



# Bread for the Journey

Grace Episcopal Church, Kirkwood

Summer 2018



## Inside this issue:

Trinity Hot Lunch	page 2-3
Antique Chasuble	page 4
Bishop Smith Retires	page 5
General Convention	page 6
Royal Wedding	page 6
Alternative Worship	page 7
Hurricane Relief	page 8
Mission Trip	page 8
Heroism at Home	page 9
United Thank Offering	page 10
Graduations	page 11
Summer Sunday Fun	page 12

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

is a quarterly publication of  
Grace Episcopal Church

Janis Greenbaum, Editor  
janis.greenbaum@GraceKirkwood.org

The Rev. Todd McDowell, Rector  
todd.mcdowell@GraceKirkwood.org

### Cover photos:

Grace on the Go, June 7  
Mother Ginny & Great-Granddaughter, May 30  
ECM Birthday Party, June 2  
Mission Trip Departs, June 3  
Invite Welcome Connect/Sewanee, June 13  
New Vestments, June 3

# Trinity Hot Lunch:

For more than 20 years Grace Church volunteers have been providing a hot lunch to the hungry and underfed in the Central West End neighborhood of Trinity Episcopal Church. Every second Sunday of the month, Grace parishioners cook and serve a hot meal to approximately 75 men, women and children.

Grace member Chris Kurth has been involved in our Trinity Hot Lunch Ministry since 2010 -- first as an assistant, and then as the chef and lead coordinator of the ministry. After eight years, Chris is ready to dedicate his time to other ministries and we are looking for new leaders to continue this important ministry for our community.

**There are people in the world so hungry, that God cannot appear to them except in the form of bread."**

*- Mahatma Gandhi*

"I didn't know the cooking techniques, recipes, or kitchen appliances when I took on the responsibility for the Trinity meal, but I knew how to ask questions," Chris said. And now in preparation for the next leader, Chris has combined all he's learned about the ministry into a step-by-step cooking procedures binder in the church office.

"This is like a 'turn-key' operation where you can walk into a setup and path made straight for you by the experience of others," Chris said. "No fear!"



Over the years, Chris has helped organize this service ministry in to a well-oiled machine. Outreach Chairs Vince and Michele Nicosia do the grocery shopping each month. And each month a different Grace Church committee volunteers to help serve the meal, forming an assembly plate/food line in the Trinity parish hall. And then there are months with

*Continued on page 3*

# Reenvisioning a Ministry

“open signups” that promote whole families getting involved in a teachable moment for youngsters and a bonding time for parents and adults.

There’s no doubt Chris is leaving some pretty big shoes to fill! His management of this ministry has been fantastic! On the surface, this may seem like a huge ministry to take on. But it is far from a one-man or one-woman show. Fr. Todd McDowell has met with Chris and Outreach Chairs Vince and Michele Nicosia to re-imagine what this ministry might look like. They hope to involve many people in many different ways:

**Volunteer Coordinator:** (Approximately 1 hour per month)

Someone to schedule ministry teams to serve the meals at Trinity and help clean up the kitchen at Grace.

**Cooking Team:** (Approximately 2-3 hours per month)

A group of people willing to take on the cooking responsibilities, one month at a time.

As Chris and probably anyone who has ever served in this ministry will tell you, the rewards are far greater than the work. “The smiles of elementary grade school youngsters (yes, some of Trinity’s clients are children) as they get extra Oreo cookies from the line server just can’t be beat. The many ‘thank you’s’ and expressions of gratitude from adults who are getting one of the best meals of their day and maybe of their whole week are so genuine in these days of cultural self-centeredness and vacant good manners.”

Chris will continue to lead this ministry through the end of 2018. We are grateful beyond words to Chris for his years of service, leadership and genuine love for this ministry. “The clients down at Trinity I helped feed are phenomenal.. holy...a distinctive group of men, women, and children, Chris reflects. “And looking back at all these groups, it’s easy for me to realize that I wasn’t involved so much in a food ministry as I was involved in a people ministry. And I got back more than I gave. In the end, I was the one who was fed the true food.”

**“The call to God’s service can come in many ways. When the choice is freely accepted, then God’s grace is given to enable the one accepting the vocation to fulfill it, no matter how many earlier reservations or hesitations there might have been.”**

*- Brother David Allen,  
Society of Saint John the Evangelist*



## Be a part of the new Trinity Hot Lunch Team!

We hope to have a new leadership team in place by early fall. Our goal is to allow the new volunteers to work with Chris before he leaves the ministry.

We want our parish to seamlessly continue this important service to the hungry in our community.

If you are interested in learning more about this leadership opportunity, please contact Chris Kurth, Vince and Michele Nicosia, or Fr. Todd McDowell.



## My Antique Chasuble

A reflection by the Rev. Virginia L. Bennett, D.Min.

I found this chasuble tossed in a corner of a window in a religious and military reliquary shop across the street from Glastonbury Abbey in the mid 1980's. I was



intrigued by it because it was so tattered and sad. The red velvet cloth was faded and in places in shreds, but the gold and silver bullion on it was in fairly good condition.

It needed rescuing but they wanted £150 for it, and we were at the end of our trip and out of that much cash.

They wouldn't take a credit card so

we had to find a shop that would give us cash on the credit card.

Back in St. Louis I took it to the textiles department at the St. Louis Art Museum. They thought, as did the people in England, that it was probably French; circa 1745 - 1845.

It is a modified fiddle back chasuble. The fiddle backs were shaped this way because the precious metal decorations were so heavy and this shape made it easier for the priest to lift their arms at the elevation of the bread and the wine in the Eucharist.

In our time chasubles have become, for the most part, much more simple, so it is well for us to remember that when these chasubles were common the fine decoration was to/for the glory of God; not the priest wearing the chasuble.



Left: Fr. Todd McDowell wore Mo. Ginny's antique red chasuble at Grace's Pentecost service, May 20, 2018.

When I was finally accepted into the ordination process in the Diocese of Missouri, after meeting with a representative from Slabbink (Belgium) at Catholic Supply, I shipped it to Belgium; as he said he could not possibly carry that much "Bullion" with him through customs.

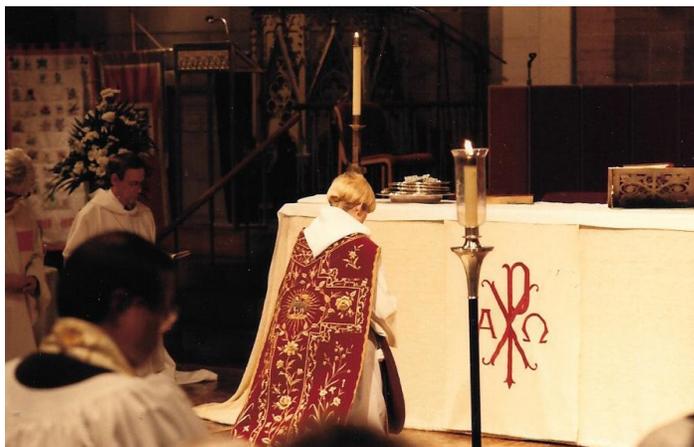
They presented us with three options of restoration. We chose the most expensive one; nearly \$4,000 for it to be taken off the tattered original velvet, the gold and silver dipped into a cleaning process and completely sewn onto new velvet. I considered putting it on white velvet but ultimately decided I wanted to be faithful to its original color. It did not have a stole with it, so Slabbink made one to match it; faithful to stoles of that time period. It was in Belgium for six months.

It was re-blessed a few minutes prior to my ordination to the priesthood by the Bishop and I was vested in it that night, January 25, 1990.



Left: Bishop William Jones blessed the chasuble moments before Ginny's ordination.

Below: Ginny wore the antique chasuble as she was ordained a priest, January 25, 1990.



## Bishop Smith Announces His Retirement

The search for a new bishop begins

*Dear Brothers and Sisters,*

*It is with a whirlwind of emotions that I write this letter, for no ministry have I loved more than serving as the Tenth Bishop of the Episcopal Diocese of Missouri. Even so, the time has come for me to set in motion a process for electing and calling the Eleventh Bishop.*

- Bishop Wayne Smith, April 2018



The process is underway to elect a new bishop in the Diocese of Missouri. Bishop Wayne Smith has served as the head of our diocese since 2002. This spring he announced plans to retire in April 2020, after a new bishop is elected. Until then he remains bishop, but notes that "this announcement alters the trajectory of our work together, and that emotionally, spiritually, and realistically, attention turns to the next chapter in the diocese's life, both in its continuities and its necessary changes. I pledge to honor that shift, and support your work in making it."

The Diocesan Standing Committee is tasked with overseeing the election process. The Standing Committee is itself an elected group, made up of more than a dozen clergy and lay members who act as a council of advice to the bishop. The committee will begin working with a consultant and prepare a timeline for the selection process, which includes:

- Standing Committee gathers materials and drafts theological statement and diocesan prayer, establishes process timeline, establishes qualifications and selection process for committee members and chairs.
- Standing Committee selects and oversees a Search and Nominations Committee; then selects and oversees a Transitions Committee.
- The Search and Nomination Committee establishes ground rules and procedures for the search process, develops and conducts survey, prepares preliminary and expanded questionnaires for nominees; then solicits names, screens candidates, interviews semi-final nominees, then a slate of candidates is announced.

- After announcement of candidates, Transition Committee takes the lead. Events are planned for diocesan members to learn more about the candidates.
- Election of the next bishop takes place during the 180th Diocesan Convention, held in St. Louis.
- Ordination, Consecration, and Installation of the next bishop will be April 2020. The crozier passes from Bishop Wayne to the next Bishop of Missouri.

Why is Bishop Smith retiring? He's in good health and spirit, and at the time of his planned passing of the crozier to the next bishop in April 2020 will be, as he put it, "65 years and some change" which is the suggested age of retirement for bishops in the Episcopal Church. Planning in advance gives sufficient time for a good search and discernment process.

"I am young and healthy, and I am not at all certain that my active ministry will come to an end with my retirement from Missouri. I am indeed open to new possibilities. It is clear to me, nonetheless, that it is time for a transition in episcopal ministry in this venue," Bishop Wayne wrote in his retirement announcement. "Conversation with my wife, Debbie Smith, and our family, consultation with colleagues in this Diocese and with other bishops, and extensive pondering and praying have brought me to this point. I am at ease with the decision."

Read the Bishop's complete announcement online at [diocesemo.org](http://diocesemo.org)

*Thanks to Beth Felice, Communications Director at the Diocese of Missouri, for her contributions to this story.*

# 79<sup>TH</sup> GENERAL CONVENTION OF THE EPISCOPAL CHURCH

Austin Convention Center • Texas  
July 5<sup>th</sup> – 13<sup>th</sup> • 2018



## *The Jesus Movement: Loving, Liberating and Life-giving*

is the theme for the 79th General Convention of the Episcopal Church, happening July 5 - July 13 in Austin, Texas. The General Convention is the governing body of our church. It is a bicameral legislature that includes the House of Deputies, with more than 800 members (up to four clergy and four lay persons from each diocese), and the House of bishops, with more than 300 active and resigned bishops.

Grace Church will be represented at General Convention by Betty Bowersox, who is attending as a lay deputy, and the Rev. Todd McDowell, who is an alternate clergy deputy. Deborah Caby will also be attending the Triennial Meeting of Episcopal Church Women, which gathers in conjunction with General Convention.

General Convention gathers every three years. Its work can include adopting legislation of concern to the Church; amending the Book of Common Prayer, the Constitution, and the Canons of the Church; adopting a triennial budget for the Episcopal Church; and electing candidates to offices, boards and other committees. This work is undertaken in support of the mission and ministry of the Church, and with prayerful gratitude and spiritual discernment.

“As with every gathering since 1785, the 79th General Convention will be an opportunity for the Church to reflect upon the past, learn from the present, and plan boldly for the future,” writes the Rev. Canon Michael Barlow, Executive Officer of the General Convention. “General Conventions of The Episcopal Church are always hopeful times to imagine what God may be calling us to do and to be; General Conventions at their best are inspiring pivots in the life of the Church.”

You can follow action from Convention through social media and the Episcopal News Network: [episcopalnewsservice.org](http://episcopalnewsservice.org)

## Bishop Curry Grabs the Spotlight

Sermon at Royal Wedding earns international praise



Photo: Reuters

It’s tough to steal the spotlight from English royalty, but the Presiding Bishop of the Episcopal Church certainly enjoyed his 15 minutes of fame at the May 19 wedding of Prince Harry and Megan Markel.

Presiding Bishop Michael Curry engaged the Royals—and the entire world—with what The New York Times described as a “searing, soaring” sermon about the power of love.

After the wedding, Bishop Curry was featured in dozens of news programs and articles. *Saturday Night Live* even did a comedy sketch about him.

We are always proud to be Episcopalians... now, thanks to Bishop Curry, the rest of the world understands why.

## Alternative Worship at Grace

Reviewing Messy Church; moving forward with Sundays @ 5

Recognizing a need to serve a growing number of people with non-traditional and often over-scheduled lifestyles, Grace Church is making a commitment to continue offering an alternative Sunday evening worship service.

Last October we began offering *Messy Church*, a family-oriented program based on creativity, hospitality and celebration. On the first Sunday evening of each month, all ages came together to have fun playing games and making crafts, engage in a casual worship service with Holy Communion, and enjoy a shared meal prepared by different ministry members in our parish. Anywhere from 10 to 50 people attended each monthly event.

Now that we have finished one full program year, we are evaluating that formula to determine our future course. We held a focus group discussion at our May 6 Messy Church gathering and invited feedback from others through a written survey. Grace's staff members reviewed all the input and considered many possibilities.

Throughout the summer months, Fr. Todd will host **Summer Sundays @ 5**, an informal worship service with communion in the Chapel of the Apostles. Instead of making dinner at church, the group will go to a local family-friendly restaurant after the service to enjoy a meal and fellowship together (everyone pays for their own meal).

On the first Sunday of October, we begin **First Sundays @ 5**. Each month we'll enjoy a themed activity, including Blessing of the Animals, Advent Event, game night and a Mardi Gras party. (Some activities will happen before worship; some after dinner.) Our casual worship service will always begin at 5 p.m. and last approximately 30 minutes, followed by a shared meal in Albright Parish Hall.

First Sundays @ 5 is for anyone who can't make it to our regular Sunday morning services or anyone wanting to enjoy a casual, relaxed, intergenerational atmosphere. All ages are invited. We encourage and depend on member participation in every element of the program and will be posting volunteer opportunities each month.

If you have any comments or would like to volunteer to help host a First Sundays @ 5 event, please contact Christian Formation Director Janis Greenbaum in the church office.

### Summer Sundays @ 5

June 24, July 29, August 26  
Chapel of the Apostles

Holy Eucharist at 5 p.m.,  
followed by dinner at a local restaurant  
(Pay for your own meal)



### First Sundays @ 5

Begins October 7  
Albright Parish Hall

Themed activity  
Holy Eucharist at 5 p.m.  
Shared meal, provided by  
Grace Church ministry members

## Women of Grace Provides Hurricane Relief

Old friends bring new hope to a family in Puerto Rico



Each year Women of Grace raises thousands of dollars at their Holiday Sale and each year the group selects a service organization to share those blessings with. 2017 marked the group's most successful sale in its 12-year history, and Women of Grace decided they wanted to use their funds to support hurricane victims in Puerto Rico.

To figure out how best to help, the group contacted an old friend, the Rev. Emily Morales in Guaynabo, Puerto Rico. Emily served as the Vicar of the Puerto Rican parish many years ago when the Diocese of Missouri had a companion relationship with the island nation. Emily visited Grace at least twice during that time and has remained a close friend of Grace members Stan and Christie Boyle. Emily was recently called out of retirement to return to the parish to serve as interim rector.

When Women of Grace reached out, Emily had a ready suggestion: one of her parishioners lost the entire second floor of her home, where her boys' bedrooms were located, when Hurricane Maria devastated the island last September. A financial gift would mean a lot.

So Women of Grace sent the largest portion of their outreach monies from their 2017 Holiday Sale (\$1,500) to Emily to give to this mother in need for home repairs. Emily received the check the day after Easter and sent photographs of the woman and her parents celebrating this much-needed windfall the following Sunday.

Thanks to the Rev. Emily Morales for helping us make this personal connection!

*Thanks to Christie Boyle for contributing to this story.*



## 2018 Youth Mission Trip

Grace missionaries spend a week working with Habitat for Humanity in Iowa City



Nearly 20 youth and adult missionaries from Grace Church spent June 3-9 digging trenches, painting, organizing and having fun while serving with Habitat for Humanity. The group stayed at Trinity Episcopal Church in Iowa City, Iowa.

See all the pictures from the trip on our online photo gallery at [flickr.com/gracechurchkirkwood/albums](https://www.flickr.com/photos/gracechurchkirkwood/).



## Heroism at Home

Grace member honored for saving a life

Men and women who serve in the U.S. military face life and death decisions every day. Wherever they are serving, they put their duty to our country and to others ahead of their own safety.

Grace member and Air Force Senior Airman Ryan Missel is being honored for responding to that call of duty in his own backyard. And like a true hero, he gives credit to someone else. "I know God strengthened me in that moment," Ryan said.

That moment happened on a normal night in January, 2017. As he was getting ready to take his dog for a walk, a car stopped next to his house in the Dutchtown neighborhood of St. Louis. The driver dragged an injured man out of the car and then pulled out a gun. Without hesitation, Ryan relied on his military training along with his faith and ran to help the injured man. Ryan says the victim had been stabbed, shot and was bleeding... but he was still alive. The gunman threatened to shoot Ryan and then got back in his car, ran over the injured man and then drove away.

"It was just so powerful," Ryan recalls. "I just started to free-pray. The words just came out. I definitely felt a sincere presence of the Holy Spirit with us."

Ryan stayed with the injured man, doing his best to treat his shock with prayers and blankets, keeping him alive until first responders arrived 10 to 15 minutes later. "That moment validated so many of my core beliefs as a Christian," Ryan said. "Talk about experiencing God's grace!"

Since that time, Ryan has been presented with The Vanguard and The Pitsenbarger Awards for military heroism. On May 9, 2018, Ryan was awarded the Air Force Commendation Medal for an Act of Courage.



But it hasn't been an easy time for Ryan. After his involvement with that random act of violence, Ryan was diagnosed with posttraumatic stress disorder. He sought help through a military PTSD treatment center, where he learned coping skills to deal with the trauma.

Ryan believes his strong sense of faith enabled his recovery. "It completely changed the way I look at my ministries in the church," Ryan said. He hopes to share his experiences with others to show how Christ works through each of us.

"There are needs that need to be met. If God is calling me to a ministry, God will uphold me. I can have courage and patience to follow that call."

### More About Ryan:

Ryan grew up in rural Maryland and has been in the Air Force for 3½ years. He serves as a musician in Public Affairs at Scott Air Force Base. He and his husband John live in Dutchtown. Ryan has been a member of Grace Church since December 2017, usually attending the 10 a.m. worship service. His ministries at Grace include Invite Welcome Connect, the Labyrinth Committee and Episcopal City Mission birthday party.



## Pentecost Mission: The Spiritual Practice of UTO

Pick up a box this summer and begin saving!

### *It is better to give than to receive.*

We've heard these words since we were children, but maybe we've never fully understood the meaning. Or maybe we've just never figured out how to put those words into a real spiritual practice.

The United Thank Offering is a gratitude ministry of the Episcopal Church to support innovative mission and ministry in the whole Church. Known worldwide as UTO, The United Thank Offering is one way we can engage in a personal spiritual discipline of thanksgiving that supports God's mission throughout the world.

Here's how it works: We give thanks for the good things that happen every day:

- **For little things:** like a good parking spot on a busy day, sunshine for your family picnic, or a birthday card from a friend.
- **For big things:** like recovery from a serious illness, a new job, or forgiveness and reconciliation after a long dispute.

As you give thanks, put some coins or dollars into a UTO Blue Box, or set aside an offering reminder for later. When your box is full or you put a check in a United Thank Offering envelope, your thanksgivings unite with others' prayers and thankful quarters, dimes, and dollars from across The Episcopal Church to support God's mission around the world.

Each year, UTO uses this collection to award grants for new projects and programs that address innovative approaches to ministries within their communities that meet the stated focus for the year.

- Your sunny family picnic builds a senior community center in Louisiana.
- Your new job supports career readiness training in Haiti.
- The birthday card from a friend becomes an elevator for a wellness facility in a low-income area in California.
- The now-forgotten dispute funds an English immersion program in Tanzania.



One act of prayerful, tangible thanksgiving at a time has a wider impact than you can possibly imagine. You are never too young or too old to count your blessings and share your thankful spirit with others!

UTO Blue Boxes are available at Grace Church. Pick one up today and find out how rewarding this practice can be.

Almighty God, I give you praise  
for blessing me in many ways.  
Create in me a grateful heart  
and with this gift, a blessing start. Amen.



For more than 125 years, the United Thank Offering has supported mission and ministry in The Episcopal Church over and above the General Convention budget.



The tokens of gratitude from throughout the Church are collected together in parishes and in dioceses, often blessed in Eucharists, before being forwarded onto the UTO Board to grant out to worthy ministries.



100% of the money given to UTO is granted back out into The Episcopal Church through grants.

Learn more at:  
[UnitedThankOffering.org](http://UnitedThankOffering.org)



# Grace Episcopal Church

514 East Argonne Drive  
Kirkwood, MO 63122  
RETURN SERVICE REQUESTED

Phone: 314-821-1806  
Email: [office@gracekirkwood.org](mailto:office@gracekirkwood.org)  
Website: [www.GraceKirkwood.org](http://www.GraceKirkwood.org)

## Summer Sunday Fun



### **EYC Summer of Service**

Sundays, 9:30 - 10:30 a.m.

June 3   June 17   July 1   July 8   August 5

For Students Entering Grades 6 - 12



### **Summer Sunday VBS**

Sundays, 10:00 - 10:30 a.m.

June 3 - August 5

For Students in Pre-K—5th Grades