



# Bread for the Journey

Grace Episcopal Church, Kirkwood

Winter 2018 - 2019

Looking to the future  
with a capital campaign

Reflecting on the  
holiday season

Transforming our  
ministries

Stitching together  
family memories

Caring for creation  
with proper recycling

Updating policies to  
protect our children

Making plans for our  
youth mission trip

Shopping for mission  
and ministry



*Reflections from the Holy Land*

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**Grace Episcopal Church**  
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[www.GraceKirkwood.org](http://www.GraceKirkwood.org)



#### Worship with us:

**Sundays:**  
 Holy Eucharist at 8:00 & 10:00 a.m.  
 1st Sundays at 5 p.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

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*Bread for the Journey* is a quarterly publication of Grace Episcopal Church. If you have a story or pictures you would like published in an upcoming edition, please contact Janis in the church office.



EYC in Forest Park, Oct. 7



Holy Baptism, Nov. 4



Pet Blessing, Oct. 7



All Saints Day Remembrance, Nov. 4

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



Holy Communion Class, Oct. 14



Veterans Day, Nov. 11



Pizza, Pumpkins & Prayers, Oct. 28



Community of Hope, Nov. 18



World Food Day, Nov. 2



Women of Grace Holiday Sale, Dec. 8

## Our Journey Continues...

Grace Church embarks on a new capital campaign

Grace Episcopal Church will celebrate our 160<sup>th</sup> anniversary as a parish in 2019. As we prepare to celebrate that milestone, we are launching plans to carry our church far into the future.

***Our Journey Continues...*** is a capital campaign to provide a permanence to the care of our buildings and grounds. Money raised by this campaign will add to our Legacy Fund for the care for our facilities in perpetuity.

“Grace Church is at an exciting place in her history,” said the Rev. Todd McDowell, Rector of Grace Church. “We must be proactive to keep us in a healthy financial state, so that we can continue to live out God’s mission for the generations to come.”

Grace’s Vestry engaged Horizons Stewardship, a leader in church consulting, last fall to conduct a survey to determine if the parish would support a capital campaign. Consultant Terry Goolsby came to Grace Church and personally interviewed 25 members. We collected an additional 98 church-wide surveys, for a total of 123 respondents, which Goolsby says is a high participation rate.

Your responses to the survey were very positive:

- **68%** of those responding had excellent or good feelings for the proposal.
- **74%** of those responding view the health and vitality of the parish as excellent or good.
- **51** households expressed a willingness or likelihood to volunteer in the capital campaign.
- **84%** responded we should proceed with the capital campaign plan (22% of those with conditions).
- Only **16%** responded this was not the right plan at this time.

In a letter to the parish, Fr. Todd explained the need for this campaign: “Each year a higher percentage of our budget comes from endowed/legacy funds. Imagine future generations who provide for the vitality of Christ’s ministry and mission of our church, without having to worry about the costs and burden of our large building holding them back.”



The goal of our campaign is to raise \$1 million, distributed in the following ways:

- **70%** will increase the Legacy Buildings and Grounds Fund, which along with existing unrestricted endowed funds, will pay the full annual costs to maintain our facilities;
- **10%** will pay off the majority of our debt, including a 2016 Diocesan loan which paid for new boilers and a new flat roof, and this year’s addition to that loan to replace the roof over Albright Parish Hall;
- **10%** will improve the lighting in the nave of the church, which a recent study showed woefully inadequate;
- **10%** will be a tithe to our Legacy Outreach Fund, which provides for those in need in our community.

Leadership for the capital campaign will be introduced during our worship services on January 6. The campaign officially kicks off at our January 27 Annual Meeting and runs through Palm Sunday, April 14. We will ask our membership to commit themselves to gifts over a three-year period.

As we celebrate our past 160 years as a parish, ***Our Journey Continues...*** is an opportunity for you to leave a lasting legacy to ensure the journey of Grace Church continues for the next 160 years... and beyond!

## Advent and Christmas

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

**Every year, as we look forward to Advent and Christmas, there's a sharp contrast between the positives in our world vs. the negatives. We look at the world and pray for more peace and less war, more health and less disease, more understanding and less conflict.** The list can seem endless at times. And while all of those things affect us to one degree or another, usually we just carry on as usual; increasing the expenditures of our time and money so that by the time Christmas arrives we often find ourselves over-indulged, over-exhausted, and over-spent.

**This year is no different; except that in some ways this year IS different. It's difficult for most of us to imagine a time when the world, or our country, seemed more divided; more at risk in so many ways.**

**The word 'crisis' carries with it a root that means**

**'opportunity.'** But what opportunity do WE have to change the world, to affect the divide that infects us? In a way we don't have any control over those things. We only have control over HOW we respond to all these things.

**Perhaps this year, more than any other in recent memory, we need to pay attention to the heavy weight of crisis that affected the Holy Family.** Crisis was constantly at their heels. And what did they have? They didn't have much. Of course Joseph and Mary had each other, but they also had God. While God didn't send them a comfortable passage to Bethlehem or a comfortable Inn in which to stay for Jesus' birth, God sent them assurance that they were part of something greater than all those things. While God didn't provide them with Secret Service agents to make their journey to Egypt risk-free, God entrusted them with a tiny child that would change the face of the earth.

**Yes, there is so much that is distressing to us; even frightening; whether that be the country, the world at**

**large, or our own personal lives. Where is the opportunity in these crises? The opportunity is to focus on the things that really matter this year.** Focus on the traditions that your family cherishes. Focus on the togetherness that can make simple things so meaningful. Think back to your own childhood and think of the memories that made your own Christmas special. Because more often than not, although you might remember certain gifts you got or did not get, those are not the things that made Christmas special for you. It was other things; the smells, the warmth, the tastes, the



togetherness, the beauty of worshipping at church on Christmas Eve. Those are the traditions that made your Christmas special. And most of those things didn't cost very much.

While none of our situations were perfect, as none are perfect now, those are still the things that make our memories special.

**And they give us hope. This is the opportunity we have to make this year special as opposed to expensive.**

Even if you are alone, do the things for yourself, and others, which make YOU feel as though you are drawing from your own precious supply of memories and traditions. Those things CAN be carried forward into the here and now; into the world now. For we can never know the difference they might make; to those near to us, as well as to many far away.

**Give yourself time to ponder and pray about the precious gift of life that you have been given, all the ways that God has touched you in your own life.** And then think of that Holy Family; who had nothing but one crisis after another, yet into their arms was entrusted the Prince of Peace, the One who brought God's presence near; that we might know the gift of God's Love; the priceless gift that nothing, not even the world situation, can ever take away.

## Invite Welcome Connect

Grace Church hosts transformational workshop, March 2



Invite • Welcome • Connect

Workshop

Saturday, March 2

Grace Episcopal Church

**Invite** provides new opportunities to invite people not only into a relationship with the congregation at Grace but also inviting them into a relationship with God and Jesus Christ. There are many people waiting for and hungry for an invitation to be a part of a church community. Personal invitation is the most effective and essential part of reaching out.

**Welcome** is the ministry of hospitality. It covers everything beginning with first impressions in the parking lot through follow-up with visitors. It is about seeing others and using listening skills to really hear them. It goes beyond improving how we greet and welcome our guests, but it requires fresh eyes in examining our facilities inside and out. Our spaces must feel welcoming and open to nourishing relationships. It is about being a friendly community, not a community of friends.

**Connect** begins with offering a safe space where both newcomers and long-term members share their stories of what brought them to Grace. Through holy listening we can discern their giftedness and encourage them in their journey of faith. Connect offers clear pathways to belonging where newcomers are guided through their faith journey into the life of the congregation. Connect empowers each of us to live out our baptismal covenant by offering individual gifts and talents to God. It helps individuals hear God's call in their lives.

YOU and every member of Grace Episcopal Church have the power to spread the Gospel and lead our parish into the future. And we'll be successful by engaging in the basics of evangelism, hospitality, and involvement.

That's the idea behind *Invite Welcome Connect*. It's not a program, but a ministry of transformation that equips and empowers congregations and individuals to cultivate intentional practices of evangelism, hospitality, and connectedness -- all rooted in the Gospel directive to, "Go and make disciples of all nations." (Matthew 28:19)

Grace is pleased to join forces with the Standing Committee of the Diocese of Missouri to host an *Invite Welcome Connect*® Workshop this spring. The March 2 session will include the theology of welcome, how welcome is everyone's ministry, and the transformation that happens when we welcome all as Christ. Full of personal stories and inspiration, this workshop is for those serving in leadership, welcome, or anyone who wants to learn concrete ways to open our doors wider, intentionally connect with newcomers, and empower the laity for ministry.

"Someone once said that Jesus began the most revolutionary movement in all of human history," said Presiding Bishop Michael Curry. "A movement grounded in the unconditional love of God for the world. And a movement mandating people to live that love and in so doing change not only their lives, but the very life of the world itself."

Bishop Curry loves talking about the Jesus Movement, and that's exactly what *Invite Welcome Connect* is all about. It does not offer a single, magical solution that quickly and easily solves all our problems. Instead, *Invite Welcome Connect* relies on the creativity of church members who choose to actively and intentionally embody the principles of the Gospel. Its success is dependent upon creating a space where all members of the church feel their contribution is necessary.

The March 2 workshop at Grace will be led by *Invite Welcome Connect* founder Mary Parmer and is open to all. Join us for an interactive day where you will leave with ideas to implement immediately and in the future. Mary will also be with us at Grace Sunday, March 3 to lead our adult forum and preach at our worship services.

*Watch our weekly church communications to register for this event.*

# An Advent Pilgrimage:

A reflection and pictures by Mary Merriweather



As we began the season of Advent 2018, a group of pilgrims from Grace Episcopal Church in Kirkwood, MO, and Christ Episcopal Church in Bronxville, NY, took the trip of a lifetime. From November 24 through December 8, the group toured the Holy Land, walking in the footsteps of our Christian history.

*Mary Merriweather* was one of those pilgrims. She shares this reflection with us:



*Mary in the Jordan River*

**Never in my wildest dreams** could I have imagined going to the Holy Land. But with lots of prayers and talking to God all the time (and special friends), I was able to make it happen.

We started our journey at the Sea of Galilee, which has to be some of my favorite days of our pilgrimage (*above / left*).

The sea was calm and the warm sun shone from above the mountains as we took our "pilgrim" bus to our first stop, the Church of the Multiplications of the Loaves & Fishes. This is where we had our first Eucharist, overlooking the water. You could feel God's presence there.

Around on the beaches of the Galilee we walked, and as we walked you could see fishing boats in the water. I thought about Jesus approaching Simon and his brother Andrew saying, "Follow me," and they dropped their nets and followed him. I wondered, would I have followed him?

Next we went to the city of Capernaum where Jesus lived, taught, healed (*above / center*). We saw the synagogue where he would preach. Just standing at the ruins of Capernaum and knowing that Jesus was here to preach the Word of God brought peace to my soul.

On the western shore of the Sea of Galilee is a town called Magdala, a major crossroads of Jewish and Christian history. This is where Mary Magdalene was from. Archeologists found the city and synagogue ruins within the last nine years. What I loved the most about Magdala is the modern church, Duc In Altum. This church memorializes the public life of Jesus, with an altar in the shape of a fishing boat (*upper / right*). The church has four small chapels, each of them have beautiful mosaic artwork.

# Grace in the Holy Land

My favorite part of the church has to be the artwork downstairs in the Encounter Chapel, where Jesus knew that someone had touched the fringe of his robe. (Mark 5:25). The power in that painting is awe-inspiring, it gave me goosebumps (*below / top*).

The place that touched my heart and soul has to be at The Garden of Gethsemane (*below / bottom left*). It's down in the valley from the Mount of Olives. Some of the olive trees are more than 2,000 years old. When I looked out over the garden and thought of what had transpired here it made me cry. It is here where Jesus was betrayed by Judas and handed over to the chief priest. There was a somber mood across the entire group moving around the garden.

The Unction stone sits nobly in the middle of one side of the Church of the Holy Sepulchre. Seven olive oil lamps hang above the stone shining light on the stone and the three-part mosaic artwork of Jesus dying on the cross, preparing him for burial, and moving him into his cave tomb. In the first scene of Jesus being removed from the cross you can see a skull in the earth beneath Jesus, this skull represents Adam. I love the artful way this shows us Jesus' atonement for original sin. It was moving to witness these glorious works of art (*below / bottom right*).

Just being in these biblical places was genuinely inspiring. Every part of this trip was honestly educational, undoubtedly spiritual, and I feel absolutely blessed that I was able to take part.



## Stories from the Holy Land:

**Sunday, Jan. 20  
9 - 10 a.m.**

**LaVielle Conference Room**

*All are invited to hear the stories and see the pictures from this amazing trip from our pilgrims:*

The Rev. Todd McDowell  
Lyn Ballard  
Katie Compton  
Becky Coulter  
Lyn Hedrick  
Tom Hedrick  
Ella Heigham  
Carla Kurth  
Chris Kurth  
Helen Ludbrook  
Mary Merriweather  
Pat O'Brien  
Kathy Reimelt  
Larry Reimelt  
Eric Woodruff

*See more pictures and stories on Grace's Facebook page:  
[Facebook.com/GraceChurchKirkwood](https://www.facebook.com/GraceChurchKirkwood)*

## A Stitch in Time

Quilt show celebrates Grace member's 90th birthday



Ten years ago, Marty O'Leary's children gave her a full-size quilting frame for her 80th birthday. Over the past decade she has created more than 23 beautiful, unique works of art. On November 9 Marty's friends and family came together to celebrate her 90th birthday and the opening of a special exhibition of Marty's beautiful quilts.

Each quilt decorating the walls of the Old Orchard Gallery in Webster Groves was lovingly crafted for a specific member of Marty's family. Marty has seven children, 16 grandchildren and one great-grandchild.

Marty says she begins each project with a conversation with the intended recipient. She tailors each design to reflect their personality, activities, and favorite colors: Will loves robots, Carrie loves the ocean, Rebecca likes roses. After that conversation, Marty makes a plan and then goes hunting for just the right color combinations, fabric designs and specific images.

The construction of each quilt is her own design, following quilt traditions, but not prescribed quilt patterns. Marty cuts each small piece and sews them together on her sewing machine (often while watching the Cardinals play baseball on TV). When the quilt top is together, it goes onto the frame with the batting and the backing. Then the fun begins -- she meticulously hand quilts the surface. She works from the lower edge, rolling the quilt on the frame as she goes, and incorporating her great-great-grandmother's feather wreath pattern into each quilt.

The results are beautiful. And the leftover fabrics from the grandchildren's quilts get artfully combined to create a new throw-sized quilt for the parents.



# Caring for Creation: Recycling at Grace Church

**The Earth is the Lord's, and everything in it,  
the world, and all who live in it.**

Psalm 24:1

The Episcopal Church places a high priority on the care of God's creation. The principles of environmental stewardship can be seen throughout our church, including in the **Five Marks of Mission:**

- To proclaim the Good News of the Kingdom
- To teach, baptize and nurture new believers
- To respond to human need by loving service
- To seek to transform unjust structures of society
- **To strive to safeguard the integrity of creation and sustain and renew the life of the earth.**

One of the easiest things we can all do to care for our earth is to recycle. But even recycling seems to be getting more complicated, with many cities (including Kirkwood) considering how to maintain their curbside programs. All the attention has us wondering: *What can and can't we recycle?*

Recycling at Grace Church does not go through the City of Kirkwood. Our recycling is handled by **Republic Services**. You will find large and small blue recycling bins throughout our building. We encourage everyone to use those bins, but remember that not all garbage can be recycled.



Please refer to the lists on this page to be a smart recycler.

**If you have any doubt about whether an item can be recycled, it's better to throw it in the trash than to contaminate other recyclables.**

Visit Republic's website to learn more about smart recycling: [publicservices.com](http://publicservices.com).

## Three basic recycling tips from Republic services:

- 1. Know what to throw:**  
Cardboard, paper, metal cans, plastic bottles and jugs.
- 2. Empty, clean and dry:**  
Keep all recyclables free of food and liquid.
- 3. Keep it loose:**  
Never put recyclables in containers or bags.



Graphic courtesy: Worldartsme.com

## Never recycle the following at Grace Church:

- Plastic bags & wrappers
- Styrofoam
- Food
- Electronics & batteries
- Yard waste
- Diapers
- Soiled or wet paper (including greasy pizza boxes)
- Clothing or shoes
- Tools
- Plastic toys
- Construction waste
- Medical waste

## Safeguarding God's Children

Updating our policies for the protection of children and youth

We are fortunate to have a wonderful group of volunteers at Grace Church who lead our Sunday school classes, serve as mentors to our confirmation students, chaperone youth group events and travel with our high school students on our yearly youth mission trip. Our children's and youth ministries are truly blessed!

We are obligated as Christians to create a safe and welcoming space for all children and youth in our community as well as those engaged in ministry with children and youth to prevent abuse. The Diocese of Missouri recently revised its Policy for the Protection of Children and Youth, and now we invite our parish to consider our own best practices as we move in to a new year.



Christian Formation Director Janis Greenbaum and Vestry member Chris Ludbrook are leading efforts to revise Grace's safeguarding policy. Chris is a math faculty member and dean at MICDS and a Sunday school teacher at Grace. Chris and Janis invite all parents and anyone interested to come together as we review our current policy and prepare new guidelines, using the new diocesan policy as a framework.

The policies are available on Grace's website ([GraceKirkwood.org/children-youth](http://GraceKirkwood.org/children-youth)) or in the church office.

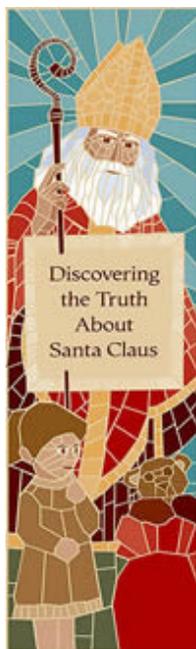
**We will come together for a public discussion Saturday, Feb. 16, 9:30 - 11:30 a.m. We encourage your thoughtful participation in this process.**

## Celebrating Saint Nicholas

The real story behind the legend

Santa Claus is one of the most recognizable symbols of Christmas in the secular world. We raise our children to love the jolly character and all the magic his image brings to the Christmas season.

But the story of Santa Claus is not all magic and make-believe. The true story of Santa Claus begins with a real man named Nicholas, who was born during the third century in the village of Patara. At the time the area was Greek and is now on the southern coast of Turkey. His wealthy parents, who raised him to be a devout Christian, died in an epidemic while Nicholas was still young. Obeying Jesus' words to "sell what you own and give the money to the poor," Nicholas used his whole inheritance to assist the needy, the sick, and the suffering. He dedicated his life to serving God and was made Bishop of Myra while still a young man.



Bishop Nicholas became known throughout the land for his generosity to those in need, his love for children, and his concern for sailors and ships.

Under the Roman Emperor Diocletian, who ruthlessly persecuted Christians, Bishop Nicholas suffered for his faith, was exiled and imprisoned. The prisons were so full of bishops, priests, and deacons, there was no room for the real criminals: murderers, thieves and robbers. After his release, Nicholas attended the Council of Nicaea in AD 325. He died December 6, AD 343 in Myra and was buried in his cathedral church. The anniversary of his death became a day of celebration, St. Nicholas Day, December 6.

This story was excerpted from *Who is St. Nicholas*, [www.stnicholascenter.org](http://www.stnicholascenter.org), which is a great resource for stories and activity ideas to share with your family this Christmas season.

## 2019 Youth Mission Trip

A tradition of service

In 1996 Grace member Mary Etta Heggie organized a trip for youth missionaries and adult chaperones to spend a week away from home in the service of others. That first trip to Russellville, Arkansas began a tradition at Grace Church that continues today.

Plans are underway for Grace's 24th Annual Youth Mission Trip. Our 2019 journey will take place June 2-8 and is open to all high school students. We will spend a week working with Habitat for Humanity at a still-to-be-determined location (within a day's drive from St. Louis). The work will include home construction projects as well as other assignments that benefit the local HFH organization.

Habitat for Humanity is a global nonprofit housing organization working in local communities across all 50 states in the United States and in more than 70 countries around the world. Habitat's vision is of a world where everyone has a decent place to live. Habitat works toward that vision by building strength, stability and self-reliance in partnership with people and families in need of a decent and affordable home.

These mission trips provide a great opportunity for our youth to grow as thoughtful, responsible young adults. The trips are also a ton of fun as our group eats, sleeps, plays and prays together during the week of service.

Youth members are asked to participate in fundraisers, service and social events throughout the year to prepare for the trip. Additional adult chaperones are also needed to join our group this year. **Commitments and \$150 payments (scholarships are available) are due by Sunday, Feb. 3.**

For more information, contact Christian Formation Director Janis Greenbaum in the church office ([janis.greenbaum@gracekirkwood.org](mailto:janis.greenbaum@gracekirkwood.org) / 314-821-1806, ext. 19).



Support Grace's  
Youth Mission Trip:

*Elegant*

*Italian Dinner*

**Saturday, Feb. 9**

Social hour at 6 p.m.

Dinner at 7 p.m.



Enjoy a homemade lasagna dinner with salad and dessert, musical entertainment, silent auction and great fellowship!

*Tickets go on sale January 20*



# Grace Episcopal Church

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## Online Shopping Becomes Mission and Ministry

As you order that perfect gift for a loved one for Christmas or for a special celebration throughout the year, your dollars can also support the mission and ministry of Grace Church.

**AmazonSmile** is a simple and automatic way for you to support Grace every time you shop, at no cost to you.

When you shop at **smile.amazon.com**, you'll find the exact same prices, selection and convenient shopping experience as Amazon.com, with the added bonus that **Amazon will donate 0.5% of your eligible purchases to Grace Church.**

Grace Church is one of more than a million organizations participating in this program. Please note that donations are made by the AmazonSmile Foundation and are not tax deductible by you.

Use this address to go directly to Grace's account:  
**[smile.amazon.com/ch/43-0653320](https://smile.amazon.com/ch/43-0653320)**.

