

# PARABLES

May 2009

St. Paul's Episcopal Church

Wilmington, N.C.

## ***Inside...***

Notes from Rector	2
Music at St. Paul's	6
Please Note	7
Christian Education	9
Outreach	10
Pastoral Care	11

## ***Inserts***

- Calendar and Ministry Schedule
- Survey



Dear Friends in Christ,

Holy Week and Easter are now behind us. We celebrated the death and resurrection of our Lord Jesus with several special worship services. Although attendance this year was down somewhat, many people still took advantage of these events to see the sacrifice Christ made for us and how his promise of resurrection became a reality. Many people also participated in our worship services to make them run smoothly and efficiently. If it were not for their participation, our Holy Week and Easter Day worship services would not have been as moving and meaningful as they were to many people. This raises a couple of questions in my mind, however.

What if we did not have dedicated choir members, acolytes, lay ministers, ushers and others who spend extra time and effort to make sure the special holy day observances of our Church run so smoothly? For that matter, what if we did not have dedicated Sunday School teachers, volunteers to help in the nursery, hospitality team members, adults and young people working with Interfaith, and others who help our programs continue to thrive?

The truth is, a parish will live or die, be successful or fail, be a beacon of Christ's light to the world or a self-absorbed club, based on the time, talent and commitment shared – or not shared – by its members.

*Continued on page 2*

The mission of the members of St. Paul's is to restore all people in our community, regardless of race, creed, economic situation, or other distinctions, to unity with God and each other in Christ through prayer and worship. proclamation of the Gospel. and promotion of justice. peace. and love..



## Notes From the Rector

### Letter from the Rector-continued from cover page

This is the part of stewardship that we don't also emphasize, but which is critical. Certainly, the parish needs strong financial support each year. Like any family, the local parish needs to pay its bills and provide worship space, heat, air conditioning, repairs and routine cleaning, and so on. Without commitment of resources (the tithe, 10% of your income is the standard asking), parishes close their doors and people wonder, "Where did my church go?" The same is equally true, however, for time and talent.

Some people only come to Church on special occasions, like Christmas and Easter. There they find the Church at its best, with all the pomp and circumstance of the services, the beautiful music and all the trappings of fine worship. However, they do not understand that these services must be prepared for long in advance, they don't see that the participants have been faithfully working in the parish all year round and know just what needs to be done not just on the holidays, but Sunday after Sunday. Most of these folks do not see that Sunday School goes on regularly, that choir members spend hours in rehearsal for services all year round, and that members work hard to keep the church buildings and grounds in great shape. They do not see the shut-in who cannot get to church using his or her time calling other shut-ins to encourage them and give them someone to listen to. The list goes on. What if we didn't have people who regularly offer their time and talent to their parish?

It is also important that we have dedicated parishioners who reach out to the world around us to share the Good News of Jesus. This happens when we take our time and talent and use it in Christ's name in an outreach program beyond our doors. It happens when a stranger walks in the door and we welcome them to come hear about Jesus and join us as Christ's followers. In short, we should live dedicated, committed Christian lives in all we do inside and outside the Church. Last month I wondered if someday someone might say that our Faith is so engrained in us that it is part of the fabric of our lives. Those who dedicate their time and talent to their parish, along with their financial resources, come closer to that goal every day.

Yours in Christ,  
The Rev. Ted McConnell✠



## Notes From the Rector

### *Holy Day Observances in May*

#### *Ascension Day: Thursday, May 21, 2009*

**7:00 p.m. Festive Holy Eucharist** (*Incense will be used at this service*)

This Holy Day celebrates the ascension of Jesus to his heavenly throne after forty days with his disciples. On this day, the Lord left his followers behind to carry out his mission, promising to empower them with the Holy Spirit to go into the world to make disciples of all nations, baptizing everyone in the name of the Father and of the Son and of the Holy Spirit. Since this is one of the seven Major Feast Days of the Church Year, we hope that everyone will take time to attend

#### *Pentecost Sunday: May 31, 2009*

**Services at 8a.m. and 10:30 a.m.** (*Incense will be used at 10:30 a.m.*)

Pentecost Sunday is one of the seven Major Feast Days of the Church Year. It marks the day on which the Holy Spirit came upon Jesus' disciples to empower them to take the Good News of Christ into the world. This day is sometimes referred to as "The Birthday of the Church." As with all major feast days, like Christmas and Easter, all Christians are urged to be here for this celebration.

### *Lessons for the Sunday's in May 2009*

#### **The Fourth Sunday of Easter: May 3**

*Acts 4:5-12; Psalm 23:1 John 3:16-24; John 10:11-18*

#### **The Fifth Sunday of Easter: May 10**

*Acts 8:26-40; Psalm 22:24-30; 1 John 4:7-21; John 15:1-8*

#### **The Sixth Sunday of Easter: May 17**

*Acts 10:44-48; Psalm 98; 1 John 5:1-6; John 15:9-17*

#### **The Seventh Sunday of Easter: May 24**

*Acts 1:15-17, 21-26; Psalm 1; 1 John 5:9-13; John 17:6-19*

#### **The Day of Pentecost: May 31**

*Acts 2:1-21; Psalm 104:25-35, 37; Romans 8:22-27; John 15:26-27; 16:4b-15*



## Notes From the Rector

### *What the Episcopal Church Expects of Her Members*

*This is the ninth in a series of reflections by the Rector concerning what the Episcopal Church has asked of its members. This month our topic is:*

#### ***9. They will make wills providing for their final good stewardship for family, church and charitable concerns.***

Our money is a precious resource. Most people spend a great deal of their lives earning and spending money in one way or another. Most of us work for wages and salaries and use our money to buy the necessities of life and, hopefully, to put aside assets for future use. However, as all of us know, life on this earth does not last forever. Someday whatever wealth we have accumulated in terms of cash, property, stocks and bonds, will be left behind as we enter our heavenly home, where no financial resources are necessary. What do we do with our assets? It is wise to set up a method now whereby you have control over your assets instead of the state or national government. To do this, it is wise to make a will to make your wishes known. Seek out a competent lawyer and consult with your financial advisor to do so if you haven't already.

In wills drafted by most people, family members are the first to receive the benefit of your hard work and savings. This is right and good, especially if you have minor children to be taken care of. Most of us leave houses and cars and other property to our heirs as well as any cash assets or stocks. It is appropriate, however, to leave a legacy by naming charitable institutions and the Church as beneficiaries of some of your assets.

Most charities rely heavily on donations to survive and continue the good work they do. Many people are generous and give to charity while they are living and working. However, in your will, consider a gift to one or more charities from the resources you leave. Your attorney can help you determine the most advantageous way to do this.

Of course, the Church encourages you to include in your will a donation to the local parish where you have been active. Years ago other people heard this call for generosity and left bequests that have grown and been used by the Church for charitable works and to continue its work in spreading the Gospel.



## Notes From the Rector

### *What the Episcopal Church Expects ... (continued from page 4)*

Here at St. Paul's, many people have been more than generous over the years and thanks to them we have been able to cover some major repairs and continue programs. How can you follow in their footsteps? As you draft your will, ask your attorney to include a gift for St. Paul's, It can be in the form of stock, cash, or in kind, such as a house or car (yes, we have received these as part of a bequest). This gift to St. Paul's will help us to continue to develop an already-growing Endowment Fund whose interest and dividends will ensure that St. Paul's is here for many future generations who will come here to learn about Christ, worship him with beautifully liturgy, and go forth to spread the Good News. All this will be possible when current parishioners wisely use their resources to help now and when everyone remembers the Church in their planning when we leave this life to be with our Lord forever.

*Next time: 10. They will work for justice and peace among all people – loving their neighbor as themselves.*

### *Office Closing*

St. Paul's Parish office will closed on Monday, May 25, 2009 for the Memorial Day Holiday. It will reopen at 9 a.m. on Tuesday, May 26.

### *Thank You!*

I want to offer a hearty Thank You to all who participated in and made our Holy Week and Easter services so meaningful this year. Many individuals helped with decorations and services and all of us at St. Paul's are grateful for your help. Often we forget that the Altar Guild, Flower Guild, Acolytes, Choirs (Junior and Senior), Hospitality providers, Ushers, Lay Readers and Lay Eucharistic Ministers and Music Director, as well as others who work behind the scenes, put in many long extra hours of preparation and participation all to make sure our Lord has the best celebrations possible. God bless all of you for your generous offering of time and talent, and often financial resources as well.      The Rev. Ted McConnell, Rector



Music@St. Paul's

# Pulling Out all the Stops

## *Concerts*

**Monday, May 4, 7:30 p.m.** The Southeastern Oratorio Society presents Mendelssohn's masterpiece: *Elijah*. The richly symbolic story of the fiery Old Testament prophet is dramatic, exciting, and uplifting. Don't miss this once-in-a-lifetime opportunity to hear this masterpiece presented in our beautiful church. Admission free; donations appreciated.

**Friday, May 15, 7:30 p.m.** The widely acclaimed Choir of St. Paul's Episcopal Church, Greenville, will present a concert of sacred music in our church. This choir has twice appeared in concert at St. Paul's in recent years, and this past summer completed a highly successful English Cathedral tour. Dan Bara, professor of choral music at East Carolina University, conducts. Admission free; donations appreciated.

## *Thank You*

*It is a good thing to give thanks. Psalm 92:1*

*And there are many people to whom thanks are due. Here are some of them:*

To the choir for their extraordinary commitment and contribution to the Holy Week and Easter Services.

To all of you who donated for Easter music.

To Robert Winston for providing the music office with a wonderful new MacBook computer, and for underwriting the concert to be given on May 15 by the Choir of St. Paul's, Greenville.

To all who helped beautify the church so gloriously for our Easter celebrations.

# Please Note...

## Vestry

April 12, 2009	
Budget per week (what we <u>expected for the week</u> )	4883
Received (what we <u>actually received</u> )	5374
Difference:	491

Year to Date 2009	
Total Received	51718
Total Expenses	62428
Difference:	-10710

## St. Agnes Guild

The ladies of St. Agnes Guild will meet on Tuesday May 5 at 10:30. All ladies of St. Paul's are welcome.

The ladies of St. Agnes are renewing our efforts to collect care-package items for US troops in Iraq. We will be shipping the items to Mike McConnell periodically. There is a box in the Parish Hall for your generous donations.

## Altar Guild

You may have noticed a new Fair Linen on the altar at Easter. This beautiful linen from Portugal was generously donated by Betty Knorr, Marcia Bullard's sister, in Marcia's memory.

## Flower Guild

Do you enjoy flower arranging? Are you interested in learning how to arrange flowers to enhance the worship services at St. Paul's? Please contact Anita McConnell or Cheryl Wagoner if you are interested in participating in the flower guild.

Thank you to everyone for your assistance in decorating and generous contributions to the Easter flowers.



## Please Note...

### *From your Parables Editors*

Once again we ended up with an uneven number of pages. So... we are sharing another of our favorite healthy recipes with you (Veal Parmigiana with Fresh Tomatoes). This one was passed along by one of our physicians as part of improving our heart health. We hope you enjoy it as much as we do. This recipe serves 4. It goes great with a simple green salad.

Egg substitute equivalent to 1 egg (such as Egg Beaters)

1 tablespoon skim milk

1/3 cup plain dry bread crumbs

1/3 cup grated Parmesan cheese

4 tenderized veal cutlets cut about 1/4 inch thick (about 12 ounces, total)

Vegetable oil spray

4 large or 8 small tomato slices (fresh from your garden...or a friend's garden are best)

1 tablespoon fresh snipped oregano or 1 teaspoon dried oregano (crushed)

1/4 teaspoon black pepper

2 slices part-skim mozzarella cheese, halved (3 ounces total)

In a shallow bowl, combine egg substitute and skim milk. In another shallow bowl, combine bread crumbs and Parmesan Cheese. Dip each piece of veal in egg mixture, then coat with bread crumb mixture and shake off excess. Set aside.

Spray a large skillet with vegetable oil (non-stick pan if you have it). Place over medium-high heat. Place veal in hot skillet and cook 2 minutes. Turn and cook 2 minutes more or until veal is tender. Be careful not to overcook. Transfer veal to a broiler proof serving platter or casserole pan. Preheat broiler. Arrange tomato slices over veal. Sprinkle with oregano and pepper. Top each cutlet with a piece of mozzarella cheese. Broil 3 to 4 inches from heat about 1 minute or until cheese melts.

Save time by buying tenderized veal cutlets that are 1/4 inch thick. If you can't find them thin enough, or if you just need a little stress relief, simply cover them with plastic wrap and pound them with a meat mallet (we pound our own).

**Nutritional info:** 222 Calories, 25g Protein, 9g Carbohydrates, 73mg Cholesterol, 378 mg Sodium, 9g total fat, 5gSaturated fat, 1g polyunsaturated fat, and 3g monounsaturated fat.



# Christian Education

## St. Paul's Sunday School Calendar 2008-2009

May 2009

Regular classes will be held on the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and the 24<sup>th</sup>  
**Classes end on May 31<sup>st</sup>-Pentecost Sunday**



## *Interfaith Hospitality*

### *Thank you, all you wonderful Interfaith volunteers!*

We had a good group of guests and great volunteers. The food was excellent. The overnight hosts involved themselves with the guests, and our volunteers were teenagers to “over 70”. Many of you did extra duty because I have a broken leg, and I really appreciate your help --- but not as much as our guests appreciate our help!

It was a perfect Easter ending, watching the resurrection of families homeless for various reasons. I really feel that all seven of our guests felt loved and valued. As the week went on, they seemed more loving with their children, more excited about their job hunt or new school term. That is because of you and what you show them about being a child of God. You, the volunteers, are the ones who bring the words of Jesus to life by your actions.

Tom Carnes and I will be looking for volunteers again in a couple of months. We hope and pray that those of you who have volunteered before, do so again. Those of you who haven't, please consider giving Interfaith some of your time, talent and money.

Thank you in His Name, Suzanne Joyce

---

## Pastoral Care

A number of our parishioners have extremely limited mobility and are no longer able to attend worship services at the church. Please consider a visit or phone call to assure them they are not forgotten.

Aleen Baggett 825 Montclair Drive Wilmington, NC 28403 791-6492	Michael Padrick 2909 Park Ave. Wilmington, NC 28403 762-2770	Ann Lamson. Room 354 Brightmore of Wilmington 2323 41 <sup>st</sup> St. Wilmington, NC 28403
Vivian Salling 303 Summer Rest Rd. Wilmington, NC 28405 256-1241	Bessie Fay Hunt 4003 Wilshire Blvd. Wilmington, NC 28403 791-7981	Winnie Kneale, Room 130 The Woods at Holly Tree 4610 Holly Tree Rd. Wilmington, NC 28409 791-9507
Addie Lee Gaylord 110 Keaton Ave. Wilmington, NC 28403 762-3932	Marcia Rapelye 4524 Still Meadows Drive Apt 102 Wilmington, NC 28412 799-2620	Lillian Odum 109 Apache Trail Wilmington, NC 28409 395-4016



## PARABLIZING.....

Thank you to everyone who contributed time and/or financial help to make Holy Week and Easter go so smoothly.

Editors: *Mark & Cheryl Wagoner*

Please submit articles to the church office ([SPEchurch@bellsouth.net](mailto:SPEchurch@bellsouth.net)), hard copy delivered to the Parables mailbox in the Parish Hall, or email directly to us at [cwagoner13@hotmail.com](mailto:cwagoner13@hotmail.com) or [mwagoner@ec.rr.com](mailto:mwagoner@ec.rr.com).

**Deadline for June Parables is May 15, 2009**

St. Paul's Episcopal Church  
16 North Sixteenth Street  
Wilmington, NC 28401-4905

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT NO. 519  
WILMINGTON, NC 28401

### Schedule on Sundays

8:00 a.m. Holy Communion Rite I  
10:30 a.m. Holy Communion Rite II

### Schedule On Wednesdays

12:10 p.m. Holy Communion Rite II

### Vestry

Frank Tutza	Senior Warden
Larry Hartman	Junior Warden
Jim Summey	Treasurer
Jeanine Gendreau	Clerk

Don Baker, Bill Carder, Jim Edwards, Joe Farri,  
Liz Hozier, Lynda Miller, Phil Virgilio, Frank Tutza,  
Judy Wilson

### Parish Staff

Ted McConnell, Rector  
Larry D. Cook, Ph.D., Organist & Choirmaster  
Luvette Hickey, Administrative Assistant  
Jelena Kovrlija, Financial Secretary  
Don Irvin, Sexton  
Patsy Perhala, Community Events Coordinator

St. Paul's Episcopal Church  
16 North 16<sup>th</sup> Street  
Wilmington, NC 28401

### How To Reach Us

Phone: 910 762 4578  
Fax: 910 762 4579  
Website: [www.saintpaulsepiscopalchurch.com](http://www.saintpaulsepiscopalchurch.com)  
E-mail: [SPEchurch@bellsouth.net](mailto:SPEchurch@bellsouth.net)  
[musicspechurch@bellsouth.net](mailto:musicspechurch@bellsouth.net)  
[adminspechurch@bellsouth.net](mailto:adminspechurch@bellsouth.net)  
[financespechurch@bellsouth.net](mailto:financespechurch@bellsouth.net)