St. Paul’s Epistle
September 1st, 2020

No Matter Who You Are, Or Where You Have Been, There Is A Place For You At St. Paul’s

www.stpaulsyr.org
From The Rector

The Rev Philip Major

In our last Epistle I described this time as like being in the middle of a long journey. This time is unprecedented and relatively perilous. Especially as the summer has progressed, I notice other people and myself showing the effects of the stress. We are exhausted. We are sometime more negative or shrill than we would be in ‘normal life’.

I suggest four ideas to guide us through the middle part of the pandemic:

**Stay Healthy**

**Engage in Worship, Mission and Work**

**Stay Connected**

**Reach Out to Those Unseen or Unheard**

This week I want to especially encourage you to organize your daily routine to help yourself stay healthy. You may have read stories about people who survived through long, difficult situations: stranded on an uninhabited island, or in prison, or in an internment camp during WW II. In most cases, people survive by creating a schedule of activities to keep their body, mind and heart healthy.

Our situation is not so different. We are isolated from friends and family. Though we are no longer in the ‘lockdown’ phase of the pandemic, our actions are still confined or restricted. You and I need clear routines to help us stay healthy during this time of isolation. Take time to make and refine a plan for yourself and put your plan in writing.

I have been inspired to hear stories from some of our members about new routines they have created. One person is baking and delivering birthday deserts to her friends. Another person has been going for a walk every day. Another person has been caring for plants every day.

Stay Healthy
Here are twenty activities you might incorporate into your routine:

1. Bake homemade bread (or any other ‘from scratch’ cooking).
2. Cut the loaf of bread in half and bring half to a friend or neighbor.
3. Say prayers first thing in the morning, at meals, and before you sleep.
4. Read a good book.
5. Keep a journal about your reading or anything else important to you.
6. Do something creative; paint or draw a picture.
7. Learn something new; take a course or learn a new language.
8. Walk around your block or neighborhood.
9. Help a neighbor.
10. Volunteer at the Samaritan Center.
11. Call or write a letter to a friend.
12. Eat healthy food.
13. Practice yoga.
14. Practice centering prayer. (On your own or Tuesdays at 4 p.m. at stpaulsyr.org)
15. Take up a new hobby.
16. Make music (sing!) or listen to a good piece of music.
17. Create a new exercise routine, even a small one!
18. Install a bird feeder outside your window, then watch the birds.
19. Limit your screen time.
20. Worship.

You may notice that my list of suggestions is focused on the heart and on the mind; this time of isolation creates dangers for our spiritual and emotional health, perhaps even more threatening than the challenges to our physical health. I encourage you to start small. Choose activities you want to do, instead of activities you think you should do. Then \(\text{continued}\)
create space for yourself to do them. Experiment. Find what works and what does not work for you. Refine your plan as needed.

Holy Scripture tells us:

- God dwells in us. (Philippians 2)
- God formed us and knows our innermost being. (Psalm 139)
- We should not fear; God is watching over us. (Matthew 10)
- Our bodies are God’s temple. (1 Corinthians 6)

So, I encourage you to approach the work of staying healthy as a spiritual discipline.

Fr. Philip

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Cleaning at St. Paul’s
—By Father Philip

In July we hired a cleaning service, Dovesview LLC, to take care of custodial duties at St. Paul’s. The church is being cleaned on Friday mornings. Thus far, we are very happy with the way Cyrus Grant and his crew are taking care of the building. We are also glad to be utilizing one of our neighborhood businesses.

Since we don’t have heavy use of the building at this time, and in order to be conservative with our budget, our initial agreement with Dovesview is to clean limited parts of the building. (For instance, two of our bathrooms are still closed.) As use of our building increases in the coming months we will increase the amount of cleaning completed each week.
Small Groups Meeting at St. Paul’s
—By Father Philip

We are beginning to have some groups meeting at St. Paul’s for ‘in-person’ and ‘hybrid’ meetings. For example, at this week’s Building & Grounds meeting three people were in the Brewster Room and four people ‘Zoomed’ in via teleconference for the meeting. Twelve-step program meetings are also being held, in-person, twice each week.

If you are interested in holding your small group meeting at St. Paul’s please let me know.

Father Philip’s Vacation

I enjoyed a great week during my vacation with my family on Cape Cod, August 15-22nd. I’m especially grateful to our wardens and to DJ Iglesrud and Doug Mouncey for helping to lead services and cover other duties during my absence.

I thought this might be a good time to tell you about how I will be using other vacation time this year. My letter of agreement with St. Paul’s provides for one month of vacation, including five Sundays off. I will be taking two remaining weeks of vacation in the fall, one in September and one in October.

My letter of agreement also provides for two weeks of Continuing Education work each year (including one Sunday off). This allows me to do reading, planning and other professional work which is not possible during normal work weeks. This year I had planned to attend the College for Congregational Development (CCD) in July. As with many other events, this week-long course was cancelled due to the pandemic. In place of CCD I will be taking a week of Continuing Education time for study and reading in November.

Fr. Philip
Thank You for Being Good Stewards
—By Betsy Elkins, Senior Warden

We are pleased that so many have continued to offer their support and resources to St. Paul's during this time when we are not gathering together. We have made it easy for folks to contribute online or mail in a check and you have done that. Thank you!

And we know that many are also offering financial support to other groups in our community who need help at this difficult time. The Samaritan Center, the Food Bank of CNY, The Rescue Mission and the Salvation Army, as well as many other groups who offer help to the most vulnerable among us need our help now more than ever. Arts organizations are struggling as the pandemic has forced them to cancel their normal offerings to the community. Many have turned unused tickets into contributions, made additional contributions, even passing along their stimulus checks to others who truly needed assistance. Thank you!

As I sit in my comfortable home without having to worry about my basic needs, I see many people around me, literally walking under my balcony, who are not as fortunate. Normally I would be thinking about resuming our soup lunches in the fall to benefit the Samaritan Center; planning menus and looking for new recipes. If this were a normal time we would be welcoming people to the Caring Place at St. Paul’s. We now have a small Open Pantry on E. Fayette Street to provide some food for our Caring Place guests and other downtown neighbors. You may help with this new mission by contributing items for this pantry. I can assure you that in the week the pantry has been open we have given away lots of food. Thank you!

All this is about being good stewards, using our resources wisely and caring for others. In a time when we are shut down, isolated from others, and nothing feels normal, it can be helpful to remember how blessed we actually are and that helping others can help us as well. At our yoga classes Amanda reminds us: “we are connected; we are one.” At a recent Finance Committee meeting we prayed to be “faithful stewards of thy bounty.” Stay strong everyone and count your blessings. Thank you!
Below is our prayer list. Please contact Laurie Sanderson at 315-420-1518 or lascsw3@aol.com if you have names to add or change. In compliance with HIPPA regulations we cannot list whole names, but God knows who we are praying for. Thank you!

**Acute Need/Immediate**

Marie, known as Ann, Pamela, Sue, David, Sherry, Vicki, Jim, Denise, Dannette, Kate, Patrick

**Continued Prayers**

Valerie, Beverly, Edna, Kathy, Bunny, Annie, Elizabeth, Anne, Laurie, Ali, Hal & Jean, June, The Reverend Barbara Allen, Edith, Tom, Tahiana, Brad, Mary, Hugh, All Those Living Alone or in Nursing Facilities.

**Recently Deceased**

Nancy Lambright's sister Mary
Bodo's father Rakotonirina Nartial Jean

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**First Friday**

—By Carol Decker

“It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.” That’s what sticks with me the most after attending church. Give thanks. Always. Through all this Covid-19 pandemic, we have remained healthy. So, with a thankful heart, I will continue birthday treats through the month of September. God be with you all.
**September Anniversaries:**
Liz & Richard Handler 9/3,
Kathy Hum & Peter Scott Earle 9/3,
Hal & Ruth Brown 9/10, Sandy & Newt Wiley 9/10,
Barry & Mary Pickard 9/15, Doug & Perry Mouncey 9/16

**September Birthdays:**
Walter Rogers 9/1, Rachael Thomas 9/2,
Sandy Wiley 9/2, James McCloskey 9/5, Barry Pickard 9/6, Helen Reed Ferguson 9/12, Barbara Bell 9/15, Julia Fine 9/18, Wendy Hoblyn Jones 9/19, Betsy Barker 9/25, Kim Vorchheimer 9/26, Timothy Cassavaw 9/27,
Kerstin Johnson 9/28, Chris Maros 9/29, Judith Williamson 9/30

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**Prayer Shawls**
—By The Reverend Perry Mouncey

“Thank you, thank you, thank you.” As I walk into the Spiritual Care office at Upstate Hospital, carrying a large bag of prayer shawls, I’m greeted by this effusive welcome. Many members of St. Paul’s are involved in the crocheting, knitting and sewing of prayer shawls. I’ve lost track now of how many you have made.

As a Chaplain Assistant, I visit patients during some of their most difficult life moments. It brings me real joy to be able to offer a sick person a cuddly reminder that she or he is wrapped in the many prayers infused into the shawl. These prayer shawls are so appreciated by each recipient and especially during this time when visitors to the hospital are very restricted. So to each of you involved in this wonderful ministry, I too say thank you.
Upcoming Services

August 30th, 2020 ~ Thirteenth Sunday After Pentecost
Holy Eucharist Rite II
The First Lesson: Exodus 3:1-15
The Second Lesson: Romans 12:9-21
The Gospel: Matthew 16:21-28

September 6th, 2020 ~ Fourteenth Sunday After Pentecost
Holy Eucharist Rite II
The First Lesson: Exodus 12:1-14
The Second Lesson: Romans 13:8-14
The Gospel: Matthew 18:15-20

September 13th, 2020 ~ Fifteenth Sunday After Pentecost
Morning Prayer
The First Lesson: Exodus 14:19-31
The Second Lesson: Romans 14:1-12
The Gospel: Matthew 18:21-35

Video Interview with the Elkins for Symphoria

Check out this great video interview of Betsy and Bill Elkins for Symphoria. Yay to Betsy who got some good plugs in for St. Paul’s concert space.

https://www.youtube.com/watch?v=EhO_p0AlJz4
We Are All A Part of Pastoral Care
—By Laurie Sanderson

I have been enjoying a book all year, a chapter a week, 52 Lessons from A Christmas Carol by Bob Welch. The current chapter focuses on communication and how online connecting can interfere with face to face contact and loneliness increases. We are wired for connection, yet here we are in a pandemic that has so changed our lives.

Welch quotes Matthew 22:37-39 "when Jesus is asked what the most important commandments are. He says, 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself '. We're to be about love. And relationships are to love what airplanes are to flight, they are how we make this phenomenon happen."

This has been a challenge in this time and I have grown to cherish my phone calls and mail. The calls I have made and the notes I have sent to others as well as those I have received, especially during my own recovery here. I have reconnected with old friends as well as current ones, it brings and shares joy.

I encourage you all to open up your church directory and make a call or send a note. We are all part of Pastoral Care. Thank you.

Feminist Theology will meet again via ZOOM on Tuesday September 15th at 7 PM. In September, we will discuss the book, Together, The healing power of human connection in a sometimes lonely world by Vivek H. Murthy, MD, the 19th surgeon general of the United States. In October, we will read The Book of Longings by Sue Monk Kidd, a favorite author of ours! If you would like to join us, and you do not need to have read the whole book, please do!!! Contact Laurie Sanderson at 315-420-1518 or lascsw3@aol.com
St. Paul's Calendar  September 1st through 15th

Tuesday, September 1, 2:00 p.m. Bible Study- Zoom
Tuesday, September 1, 4:00 p.m. Centering Prayer- Zoom RSVP w/ Sue Wright
Tuesday, September 1, 5:00 p.m. Worship Ministry Team Meeting- Zoom
Tuesday, September 1, 7:30 p.m. Closer to Zero Waste- Zoom
Sunday, September 6, 8:00 a.m. In Person Service—RSVP by email to Mary Hastings
Sunday, September 6, 9:00 a.m. Coffee Hour- Zoom
Sunday, September 6, 10:00 a.m. Sunday Worship— Live Stream
Sunday, September 6, 11:00 a.m. Coffee Hour- Zoom
Sunday, September 6, 2:00 p.m. South Sudanese Prayers– Zoom
Sunday, September 6, 4:00 p.m. Mass on the Grass—257 Robineau Rd. Syracuse

Tuesday, September 8, 2:00 p.m. Bible Study- Zoom
Tuesday, September 8, 3:30 p.m. Finance Meeting- Zoom
Tuesday, September 8, 4:00 p.m. Centering Prayer- Zoom RSVP w/ Sue Wright
Tuesday, September 8, 5:00 p.m. Vestry Meeting- Zoom
Wednesday, September 9, 7:00 p.m. Gardener’s Group- Zoom RSVP w/Jessica King
Sunday, September 13, 8:00 a.m. In Person Service—RSVP by email to Mary Hastings
Sunday, September 13, 9:00 a.m. Coffee Hour- Zoom
Sunday, September 13, 10:00 a.m. Sunday Worship— Live Stream
Sunday, September 13, 11:00 a.m. Coffee Hour- Zoom
Sunday, September 13, 2:00 p.m. South Sudanese Prayers– Zoom
Sunday, September 13, 4:00 p.m. Mass on the Grass—257 Robineau Rd. Syracuse

Tuesday, September 15, 2:00 p.m. Bible Study- Zoom
Tuesday, September 15, 4:00 p.m. Centering Prayer- Zoom RSVP w/ Sue Wright
Tuesday, September 15, 7:00 p.m. Feminist Theology- Zoom
Tuesday, September 15, 7:30 p.m. Closer to Zero Waste- Zoom

PICTURES?  If you have good photos of St. Paul’s folks from this summer, please email a .jpg file to the office email address: offices@stpaulsyr.org and we will print as space allows.
The COVID-19 pandemic has had a significant impact on our world, the residents of Syracuse and especially the residents of Downtown Syracuse. When members of St. Paul’s Syracuse recognized the scope of the pandemic, we suspended our drop-in The Caring Place ministry for the health and safety of everyone and considered ways to continue serving our Downtown neighbors during this pandemic. We decided to put The Open Pantry into operation effective August 13, 2020. The Open Pantry is a place where non-perishable food items can be donated and placed by members of St. Paul’s (or by our Downtown neighbors), and then these same items can be taken on an as-needed basis by our Downtown neighbors.

The photograph below shows the finished product. The Open Pantry is located outside the church building located at 220 East Fayette Street, just to the left (east) of the current main church entrance door. The Open Pantry was installed on August 13 and has already been stocked with its first food for sharing! The Open Pantry is open to passers-by on a 24/7 basis.

If you know Downtown neighbors who may be in need of non-perishable food items, please share news of The Open Pantry with them. It will include a variety of shelf-stable boxed and canned goods, but will not include refrigerated or fresh foods. Contact: Jim Doyle (on behalf of The Open Pantry & The Caring Place) Telephone: 316-699-5129
Women’s Retreat in October
—By Laurie Sanderson

Thursday evening October 8th thru Saturday noon, October 10th.
"Wild Nights Are My Glory"
The Reverend Kathy Major, leader

St. Margaret's House in New Hartford. Please RSVP by September 15 to Laurie Sanderson. 315-420-1518 or lascsw3@aol.com

Hello From John & Barbara Shaffer

Our son-in-law James Gyre posted this recently...Nice synchronicity story:

I've always wanted an Udu, but never wanted to spend the $100. But I walked into Goodwill today and bought one for $5! I think they thought it was a crappy vase (because it doesn't stand up well without its tabla-like base). It also had a tacky custom paint job that will be easy to scrape off the glazed clay. That's pretty great and I'm very grateful, but that's not the magic part of the story to me.

As I'm tapping my new drum, another person at Goodwill calls out "is that an Udu I'm hearing?"
"Yes, I just found it for $5!"
"Sweet, I make Udus!"
"Really, who are you? Gimme your card!"
She's Leslie, she hands me her card for LGG Creative Art, and then asks who I am and what my work is, and I tell her I do Naked Geometry. "We've met!"

And we had. We hadn't recognized each other through masks. We met a few years ago in Syracuse at a free breakfast for craft fair sellers at an arts festival. It's a small world, indeed.

Love to all, John & Barbara Shaffer
Congratulations Isaiah!

Congratulations to Isaiah Cordova, 2020 graduate of Liverpool High School. At Liverpool, Isaiah played trumpet in the marching band, played on the football team and was a leader of the wrestling team. Isaiah and his team went to the state championship in his senior year.

During his high school years Isaiah was a frequent leader of St, Paul's acolyte team, and he taught snowboarding at Song Mountain ski area in Tully. Isaiah participated in the US Air Force Jr. ROTC program. This summer he transferred his work to the Marine Corps. Isaiah has been engaged in pre-training with the Marine Corps locally through the summer months, along with classmates from Liverpool High School and other area high schools.

Isaiah reports to Paris Island training camp for Marine Corps boot camp the first week of September.

Betsy & Bill Elkins visited George & Marcia Anderson at their lake house on Indian Lake in the Adirondacks. Great photo of the gang.
Congratulations Hannah!

Congratulations to Hannah McCloskey for graduating from Liverpool High School. Hannah took four Syracuse University courses and was on the varsity cheerleading squad during her senior year. The team won the Section III championships and Hannah was chosen as an "All Star" for Competitive Cheerleading during the winter season. Hannah was on the honor roll each quarter. She also volunteered at an elementary school in a kindergarten class.

Hannah advocated for and started a chapter of the Red Cross Club at her high school. She was president of the club for two years and organized and ran meetings, recruited members, and communicated with the Red Cross about events. Hannah co-hosted a blood drive at school and made plans for Stop the Bleed training prior to the closure of the school buildings in March.

Hannah was accepted into the Dual Degree Nursing Program at Keuka College. This is a very competitive program as only 25 students are accepted out of the hundreds of applicants. She will receive her RN license after three years and complete her Bachelor of Science degree in four years.

An unusual daytime, downtown visitor. This raccoon was hanging out last week on E Fayette across from the church parking lot at 4 in the afternoon.
Deadlines for Upcoming Issues of The Epistle

The deadline for the September 15th Epistle will be Sunday, September 6th.