



# 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

### A Gift That Enlarges The World: Gratitude

This brief column will sound like armchair psychology, for which I may need to apologize. But since it's a game we all play, I will join the chorus of self-help books, personal growth gurus, and well-meaning friends, and make a claim. Here it is: learning to give thanks for what we *do* have has a way of taking our eyes off what we *don't* have and, as a result, keeps us glad, or gladder, than if we focused only on what we lack. Over time, practicing gratitude can help us wear joy on our faces, and find delight in the world even when life is not unfolding smoothly.

I'm told there is a book with the cheery title "*Thanks!: How the New Science of Gratitude Can Make You Happier*" that documents experiments and delivers statistics supporting the claim that the *practice* of giving thanks has all sorts of practical benefits: less stress, more peace, greater clarity of purpose, less depression, and greater realization of personal goals. My hunch is that *practice* is the key word here. Actually expressing our gratitude, pushing an

inner thought to come out in speech and action, is essential. Giving thanks for others and *to* others, for God and *to* God makes a world of difference inside of us, and in the world. But we are prone to remain silent, keep even our gratitude to ourselves, and content to let thankfulness be an attitude (a good thing) but not an action (a better thing) accompanied by speech (the best thing). Too often we're tongued-tied, by our own habits. And this hesitancy keeps us and our world too small, waiting for our gift—gratitude expressed!—to become a richer world. No wonder an old hymn prayed that God would "our loosened tongues employ."



In Christ,  
**Mark<sup>+</sup>**

## GET IN ON THE ACTION - Stephen Ministry Recruiting Now

**One Story:** *"I left the lawyer's office happy that the meeting had gone as well as a negotiation session with estranged spouses and their lawyers could possibly have gone. As I drove home, the full impact of our discussion became appallingly clear. The divorce would move forward, and the financial settlement would leave me in a difficult and insecure situation.*

*The more I thought about it the sadder, and madder, I became. It wasn't fair, I didn't want this, and now I have to give up so much money? I cried, I journaled, I told God this was a terrible plan, and felt worse with every action I took. I wondered if I ever would feel joyful or carefree again.*

*Then I remembered that I had a Stephen Minister who was praying for me that very day. She was on vacation but before she left, she asked that I keep in touch. We texted back and forth and finally spoke on the phone. One conversation didn't solve any problems, but it provided me*

*with enough support that I could sleep and then start figuring out how to move forward the next morning. Having someone who knew the situation and wanted to hear about the details that disrupted my life made moving forward less overwhelming."*

Becoming a trained Stephen Minister is a wonderful way to share Jesus' love with people who are facing one of life's changes or difficult moments. *If you would like more information about the process of becoming a Stephen Minister, or if you would like a companion on your journey, please contact Carolyn Chapman at 330-604-1094 or Jean Jones at 330-573-4579.*



**Stephen Leaders:**



Carolyn Chapman



Jean Jones

### Current Stephen Ministers:



Jan Burns-Nowicki



Angela Dimezza



Bill Maloney



Bonnie Severt



Cindy McBee



Sue Hinson



Dave McBee



Carrie Searle

## November Events

**Sun, Nov 1—Evensong, 4 pm, Church.** Sung by The St. Catherine's Choir of Women.

**Sun, Nov 1—MOMENTUM, (for Grades 9-12), 6-8 pm.**

*Youth Space/Gymnasium.* This year's theme is **YES!** You can always bring a friend.

**F-Sun, Nov 6-8—All-Parish Retreat at Salt Fork.** Felicity Dale, author of *An Army of Ordinary People*, will be our guest speaker, along with her husband Tony. As always, the retreat is renewing and refreshing.

**Sun, Nov 15—Mission Sunday**

**Artist Reception, Noon, Parish Hall.** Meet and greet the artists!

**Haven of Rest, 1-3 pm,** ages 15 and up. Meet in the Commons to carpool or meet at Haven of Rest at 1:00 pm. See Dave McBee for details.

**Sun, Nov 29—Lessons & Carols on Advent Sunday, 4 pm, Church.**

## Weekly Happenings in November

### 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 pm, Assembly Hall (except Nov 25)**  
Come to dinner at **6 pm!** Volunteer opportunities are available. Inquire at the Front Desk.

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

### Friday Evenings—(except Nov 27)

**Serious Fun (for grades 6-8), 6-8 pm, Youth Space/Gym**  
Dinner followed by fun, creative programming, singing and sharing. Bring a friend!

NOTE: There will be no 5:30 pm service on Saturday, November 7 due to the All-Parish Retreat at Salt Fork.

## ST. PAUL'S EPISCOPAL CHURCH

1361 West Market Street  
Akron, Ohio 44313  
Phone: (330) 836-9327

Non-Profit  
Organization  
U.S. Postage  
PAID  
Akron, Ohio  
Permit No. 9

## Adult Forum—Sundays after the 9:15 am service, G-2/3

### NOVEMBER

**1—From Eden to Patmos: Biblical Geography at 38,000 Feet (1)**  
*One session will focus on the Old Testament, the other, on the New. We will consider how an understanding of the geography of Palestine and the Middle East can inform an understanding of the Scriptures.*

**8—All-Parish Retreat, No Forum**

**15—From Eden to Patmos: Biblical Geography at 38,000 Feet (2)**

**22—What Do We Call THAT? A vocabulary brush-up for Episcopalians.**  
*It begins with a pop quiz that asks participants to match illustrations of items in the church (font, alb, host, etc.). Then participants discuss the origins of a few of the more interesting terms.*

**29—Listening to Messiah Again for the First Time (1 of 4)** *A four-part accessible discussion of what Messiah represents, how it was created, and why it appeals to so many so deeply—with particular emphasis on the Christmas content. Musicological discussion will be simple and practical.*

### DECEMBER

**6, 13, 20—Listening to Messiah Again for the First Time (2, 3, 4)**  
*See above, November 29*

**27—No Forum**



**Christmas Eve—December 24**

**5:00 pm, Children's Communion**

**8:00 pm, Communion, music begins at 7:30**

**11:00 pm, Communion, music begins at 10:30**

**Christmas Day—December 25**

**10:00 am, Communion**

**Sunday, December 27**

**11:00 am, A Festival of Nine Lessons & Carols**