on a variety of topics. Watch for current church communications for the latest offerings. Contact Janis in the church office to enroll: janis.greenbaum@gracekirkwood.org.

Fall Ministry Preview: Community of Hope

by Deborah Caby and Chris Kurth

Community of Hope is a ministry of “Presence” visiting the sick, homebound, those in underserved communities or the lonely. Grace is sponsoring the next training class equipping people to become lay pastoral chaplains. This is an intense 14-week, 42-hour course beginning September 8 with an all-day Saturday class. Most other classes will be meeting on Monday evenings. We will end with the commissioning on Sunday, Nov. 18 and follow with a celebration at a community member's home.

The course is based on Benedictine spirituality (theology and spiritual practice), clinical pastoral chaplain training (practical training), and the support of a community (balance & support) surrounding your ministry. While the training may seem overwhelming at first, it is meant to teach a person how to practice a ministry in a healthy manner, keeping God at the center of your ministry. Teaching and practicing this balance allows your ministry to flow as an outpouring of God's love to all you encounter.

Please contact Chris Kurth or Deborah Caby if you are interested in learning more about this training or the Community of Hope. There are many members of Grace who practice their ministry within Community of Hope: Christie Boyle, Deborah Caby, Becky Entenmann, Elizabeth Harding, Mike Johnson, Chris Kurth, Sara Losse, Ryan Missel. On Sundays, they wear a name badge with a white background and a symbol of a dove and flowers on it. Ask them about their ministry!



Community of Hope Training

Begins Saturday, Sept. 8

Continues Mondays,
6 - 8:30 p.m.

at Grace Church

Bring your own light dinner

Cost: \$55

(includes books + supper supplements)

Contact Chris Kurth for application

Community of Hope Commissioning

Sunday, November 18, 10 a.m.

at Grace Church



Fall Ministry Preview: Acolyte Ministry

by Mary Merriweather



Acolyte Training & Lunch

Sunday, Sept. 16

After the 10 a.m. worship service

New and returning acolytes serving at the 10 a.m. services are invited to our annual training event. We are in need of additional students (5th grade and older) to serve in this ministry.

Parents and other adults are also welcome to attend this training.

Pizza will be served. Please contact Mary Merriweather at 314-229-5807 or marymerri2002@yahoo.com.

Fall Ministry Preview: Women of Grace

by Debby Pidgeon

Women of Grace is an experience in the power of Christian fellowship. As we work together, learn together, and share meals together we create a holy communion of love and support for each other.

Our group comes together once each month for a planning meeting, lunch and a topical presentation from a guest speaker. We also host happy hours, quiet days, picnics, and our big fundraiser: the Women of Grace Holiday Sale.

Women of all ages are invited to experience the spirit of Jesus in the Women of Grace.

Fall 2018-2019 WOG Schedule:

September 18: The Mystery and Power of the Labyrinth
The Rev. Todd McDowell

October 16: The Power of Kinetic Prayer
The Rev. Dr. Emily Hillquist Davis

November 13: Jewish Holiday Traditions
Rabbi Fleischman

December 8: Annual Holiday Sale
The best Christmas cookies and treat sale in the community!



Fall Ministry Preview: Holy Ground

by Barbara Manuel

Holy Ground serves as a foundation for friendship and spirituality for women. Our group comes together on the second Monday of each month.

We begin each gathering at 6 p.m. with a potluck dinner. No need to bring food to your first meeting, we always have plenty! Following a short program or project, we end the evening with an informal Eucharist, usually by 8 p.m.

This group is a great way to meet new women in our parish. It's also great for working women, since we meet in the evening (although retired women are also welcome). We feel comfortable talking about any subject and often end up sharing personal experiences. We talk about the way God has helped us through difficult times in our lives and strengthens our beliefs.

Fall Ministry Preview: Invite Welcome Connect

by Kelly Eschenroeder

This summer four members of Grace's congregation were given the wonderful opportunity to attend the Invite Welcome Connect Summit at the University of the South in Sewanee, Tennessee. Shari Bonham, Kelly Eschenroeder, Mary Merriweather and Ryan Missel's road trip to the western edge of the Cumberland Plateau brought beautiful views as well as much food for thought regarding the possibility of introducing the Invite Welcome Connect newcomer program to Grace.

Invite Welcome Connect, created first in the Diocese of Texas by Mary Parmer, a congregational development consultant and speaker, is a ministry to help churches become places of genuine connection and help them understand the importance of the personal invitation, welcoming folks, hearing their story, recognizing their gifts and then connecting them to ministries within the church. It's a blueprint for creating an energizing newcomer program. To date, Invite Welcome Connect has been implemented in 43 dioceses, at three Episcopal seminaries, and in three universities.

"The summit made me realize how important connecting with people is for the church," said Merriweather. "It gave us some suggestions on how to invite new people to our church and how to help them nurture their relationship with God." According to Mary Parmer, personal invitation is the most effective way to invite people to church. Invite is also known as Evangelism. It is sometimes difficult for us to step out of our comfort zone and actually talk to others about our church and invite them to visit. "The deep truth of Invite," says Parmer, "is courage vs. fear." It is often easier than you think.

"When I registered for the summit, I already had learned the basics of Invite Welcome Connect," explained Bonham. "My goal was to find better ways to do what we were already doing with inviting and greeting." Invite Welcome Connect will give us easy-to-use check lists for

each step to provide an objective assessment of our current situation and help us to see where we want to go when it comes to welcoming newcomers. There are creative and concrete resources and examples to form an intentional newcomer ministry that results in positive changes. 'Welcome' is the ministry of hospitality.

'Connect' is how to give meaning to membership and help in discovering peoples' gifts. "Before attending the workshop, my biggest questions had to do with this third principle," said Missel. "After we invite and welcome others into our community, how can we strengthen our

connections with one another? My understanding of this principle grew significantly during the summit." Mary Parmer refers to 'Connect' as "closing the back door" or connecting the newcomer to the life of the parish.

"My biggest take-away from the Invite Welcome Connect Summit was best stated in the workshop presented by Brent Owens, Associate Dean, Christ Church Cathedral, Lexington, KY," Bonham said. "For Invite Welcome Connect to work, the congregation must develop a spirit and culture. It should be a part of everything we teach, preach and pray." It is one ministry that is multiplied by the number of people in

our congregation.

There are already a few activities and updates being put in place in anticipation of the Invite Welcome Connect program including the all-church pancake breakfast for the start of the new program year on Sunday, August 19 at 9 a.m. and new welcome banners for the front of the church and updated pew cards. In addition, we are looking for people who might be interested in learning more or perhaps even joining the Invite Welcome Connect team. Stay tuned for more information on how we can become even more inviting, offering a genuine welcome and a focus on ways to help people to connect to their faith through our parish when they walk through our doors.



Season of Change

A reflection from Brenda Malottke

Change is hard.

In the summer of 1997, Sean and I decided we should find a church home. We had a 2-year-old daughter and it was important to both of us that Meara grow up attending church on Sunday, learning about Jesus, and hearing the Word of God. Soon after we joined the community of Grace Episcopal Church in Kirkwood, Sean joined the Marine Corps Reserves and was off to basic training and technical school for more than 6 months. It was hard, but our new-found church family was there to support both Meara and me. When Sean returned, our extended church family celebrated with us. And they celebrated again when Killian was born the following summer.

Fourteen years ago this month I started a new job. After 12 years with my previous company – in a role that I loved – changes in staffing and responsibilities indicated it was time for me to move on. When my frustration mounted in the final months there, my church family again supported and comforted me. They reminded me that I was not struggling alone because I was surrounded by people who cared about and for me. They also reminded me that God would guide me through the tough patch and bring me to a new place where I could thrive. And when that opportunity came, we celebrated.

In August of 2014, a young black man was fatally shot by a police officer in Ferguson. That incident set off a firestorm of anti-law enforcement sentiment across the country which had been for some time. I will not vilify or condone the actions of either man and that is not the purpose of sharing this. My purpose is to note that Sean, a St. Louis City police sergeant, was caught in the crossfire and the impact on Sean and on our family was hard. And as is frequently the case, one event begins a chain of events which seem completely unrelated. Only God knows where it will lead.

Sean could no longer continue in law enforcement until full retirement in 2028, but also couldn't leave until he

reached 20 years of service. That became our goal. We had been talking for years about where we would like to retire "one day." Over the course of a decade, we had taken many long weekends and vacations to various locations in the west to find the one place which spoke to us most clearly. We kept returning to Colorado and we believe that is where we are called to be. In 2015 we began making firm plans.



The Malottke family (2013 photo): Sean, Killian, Brenda and Meara

We bought a house in Bailey, Colorado, last fall and sold our house in Fenton in June. Selling our home of 11 years was hard. Sean has a job in Denver which requires him to commute an hour each way and he couldn't be happier in his work, but being there alone has been hard on both of us. Meara just moved into a new apartment in Iowa City to attend the University of Iowa for a graduate degree in Music Therapy and is excited and nervous about her new journey. Being so far away from family and friends is hard. Killian is returning to Missouri State University to begin his second year and is looking forward to choosing a major and sharing a room with his best friend, but not having the home he knows waiting for him if ever he needs it is hard. I'm leaving a job that has challenged and fulfilled me in ways I had never expected and don't have another one yet. I'm excited to look for a new opportunity but scared, too.

And although I'll be with Sean again, it's hard to leave everything I know here. God knows what comes next; we don't.

Change is hard. But change brings with it opportunities for new experiences, new joys, and great happiness. Please celebrate with us and for us as we move forward into this next stage of our lives. Keep us in your thoughts and prayers and know that you will be in our hearts. God bless.

Stay in touch:

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Fall Ministry Preview: Music at Grace Church

by Phillip Brunswick and Ella Heigham

All ages are invited to participate in the choirs of Grace Church. Our vocal and handbell programs offer participation in communal life that educate, inspire and nurture spiritual formation in children and adults.

All choirs rehearse once a week and sing/ring at various services and events throughout the year. If you are interested in joining a choir at Grace Church, please contact:

- ⇒ **Phillip Brunswick**, Organist & Choir Master
phillip.brunswick@gracekirkwood.org
314-821-1806, ext. 21
- ⇒ **Ella Heigham**, Handbell Choir Director
ehigham46@gmail.com

Sing & Ring at Grace:

St. Patrick Training Choir 5 years old - 2nd grade
Rehearsals begin Wednesday, Sept. 5, 4:15 - 4:45 p.m.

Parish Choristers 9 years old & up
Rehearsals begin Thursday, Aug. 30, 4:15 - 5:45 p.m.

Parish Choir Teens & Adults
Rehearsals begin Thursday, Aug. 30, 7 - 8:30 p.m.

St. Dunstan Handbell Choir Grades 4 - 8
Rehearsals begin Wednesday, Aug. 29, 4:30 - 5:30 p.m.

Gloria Deo Handbell Choir High School & Adults
Rehearsals begin Sunday, Aug. 26, 11:15 - 11:45 a.m.

All Saints Handbell Choir Adults
Rehearsals begin Wednesday, Aug. 29, 7 - 8 p.m.