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

www.stpaulsyr.org
At my house we are preparing for a season of cold and snow. We are replacing screens with storm windows. We are bringing the last tomatoes in from the garden. We are putting rakes and spades in the back of the barn and filling the gas tank of the snowblower.

At St. Paul’s we are also preparing for the coming season. Most years the office gets busier in August and September as members and staff prepare for new programs and the resumption of normal activities, such as choir, soup lunches and First Friday Dinners. This year we are busy in different ways than in a typical year. Here are a few of the things we are working on as the weather gets cooler:

- Thanks to the suppression of the coronavirus in Central New York, we are moving into step three in the diocesan process for regathering our congregation. Step three allows several changes to in person gatherings for worship. We’ll have more details about our reopening process in upcoming editions of the Epistle.

- Our 10 a.m. worship service will continue to be available on our live stream, probably for years into the future.

- We are working on options to offer more in-person worship services at St. Paul’s, starting in a few weeks.

- We are considering a once-per-month interactive Zoom worship service, with a large number of our members taking leadership roles. We tried this format on September 13th; some of our members really enjoyed worshipping this way.

- Jim Potts is thinking creatively about ways to incorporate varied music into Advent and Christmas services.

- We are looking back at the programs and worship services we began offering last Spring, during the shut-down. We are considering whether to restart these activities, including Yoga and evening prayer.
As you can see, we are considering lots of different possibilities. We need your ideas and feedback. So, I encourage you to participate in our Fall Member Survey. Our June Member Survey was very helpful for our vestry. Our Fall Member Survey seems more important because we are entering the cold, dark time of the year and church activities will be even more important for many of us.

There are two easy ways for you to complete our Fall Member Survey:

- Go to our home page at stpaulsyr.org and follow the Fall Member Survey link to complete the survey online.
- Remove the inner page from the center of your print copy of St. Paul’s Epistle. Use a pen to fill in the answers to the eight questions found on both sides of the page. Mail your completed survey back to us at 310 Montgomery Street, Syracuse, NY 13202.

We need to stay connected with one another any way we can: through activities and worship, through phone calls, emails, home visits and newsletters. We have never tried to plan for a winter season that includes a pandemic. I hope we won’t ever have to spend so many months apart like this again. I look forward to seeing you somehow, whether it is in-person or through a video conference, in the coming weeks.

Fr. Philip

If you have a QR reader on your phone, you can scan this QR code and it will take you immediately to the survey.
Soup on Hold
—By Betsy Elkins, Senior Warden

Normally at this time I would be writing to tell you that soup season was about to resume at St. Paul’s and that we were anxious to welcome you back to our Wednesday soup lunches that benefit the Samaritan Center. But due to continued COVID concerns we will not be doing this for “awhile.”

We are grateful for your support in the past and will miss the opportunity to serve you which in turn helps to serve those who depend on meals at the Samaritan Center. You may wish to offer support directly to the Samaritan Center as their work is more important than ever. Or, consider contributing food to the Open Pantry we have placed on E. Fayette Street.

We hope you are staying strong and well during these anxious times. We will certainly let you know if/when we do resume our soup lunches. Wishing you the best, Betsy

Did you know that the world’s smallest church is here in Central New York? Located in Oneida, Cross Island Chapel is just 28 square feet and will fit a priest and bride and groom. The only way to get to it is by boat across the pond. (Next time I’ll go sooner to take photos before the duck weed grows and chokes the pond.)
We want to celebrate and send congratulations to Jim Pecoy, former member and altar server whose work moved him downstate. He has continued his service to God and the church and was ordained a permanent deacon Saturday, 9/19 at the Cathedral of St. John the Divine.

**Thanks for Helping to Keep the Pantry Full**
—By Betsy Elkins, Senior Warden

The Open Pantry we have placed on E. Fayette Street is a huge success. We fill it daily and it becomes empty very quickly. Thank you to everyone who has contributed food. Please keep those contributions coming so that we can continue to serve our neighbors in this way.

Anything you contribute will be helpful: canned goods, snacks, pasta, personal care items, etc. You may bring food to the church when you come to a service or bring food on a Tuesday when there is generally someone at the church (call or email first to make sure someone will be at the church when you come). There is a cart right inside the door to the sanctuary and just inside the entrance from Montgomery Street to receive contributions. Alternatively you may pull over to the curb very briefly beside the pantry and put food in. But don’t leave your car there and go into the building; you could get a ticket!
Come to me, all you that are weary and are carrying heavy burdens. Take my yoke upon you, and learn from me For I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:28-29

Each fall for the past four years we have held a leadership retreat with our team leaders and vestry members. This year is different. Our needs are different. So this year I am inviting all of our members to join me and our vestry for a different kind of leadership retreat. Here are the basics:

* The retreat will be held via video conference, so you can participate from the comfort of your home.

* The retreat will be divided into two sessions, held on two successive Saturdays, October 24th and 31st, from 10-12.

* Feel free to sign up for Oct. 24th, or Oct. 31st, or for both sessions.

* The first session is Finding Sustenance in the Wilderness.

* The second session is Supporting your Team (or your Family) in the Wilderness.

* Each two-hour session will be divided into four smaller segments, and will include time for one on one conversations, time for you to work individually, and short group sessions.

* Participants will receive a package of retreat materials in their mailbox prior to the retreat, including a short piece of ‘homework’ to be completed prior to the session.

* Each participant will end the session with a beautiful and useful final product, suitable for framing…or at least suitable for posting on your refrigerator!

Every member of the congregation is invited to participate this year. If you are interested in participating, please write to me at: revmajor@stpaulslong.org. The deadline for registration is October 13th.
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 HIPAA regulations we cannot list whole names, but God knows who we are praying for. Thank you!

**Acute Need/Immediate**
Jim, Pamela, Sue, Anne, Jim, Denise, Kate, AnnMarie, Patrick, Eriane, Greg, Pearl, Cynthia

**Continued Prayers**
Valerie, Edna, Kathy, Bunny, Annie, Elizabeth, Laurie, Ali, Tom, Tahiana, Mary, Sherry, Hugh, All Those Living Alone or in Nursing Facilities.

**Recently Deceased**
Nancy Ridings, Richard Apps (9/20/20), The Reverend Hal Avery (9/20/20) The Honorable Ruth Bader Ginsberg (9/20/20)

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**In Memory of Mark McGrath**
—By Tiffany Miner & Betsy Elkins

The loss of our brother & friend Mark McGrath in May has been felt throughout this summer. When he passed away, he was buried at Loomis Hill Cemetery on Onondaga Hill on Howlett Hill Road by the County. Recently, it came to our attention that Mark does not have a proper headstone at the cemetery, only a tiny plastic placard that is provided by the County. We are working to get a marker for him and ideally would like to hold a small, socially distanced ceremony at Loomis Hill Cemetery once the stone has been set (more information on that coming soon).

If you would like to contribute funds towards Mark's stone marker, you may make donations to St Paul's Discretionary Fund or by writing a check to the church with “Mark McGrath” in the “for” column on the bottom of the check. Thank you for helping us to remember Mark in this way.
Our last survey was very successful and helped us know the needs of our members. As we go into Fall and Winter, your input is again very important. *If you haven’t already filled out the online version of this survey, as Father Philip describes in his article, please use this one and mail to the church.*

1. **Worship #1:** Please choose all of the answers that are correct for you.
   - This Fall, I am interested in participating in:
     - In-person Sunday morning worship.
     - In-person Sunday afternoon worship outdoors.
     - Live Stream Sunday morning worship services
     - Interactive Sunday Zoom worship services
     - Weekday in-person Evening Prayer with live music.
     - Weekday in-person Noon Prayer with live music.
     - The Feast
     - Live Stream weekday Evening Prayer
     - Other (Please specify)

2. **Worship #2:** Please choose all of the answers that are correct for you. **On Sunday, September 13th**:
   - I did not attend worship at St. Paul’s
   - I attended 8 a.m. in person worship at St. Paul’s
   - I attended the 10 a.m. worship service via Live Stream
   - I attended the 10 a.m. worship service via Zoom

3. **Worship #3:** **At 10 a.m. on Sunday, September 13th we held an interactive Zoom worship service.** If you did not attend this service, please skip to question #4. If you attended the service, please choose the response that comes closest to your opinion.
   - I enjoyed the service and breakout groups and would look forward to participating again.
   - I enjoyed the service but would prefer a regular sermon in place of the breakout groups.
   - I prefer our regular live stream service but would be fine worshiping this way once a month.
   - I did not like this service and would probably not attend these in the future
   - Other (please specify)
4. Worship #4: Please check all that are correct for you. During the summer months, which parts of worship have been most meaningful for you?
- Organ prelude and postlude
- Hymns led by singers
- Sermon
- Prayers of the People
- Anthems offered by singers
- The Eucharistic Prayer
- Other (please specify)

5. Small Groups #1: Choose all of the responses that are correct for you. This Fall & Winter I am most interested in participating in:
- Coffee Hour via Zoom
- Bible Study
- Yoga
- SPC Readers
- SPC Gardeners
- Centering Prayer
- Feminist Theology
- Closer to Zero Waste
- The Feast
- I am not interested in any of these small groups

What other suggestions do you have for small groups at St. Paul’s: ____________________________________________________________

6. Small Groups #2: Please choose all of the answers that are correct for you. The best times for me to participate in a small group are:
- Sunday mornings
- Sunday afternoons
- Weekdays before 9 a.m.
- Weekdays between 9 a.m and 5 p.m,
- Weekdays after 5:00 p.m.
- Saturdays

A few more questions on the next page...
7. Communications #1: Please choose all of the answers that are correct for you.

- These communications will be most helpful for me during the Fall & Winter.
- Letters received in my mailbox
- Phone calls
- St. Paul’s Website
- In-person conversations
- The Epistle Newsletter in printed form
- The Epistle Newsletter in digital form
- Facebook page
- Weekly e-blast
- Announcements during Sunday worship services
- Emails
- Other (please specify)

8. Communications #2:

How might we improve our communications in the Fall and Winter months?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

9. Thank you for completing our survey!

If you are willing, please write your name below. This helps us know who has completed a survey and helps us get in touch with you if you have concerns or questions.

Name: ________________________________

Name: ________________________________

If you haven’t already filled out the online version of this survey, please use this one and mail to the church.

St. Paul’s Syracuse
310 Montgomery St
Syracuse, NY 13202
September Anniversaries:
John Philip & Wendy Hoblyn Jones 10/4
Andrew Besemer & Tim Cassavaw 10/13

October Birthdays: Lexi Greenhalgh 10/7, Anna Wright Doughty 10/9, Hanna Lane 10/9, David Ridings 10/13, Suzanne Hoffman 10/17, John Woodman 10/22, Kira Lane 10/23, Tanya Lewis-Mulvey 10/23, Suzanne Beeching 10/27, Demetrio Munoz 10/26, Kira Dirghalli 10/31

St. Paul’s Calendar October 1-15 2020

Sunday, October 4, 8:00 a.m. Worship - In Person Service
Sunday, October 4, 10:00 a.m. Sunday Worship – Live Stream
Sunday, October 4, 11:00 a.m. Coffee Hour - Zoom
Sunday, October 4, 2:00 p.m. South Sudanese Prayers – Zoom
Sunday, October 4, 4:00 p.m. Mass on the Grass — 257 Robineau Rd. Syracuse

Monday, October 5, 3:30 p.m. Finance Meeting
Tuesday, October 6, 9:30 a.m. Open Doors Meeting - Zoom
Tuesday, October 6, 2:00 p.m. Bible Study - Zoom
Tuesday, October 6, 4:00 p.m. Centering Prayer - Zoom RSVP w/ Sue Wright
Tuesday, October 6, 5:00 p.m. Vestry Meeting - Zoom
Wednesday, October 7, 10:00 a.m. Funeral for The Rev Hal Avery - Streaming Online
Wednesday, October 7, 7:00 p.m. Gardener’s Group - Zoom
Wednesday, October 7, 7:30 p.m. SPC Readers – Zoom
Sunday, October 11, 8:00 a.m. Worship - In Person Service
Sunday, October 11, 9:00 a.m. Coffee Hour - Zoom
Sunday, October 11, 10:00 a.m. Worship – In Person & Live Stream
Sunday, October 11, 11:00 a.m. Coffee Hour - Zoom
Sunday, October 11, 2:00 p.m. South Sudanese Prayers – Zoom
Sunday, October 11, 4:00 p.m. Mass on the Grass — 257 Robineau Rd. Syracuse

Tuesday, October 13, 2:00 p.m. Bible Study - Zoom
Tuesday, October 13, 4:00 p.m. Centering Prayer - Zoom RSVP w/ Sue Wright
Tuesday, October 13, 7:30 p.m. Closer to Zero Waste - Zoom
Wednesday, October 14, 7:30 p.m. SPC Readers – Zoom
News From Cristosal
—By Doug Mouncey

In a recent sermon, Fr. Philip referred to El Hogar (short for El Hogar de Amor y Esperanza – The Home of Love and Hope – born in 1979 in Honduras). He had learned of El Hogar while serving in another parish. Beginning as a home for orphaned boys, this program has grown under the auspices of the Episcopal Diocese of Honduras to include both genders, dramatically expanded its residential program and developed a school and a technical school.

What Fr. Philip did not know is that as Cristosal expanded its activities into Guatemala and Honduras, a partnership with El Hogar has evolved during the past 18 months. Specifically, a number of families who have been displaced due to violence are being housed at El Hogar.

Although our First Friday Dinners have been in hiatus due to the restrictions of in-person gatherings, approximately $650 was raised in early 2020 and is being earmarked for support of Cristosal.

Not surprisingly, the pandemic has greatly impacted life in the Northern Triangle of Central America (El Salvador, Guatemala and Honduras).

These are countries of great poverty with many people doing menial, day-to-day work. Government restrictions have meant it is impossible for those people to leave their homes and it has not been uncommon to be stopped and imprisoned for minor offences such as going to purchase food. Perhaps you’ve seen photos or videos of the long lines of ladies in Guatemala standing by roadsides waving their “white handkerchiefs” indicating their dire need of food for their families? A sub-set of this population are the indigenous populations that are also experiencing unique types of oppression.

In general, the governments in all three countries have used the pandemic as an excuse to impose more restrictions on their people and to abuse human rights to even greater degrees than previously.

Cristosal is monitoring and addressing alleged abuses that have arisen, as well as
continuing significant activities such as leadership on behalf of the victims of the El Mozote war crimes trial (i.e. the massacre of over 1,000 in that community during the Salvadoran civil war).

There is great concern that the governments are suppressing journalists or news outlets that are questioning the oppressive activities. There is also a sense that the oppressive activities will lead to increased migration to the north.

On October 8, Cristosal will hold a virtual Gala in honor of its 20th anniversary. Fr. Richard Bower and the late Bishop Martin Barahona will be honored as the founders of the organization.

For more information about El Hogar, you could check the web; El Faro (english@elfaro.net) is a good resource for news from El Salvador.

Help Needed on October 11th
—By Betsy Elkins

St. Paul’s is sponsoring the Samaritan Center meal on Sunday, October 11. Please let me know if you can help with food prep from 9-12 (we need 5 people) or serving the take out meal from 12-3 (we need 8).

You may donate money to help pay for the food by sending a check to St Paul’s clearly marked for Samaritan Center Oct. 11.

Thanks so much for anything you can do to help. I look forward to hearing from you. Betsy Elkins (315-949-1222) or eaelkins@esf.edu

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.
Together: A Book To Share
—By Laurie Sanderson

In Feminist Theology we have had many lively discussions in our twenty years of gatherings. We have shared joy, and faced some difficult times, including putting on a funeral for a beloved member of the community who wanted us to do the service for her before she died, and again after, which we did. This year has certainly been a challenge to all, yet a gift of the pandemic is because we meet by Zoom, three former members from across the United States can join us again.

Most recently we read a powerful book called Together: The Healing Power of Human Connection in a Sometimes Lonely World by Vivek H. Murthy, the 19th Surgeon General of the United States. The book was published this year but written before we began experiencing the impact of the Coronavirus. It is a mixture of quantitative and qualitative research and personal story on the impact of loneliness, an excellent read for this time of isolation. Murthy reports that isolation and loneliness, separate from solitude, are not healthy. We are wired to be together and when we aren’t, such as now during a pandemic, our health can suffer.

We had such a lively discussion about the importance of being a community. Certainly the pandemic has changed so many of our routines and ways of connecting. Zoom and the internet are helpful but also can be draining, and not everyone has access to a computer. Reaching out by phone or a card is so effective. There are so many ways to connect even in these strange times.

It boils down to one simple thing, "Be Kind." Since our discussion, I have encountered many examples. When you are venturing out, with your mask on, mindful of being socially distant, look in a person's eyes as you encounter them. Thank them if they are helping you. Yesterday my husband and I went to the bank to get a card activated that we couldn't get accomplished. The young woman worked patiently and finally accomplished it. My husband had opened his calendar for something and for some reason had some gold star stickers; he presented her with one and said, "thank you". She was so delighted!
I have been going thru boxes, as many of us have been, one was filled with letters and cards. I re-read them with joy and recycled most but saved some. I am not as consistent as our dear Beverly is, but I do like to send cards and notes, and it means a lot to others. I have written several notes to other parishioners and have received some wonderful responses. This pandemic time has led me to pick up the phone and call friends, some I was in touch with regularly and others not in a while.

Connect with those you miss seeing. Joan Sammons loves to call and ask questions like what is a favorite book or hobby, then she follows up with ongoing visits.

I strongly recommend the book Together. Perhaps it could be the subject for another discussion group that could be held at St Paul’s. We invite you to join us in Feminist Theology; our next meeting is October 20th at 7 pm via Zoom. We will be talking about The Book of Longings, a novel by one of our favorites, Sue Monk Kidd. Let me know if you would like to attend so we can send you the Zoom link.

Readings for October 4th and 11th

Proper 22A: Readings for October 4th, 2020

Proper 23A: Readings for October 11, 2020
Old Testament: Exodus 32:1-14, Psalm 106:1-6, 19-23
The deadline for the October 15th Epistle will be Sunday, October 11th.

Deadlines for Upcoming Issues of The Epistle

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315 474-6053
Syracuse, New York 13202
www.stpaulsyr.org

St. Paul's Episcopal Church
220 East Fayette St (street address)