

JULY 2015

The Mini-Messenger

NEWS AND HIGHLIGHTS
ST. PAUL'S EPISCOPAL CHURCH • AKRON, OHIO

The Mini-Messenger is a brief news update sent out in months between our regular full-sized newsletter.

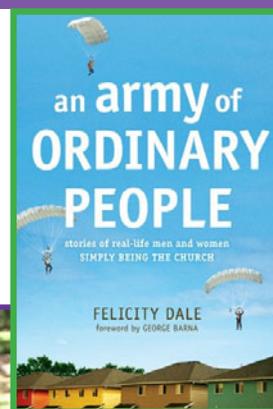
From the Rector

SAVE THE DATES for Our All-Parish Renewal Retreat November 6–8, 2015 at Salt Fork State Park

Please mark the dates on your family calendar *now* for this highlight of our autumn schedule! The retreat is a great time to get away, relax, and be renewed in so many ways. It's a great opportunity to be together, meet new friends, and reconnect with one another. Our speaker for this year's retreat is *Felicity Dale*, the author of *An Army of Ordinary People: Stories of Real-Life Men and Women Simply Being the Church* along with her husband, Tony Dale.

We will have more about her topic, along with other programs for adults, youth, and children, in August when we distribute brochures. Recall throughout church history that *spiritual renewal for individuals and the church* have come often through retreats. Last year's retreat was such a success on so many levels that we hope for the same and for more this autumn. Save the dates now!

In Christ,
Mark+



Presenting a new Sermon Series:

Rediscovering Grace. Its Transforming Power. Its Everlasting Truth.
A Summer of Sermons by The Rev. Mark Pruitt on Grace and Freedom



OUR STEWARDSHIP APPEAL IS UNDERWAY!

We had a great initial response to our Annual Appeal, but we need everyone to respond soon—now, even!—as we are well into the budgeting process. Please commit to giving to our ministries and mission. Only broad and generous support will carry the day. To date we have pledges for \$553,600, (69.2% of our goal) and is ahead of our progress in previous years. But we would like to have all pledges in hand soon.

Stephen Ministry... Christ caring for people through people



Summer is a wonderful time for relaxation and refreshment. And what could be more important than that, especially after the worst winter in a very long time?

Unfortunately, rest and relaxation is a difficult gift for some people to give themselves. Those of us who are driven by high performance expectations, or who feel overwhelmed by life's pressing demands, often have a hard time making play, sleep and relaxation a priority. And summer is such a good time to paint the house, all of it.

And yet, God rested on the seventh day of creation. God created humans to function better when they are rested and refreshed. Downtime, fun and play help us to find the strength to face life's frustrations, and give us space to listen to God and to take comfort and direction from the Source of our Life.

We all know that life's difficulties stick to us like glue, even during vacation. While the Stephen Ministers will get time for restoration this summer, they remain "on the job" of praying for and journeying with those who choose to share their traveling woes.

For more information about Stephen Ministry, call Carolyn Chapman (330) 604-1094 or Jean Jones (330) 573-4579.

ST. PAUL'S EPISCOPAL CHURCH

1361 West Market Street • Akron, Ohio 44313 • (330) 836-9327 • StPaulsAkron.org

July Events

Sun, July 5—*MOMENTUM*, 6-8 pm. Food, games, and a short program will allow us to continue our fellowship and sharing with new friends. See you there, and bring a friend!

Sat, July 11—*Youth Water Works Day*.

July 13-17—*VBS—Bible Blast to the Past!* 9 am-Noon. For ages 5-13. \$25. per child. Please sign-up by July 3 to help us plan!

Sun, July 19—*Haven of Rest*, 12:45-3:00 pm, ages 15 and up are encouraged to serve lunch to those in need. Meet in the Commons to carpool or meet at Haven of Rest at 1:00 pm. See Dave McBee or Erich Yetter for details.

Sun, July 26—*Youth Bike Ride to Peninsula*.

Tues, July 28—*Youth Kennywood Trip*.

M-W, Aug 3-5—*Choir Camp, St. Paul's*.

Sun, Aug 9—*Youth Cookout/Movie/Game Night*.

Sun, Aug 23—*Youth RubberDucks Game*.

Weekly Happenings in July

Tuesdays at Noon

Tuesday Brown Bag Bible Study, Noon, G-4.
Bring your lunch! Led by Dane Allphin.

Wednesday Evenings—

Join us for a service, meal and/or a program!

Holy Communion, 5:30 pm, *Chapel*

Community Meal, 6:00 pm, *Assembly Hall*

Come to dinner at 6:00 pm! Volunteer opportunities available. Inquire at the Front Desk.

Contemplative Prayer & Compline, 7-8:15 pm, *Library*

Preparation for Baptism classes for Baptisms held on All Saints' Day or Epiphany:

Wednesdays, August 5 & 19

Wednesday, September 16

Wednesday, October 14

Contact Beth Guenther at bguenther@stpaulsakron.org or 330-836-9327, ext. 31 for more information.

There will be no 5:30 pm service on Saturday, July 4.

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Vacation Bible School Summer 2015



Monday, July 13 – Friday, July 17 9:00 am until Noon

This year's theme: Do Love. Be Love. Give Love.

VBS is for children ages 5-13. Cost is \$25 per child. Please contact Beth Guenther at 330-836-9327, ext 31 or bguenther@stpaulsakron.org

PLEASE SIGN-UP BY JULY 3 to help us plan!

Volunteers welcome!

Looking forward to August: Important Dates

- Aug 3-5** Choir Camp, *St. Paul's (Mon-Wed)*
- Wed, Aug 5** Preparation for Baptism Class
- Sun, Aug 9** Youth Cookout/Movie/Game Night
- Sun, Aug 16** Blessing of the Animals
- Wed, Aug 19** Preparation for Baptism Class
- Sun, Aug 23** Youth RubberDucks Game



The Vestry Nominating Committee is now accepting nominations for the Vestry Class of 2019. Nomination forms may be found at entrances to the church and chapel or at the front desk, and should be submitted to the church office when completed. More information is provided on the nomination forms. The deadline for nominations is July 31, 2015. Thank you for prayerfully thinking toward the future of St. Paul's!

Get your Blood Pressure Checked by St. Paul's Parish Nurses in August! *Date TBA*

High blood pressure is sometimes referred to as the "silent killer" because there are often no warning signs or symptoms. Some people have it for years and don't even know it. But, during this time, high blood pressure can damage the heart, blood vessels and kidneys. It is important to know your numbers! According to the National Institutes of Health, a normal blood pressure is a systolic level (top number) less than 120 AND a diastolic (bottom number) less than 80. *Source: National Institute of Health*