

May 2015

# THE FAITHFUL BELL

St. Francis Episcopal Church



## STAFF

The Rev. Conor Alexander, *Rector*  
Tina Lassiter, *Administrative Assistant*  
Bennett Card, *Christian Formation*  
John Ickes, *Music Director*  
Roland Nave, *Accompanist*  
Brett Iwejor, *Nursery Attendant*

## Vestry

Susan Moore, *Senior Warden*  
Ron Simmons, *Junior Warden (1)*  
Ed Silva, *Junior Warden (2)*  
Lynn Kennedy, *Registrar*  
Roxanne Taylor, *Treasurer*  
Dosh Jackson, *Finance*  
Ken Clarke, *Stewardship*  
Karen Palmerone, *Social*  
Robert Savage, *Communications*  
Susan Moore, *Christian Formation*  
Flavel Blyden, *Outreach*  
Susan Golden, *Evangelism*

## Parish Ministry Leaders

Jackie Clarke, *Acolytes*  
Tsu Fullwood, *Altar Guild*  
Maureen Fuster, *ECW*  
Erika Grasse, *EYC*  
Bob Fullwood, *Men's Group*  
Ken Clarke, *Ushers*

Dear Friends in Christ,

It's been said that the best laid plans of mice and men ... Months ago we were working on our strategic plan, and had decided to dedicate the Easter Season for A Disciple's Way of Life Program. Along those lines I had planned to write this month's article on why a Rule of Life is so important. And as I sat down at my computer, I was overcome by all of the various new stories on the riots in Baltimore. It seems yet again another community is being torn apart by civil unrest. I felt a lot of tension writing an article that's designed to be fun and spiritually uplifting when there is so much pain and trouble just one state away. Or do they somehow relate to one another?

I'm becoming more and more convinced that the problems we are seeing in society are as much spiritual problems as they are anything else. In humanity's sinful condition, we have failed to see God's handiwork in other people. Sometimes we disrespect them; other times we outright ignore them. Neither is a good response. We have to remember that the people we are so quick to condemn are the very ones that Christ gave His life for. And working on one's spirituality is the best way to remember these important points.

When you devote a portion of your day to studying Scripture you're reminded that Jesus regularly ate dinner with "tax collectors and sinners." When you pray each day your thoughts towards our current troubles are lifted towards God, and perhaps elevated to a new level of understanding. When you are generous with your money, or devote your time to a ministry, you are practicing selflessness, which can only benefit our society and help you to love others even more deeply.

Will you see a one-to-one cause and effect? Of course not, but do know that by engaging in these practices we have been talking about and working on, you are adding your voice to the culture around you. And if all of us participate together, that big collective voice does make a difference. So in all of this know that what you are doing matters.

Fr. Conor+

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# From Our Senior Warden

Dear Friends in Christ,

By the time you read this letter, we will have progressed more than half way through our church-wide activity entitled *A Disciple's Rule of Life*. This activity is part of the theme "Disciples Making Disciples." I hope you are filling in the blanks of your color trifold to *make time for God* in your busy lives – putting God on your agenda.

The sermons Fr. Conor is preaching each Sunday through Pentecost focus on each of the nine areas in the ROL. Use the Sermon Key Points found in your bulletin to follow these areas. Jot down ideas or questions you might need clarified. Check your Sunday bulletin for question-and-answer sessions offered in various homes during the first two weeks of May. It is hoped that you will share your ideas for each area by posting the color square on the large bulletin board in the Nave. Perhaps you will give someone else a good idea.

Here is an example of how I came to add to my Disciple's Rule of Life on Sunday, April 12. The ROL topic was OFFERING. Fr. Conor's sermon described this as "disciples are generous." For disciples, generosity is a way of life, it builds stability, and it comes from the inside out.

A fellow vestry member, Flavel Blyden, texted me earlier that same morning saying that it was National Volunteer Week. As you know, offering is not just treasure, it's time and talent, too. It got me to thinking - how could I be generous?

Amazingly, the Sunday, Parish Notes asked for Meals on Wheels volunteers. Gee, here was a perfect opportunity. I spoke to Pat Osmunson, St. Francis' Meals on Wheels coordinator. I will begin delivering meals the second week of May and persuaded Myrna Simmons to partner with me!

By the way, there are just enough Meals on Wheels folks to cover each day of the second week of the month. If you could be a substitute deliverer, contact Pat. People do occasionally get sick or can't do their delivery day – designated subs would help.

Another thought, did you notice on Sunday, April 19, Hymn 631, *Book of Books*, described the Bible - scripture, #3 in the ROL. Pretty cool, huh?

**Verse 1:** Book of books, our  
people's strength, statesman's,  
teacher's, hero's treasure,  
bringing freedom, spreading  
truth, shedding light that none  
can measure; Wisdom comes to  
those who know thee, all the  
best we have we owe thee.

**Verse 2:** Thank we those who  
toiled in thought, many diverse  
scrolls completing, poets,  
prophets, scholars, saints, each  
his word from God repeating;  
'Till they came, who told the  
story of the Word, and showed  
His glory.

**Verse 3:** Praise we God, who  
hath inspired those whose  
wisdom still directs us; Praise  
Him for the Word made flesh,  
for the Spirit who protects us.  
Light of knowledge, ever  
burning, shed on us thy  
deathless learning.

Soon, a reading list of Other Spiritual Reading will be available to you. I would like to share a favorite of mine, *The Shack* by William Paul Young. Young's fictional concept of the Trinity is unique to say the least. Considered by some to be heretical, it's a great work of fiction! Of course, you be the judge.

In parting, I offer this to you, "Peace begins with a smile." ~Mother Theresa.  
Peace be with y'all,  
Susan Moore



## RULE OF LIFE “Disciples Making Disciples”

On Easter Sunday Fr. Conor officially introduced the concept of the RULE OF LIFE. In his sermon he referred to the Rule of Life as a key component in helping St. Francis achieve its five-year Strategic Goals. That is, St. Francis will be known as a church of *Disciples Making Disciples*. Fr. Conor defines the Rule of Life as an intentional, conscious plan to **keep God at the center of everything we do**. It provides guidelines to help us intentionally pay attention and remember Him. The purpose of the Rule is to unite us as a local church in our intention to follow God.

The Rule of Life for St. Francis is based on nine principles: **Worship, Offering, Scripture, Other Spiritual Reading, Ministry, Sharing Faith, Confession, Prayer, and Retreats**.

Starting with Easter Sunday and each Sunday until Pentecost, Fr. Conor is introducing each principle during his sermon. So far he has covered Worship, Offering, Scripture, and Other Spiritual Reading. Please view each principle as a way to consciously take actions that will lead you closer to God.

Let's use Worship as an example. How will you make time for God in your life to worship Him? What are your goals and priorities around Worship? What are you doing to become closer to God through Worship? So the idea around the nine principles is to reexamine and work through each area and then create a plan to become closer to our Lord and Savior. The purpose of the Rule of Life is not to add one more list of chores into your already busy life – but to add time to refresh yourself from the weariness of the world and *make time for GOD*.

There are a number of parishioners who have questions on what is this all about—how do I get involved and what do I do next? There were Question-and-Answer sessions after each service on April 19; however, not many attended. There is an opportunity for you to get your questions answered by attending the upcoming **Home Meetings** planned for the first two weeks in May. There is a sign-up sheet in the Commons for you to indicate which meeting you want to attend. You are encouraged to attend at least one of these meetings.

Here are things you can do now to get started:

Review the RULE OF LIFE trifold handed out on Easter Sunday and use it as a guide to begin creating your plan and actions to move closer to GOD. If you do not have a copy, they are available at church.

Signup for one of the upcoming Home Meetings.

Speak with Fr. Conor or a member of the Vestry.

### Home Meeting Dates

Tuesday, May 5 – *Footsteps in Faith* Bible Study – 7:00 PM (at the church)

Wednesday, May 6 – Home of Dosh Jackson – 7:30 PM

Monday, May 11 – Home of Lynn Kennedy – 7:00 PM

Thursday, May 14 – Home of Karen Palmerone – 7:00 PM



## Evangelism

Please pray for our Visitors:

*Carol Bolstad*

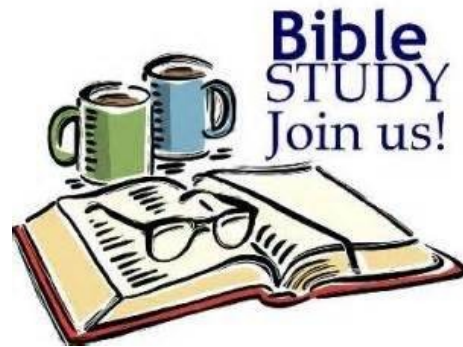
*Julie Lytle*

*Anita & Chris Norton*

*Sandra Schmidt*



## Footsteps in Faith



Tuesdays at 7 pm

## Outreach: Parish Food Closet

Yes, we still operate our food closet. We are maintained by referrals from Virginia Beach Social Services every five weeks, Monday through Thursday.

We are in need of food supplies:

Canned meats	Canned fruits	Pancake mix (complete)
Boxed potatoes	Peanut butter	Soups
Pasta	Jelly	Rice
Spaghetti sauce	Cereal	Canned vegetables
Dry beans	Dry milk (small pkgs)	
Boxed cornbread mix	Boxed muffin mix	
Boxed biscuit mix		

We do not have facilities for anything but non-perishable items.

**\*\*Bring items with you to church and place in the basket in the rear of the Nave.**

Thank you in advance, Doris Naugle & Elinor Ruth



Schedule  
May 4-7 Social Services

## May 3

8 am - Susan Golden

10:30 am - Laura Silva

(Prayers)

Carol McCarthy

(Readings)



## May 10

8 am - Cheryl Blyden

10:30 am - Laura Silva

(Prayers)

Lynn Kennedy

(Readings)

## May 17

8 am - Susan Golden

10:30 am - Carol McCarthy

(Prayers)

Terrence Cumberland

(Readings)

## May 24

8 am - Cheryl Blyden

10:30 am - Barbara Taylor

(Prayers)

Carol McCarthy

(Readings)

## May 31

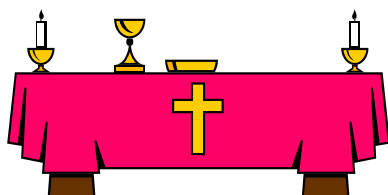
8 am - Cheryl Blyden

10:30 am - Terrence Cumberland

(Prayers)

Lynn Kennedy

(Readings)



## May 3

- Spencer- Crucifer
- Emerson- Gospel Bearer
- Azaria- Torch Bearer
- Isaiah- Torch Bearer

## May 10

- Brooklyn- Crucifer
- Spencer- Gospel Bearer
- Selena- Torch Bearer
- Isabella- Torch Bearer

## May 17

- Emerson- Crucifer
- Andre- Gospel Bearer
- Azaria- Torch Bearer
- Isaiah- Torch Bearer

## May 24

- Brady- Crucifer
- Spencer- Gospel Bearer
- Anna- Torch Bearer
- Brooklyn- Torch Bearer

## May 31

- Andre- Crucifer
- Rylan- Gospel Bearer
- Emerson- Torch Bearer
- Isaiah- Torch Bearer

## Altar Guild

April 25 - May 8

Rachel Walker

May 9 - May 22

Barbara Willis

May 23 - June 5

Carol McCarthy





April 5 - Easter Sunday: Worship  
April 12 - Easter 2: Offering  
April 19 - Easter 3: Scripture  
and Other Spiritual Reading  
April 26 - Easter 4: Ministry  
May 3 - Easter 5: Sharing Faith  
May 10 - Easter 6: Confession  
May 17 - Easter 7: Prayer  
May 24 - The Day of Pentecost:  
Retreat and Celebration!

### **Home Meetings**

You are invited to attend one of the following Rule of Life Home Meetings. Come and learn how to use The Rule of Life to become closer to God during your busy life. Sign up in the Commons for one of the five meetings planned. Father Conor will attend each meeting.

1. During St. Francis Bible Study – Tuesday, May 5 at 7:00 PM
2. Dosh Jackson's Home – Wednesday, May 6 at 7:30 PM
3. Lynn Kennedy's Home – Monday, May 11 at 7:00 PM
4. Karen Palmerone's Home – Thursday, May 14 at 7:00 PM
5. Lei Dunn's Home - TBD

# Vestry Meeting Summary of Action

Vestry Meeting—April 15, 2015

## Summary of Action

**March Finance Report**—Dosh Jackson: Year-to-date income is \$3,000 below our budget projection. Pledges are just about where they should be for this time of year for general and building donations, but we are falling short overall on general fund income. The Parish Hall has not been rented this year for parties; normally, that source of income helps. High utility costs due to the cold weather highlight that we need to improve insulation.

**Strategic Plan Update and Rule of Life Campaign for Easter Season**—Dosh Jackson: Preparation for the Rule of Life Question-and-Answer sessions to be held after April 19 services was discussed. The Vestry and Strategic Planning Team want feedback from people in the congregation on what they think and feel about the Rule of Life campaign. The schedule for Rule of Life home meetings was determined; Fr. Conor will attend each meeting, along with some Vestry members.

**Parochial Report 2014** was approved for submission to the Diocese.

**Sr. Warden**—Susan Moore: Special thanks were expressed to all the many volunteers who worked at the Easter Egg Hunt; it went wonderfully. Each of the 40-plus households attending was sent a letter thanking them and inviting them back.

**Jr. Wardens**—Ron Simmons and Ed Silva: Ed will look into arranging a free energy evaluation from Dominion Virginia Power. Ron will put up toilet paper holders in the women's restroom.

**Social**—Karen Palmerone: Karen is working on welcome packets for newcomers. Sign-ups for coffee hour are going well. She is in contact with LifeTouch about the new directory; we are looking at September for getting pictures taken.

**Evangelism**—Susan Golden: A Newcomers' Dinner is being planned, possibly for June.

**Outreach**—Flavel Blyden: Flavel is working with Doris and the others on the Food Pantry and looking into the best times to hold open hours and best ways to advertise.

**Communications**—Robert Savage: Changes to the look of the website are in the works. Dosh is recording Fr. Conor's sermons for possible posting somewhere.

The May Vestry meeting will be held one week later than usual, on Wednesday, May 27, due to Fr. Conor's wedding anniversary on May 20.

Respectfully submitted,  
Lynn Kennedy  
Registrar

Everyone's invited to the

OLD-FASHIONED

*Ice Cream Social*



Pentecost Sunday, May 24, 2015

**Details to be announced**

**Crigger Room**



This event celebrates the conclusion of our Rule of Life activity. But it is not really the end... more like the first of many steps in our journey to ***Make Disciples of Disciples!***



# Upcoming Events



## **MAY DAY TEA**

Saturday, May 2, 2015  
2 - 4:30 pm (serving 2 - 3 pm)



**COFFEE HOUR** is a time for fellowship following each worship service.

Please sign up on the sheet available in the Commons to bring goodies to share with others. Cookies, fruit, cake, whatever - it's up to you. If you partake, please sign-up.

### **DONATE TO THE COFFEE FUND**

A designated box is located next to the coffee pots in the Commons. The coffee is free for everyone but must be paid for somehow.

Your donation helps! Thanks!



## **CWU**

**2015 May Friendship Day**  
*Journey of the Caregiver*

**Date:** Friday, May 8, 2105

**Time:** 6 pm Registration

6:30 pm POTLUCK

7 pm Program

**Place:** Our Saviour Lutheran Church

4200 Shore Drive

(757) 464-4315

*EVERYONE IS WELCOME!*



*For those who have fallen  
and for those who have stood to fight  
May God bless and keep you safe  
throughout each day and night*

**Happy Memorial Day**  
**May 25, 2015**



May 10, 2015



## **National Day of Prayer Observance**

Thursday May 7, 2015, 11:30 am  
Virginia Beach Municipal Center  
Bldg #1 (City Hall)  
City Council Chambers, 2nd Floor  
2401 Courthouse Dr., Virginia Beach



## **ECW May Meeting**

Saturday, May 9, at 10 am  
in the Crigger Room  
*Exciting plans are in the works  
for the ladies of St. Francis!*

## **ECW, Diocese of Southern VA Spring Annual Meeting**

Saturday May 16, 9 am - 2 pm  
Glebe Episcopal Church  
Suffolk, VA

Contact: Louise Boss (757) 678-5331  
\$12.00 registration—deadline May 9  
Lunch will be served

# St. Francis Episcopal Church Financial Update

As of February 28, 2015

	Actual	Budget YTD	Difference
<b>Total Contributions</b>	36,489.71	41,116.00	4,626.29
<b>Total Operating Expenses</b>	43,205.99	41,312.00	(1,893.99)
<b>Net Income</b>	(6,721.28)	(196.00)	

## Grass Cutters

May 2- Joseph Ruth & Brad Hawkins

May 9- Alex Chagares & Peter Ming

May 16- Chris Palmerone

May 23- Paul Radford & Joseph Ruth

May 30- Peter Ming



## Vestry Lock-Up

May 3

Ron Simmons

May 10

Ken Clarke

May 17

Ron Simmons

May 24

Robert Savage

May 31

Susan Moore

## Altar Flowers

**May 3**

The flowers on the Altar are given to the Glory of God for Loleta Heath's and Jonathan Mack's birthdays.

**May 10**

The flowers on the Altar are given to the Glory of God in thanksgiving for my children and for Kevin's birthday by Lynn Kennedy.

**May 17**

The flowers on the Altar are given to the Glory of God in loving memory of loved ones by Ed & Judy Foxwell.

**May 24**

The flowers on the Altar are given to the Glory of God for Barbara's birthday by Billy and Family.

**May 31**

The flowers on the Altar are given to the Glory of God in remembering loved ones by Joe and Elinor Ruth.



## Building Usage

Need to reserve a room?  
Contact our Junior Warden,  
Ron Simmons, at (917)847-  
6604.

