

May Newsletter



May Newsletter

What a fabulous Holy Week at St. John's!



Inside this issue:

Thoughts from the Rector	2
Haiti update	3
Local Outreach	4
Small Groups	5
Music News	6
Children, Youth, & Families News	8
Annual Rummage Sale	9
Centennial Fund for Social Justice	10
Reading Partners	11
May Calendar	12

Three Trees and the New Creation

Beloved people of St. John's,

Spring has finally arrived! Easter is here; Christ is risen; there have been loons on Lake Harriet; the snow is gone; the light is spectacular; everything is new. Of course, it's no accident that Easter is in the springtime; both because it's tied with Passover, which always happens in the spring, and because intuitively it makes sense to us that if new life is to appear where it seemed impossible, that would always be spring—where green shoots spring out of the composted leaves on the ground, and robins are on every lawn in the metro, and the May Day parade is celebrating LIFE! near Powderhorn Park. Easter is always the first Sunday after the first full moon after the spring equinox—that time of greatest joy and increasing light and new birth. This year, Easter also coincided with Earth Day.

Easter is about Jesus' death and resurrection, and this mystery is always linked to what traditional theology calls "salvation." Some of us grew up to think that that primarily meant going to heaven when we die. But salvation is not only for individuals in the afterlife. It's also about the kingdom of God here on earth. In fact it is also about the earth itself.

It's no accident that scriptures begin and end with trees, with a tree at the center that everything pivots around. There is the tree of life, and the tree of the knowledge of good and evil, at the center of the Garden of Eden in Genesis; Jesus hangs on a tree in his crucifixion and death; and at that apocalyptic poem at the end of the Bible, the Revelation of John, the tree of life shows up again. Listen to this, from Revelation 22:1-2:

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit . . . and the leaves of the tree are for the healing of the nations.

The earth and the human beings who live in it are always linked together, both for good and for ill, in the Bible. When the people are violent for many generations, the land becomes a desert; when the people are in need of healing, the natural world is often the agent of healing—through rivers, mud, leaves.



We are inseparably connected with the earth, and "salvation" must include the healing of the earth.

This May, this Eastertide, St. John's own Earth Matters group is inviting us to take the broader Episcopal church's Creation Care Pledge. I have done so personally, and my family is also doing so. I invite you and your families to consider this also, as part of the practice to "bless" (remember, this is one of the seven practices of the Way of Love). Here is a quote attributed to Christian theologian Sallie McFague:

Once the scales have fallen from one's eyes, once one has seen and believed that reality is put together in such a fashion that one is profoundly united to and interdependent with all other beings, everything is changed. One has a sense of belonging to the earth, having a place in it along with all other creatures, and loving it more than one ever thought possible.

Far from being separate from following the way of Jesus, this is part of the newness that Jesus' resurrection brings about for us: the recognition of what was always right in front of us, waking up spiritually, like Mary recognizing Jesus in the garden.

I wish all of you utter delight in this new life we are walking together, in your caring for the earth and all her creatures.

Faithfully,
[Lisa](#)



From **Memorial Day Sunday** (May 26th) through **Labor Day Sunday** (Sept. 1st), in addition to the regular 8 o'clock service, we combine our main services into one.

Come at 10am summer Sundays. You'll get to enjoy the company of old friends and new ones who happen to worship at a different time from yours.

Haiti: News from our Partner Parish

In March we received some exciting news about our partner parish, St Philippe et St Jacques. The 200 Episcopal churches in Haiti are organized as "mother parishes" each of which has one or more "mission churches." The mother parish in Leogane is Ste Croix (Holy Cross) has been responsible for St Philippe et St Jacques. **As of March 10, St Philippe et St Jacques has been promoted to a full parish!** It will be responsible for the other two missions in Gressier: St Joseph of Arimethea in Jasmin and St Nicholas in Nicholas.

With this change comes a new priest for the new parish. His name is **Markendy Jean**, and he has sent us a short biography and picture. For his first year he will be under the supervision of our friend Pere Sonley Joseph. Hopefully the St. John's family group will meet him this fall, on our rescheduled trip. The trip was canceled twice due to protest in Port au Prince. But while the political situation is difficult, the Episcopal Church in Haiti is growing and thriving!

[Dianne Pizey](#)

I am Father Markendy Jean, Priest of the Episcopal Church of Haiti/ Anglican Communion. I have three years ordination as priest since July 2016. But as deacon since July 2015. Saint Philippe and Saint Jacques is a new parish that has been opened by Bishop Duracin before his departure as retired Bishop. I think it's an honor for me to continue my ministry here since February 28, 2019 and to let you know that it's a blessing to work with you. I was born in Leogane. Colin/Grecier is a region where people like the Episcopal Church and they always welcome your clinic's activities that help them very much. So, I am grateful for that, as their Pastor, toward you. I am always available for collaboration. Thank you for the financial support that has been sent for the school. I really appreciate that.

Deeply yours,
Père Markendy Jean
Priest
Saint Philippe and Saint Jacques Parish



Local Outreach Ministries



Affordable Housing Workday Saturday, May 11th, 8:30am

St. John's is in the eighth year of partnering with Urban Homeworks (UHW) and their affordable housing work. UHW acquires duplexes and small apartment buildings, usually through foreclosure. Our volunteers assist with the renovation, yielding affordable, stable, dignified housing. UHW manages the rental and ongoing maintenance.

St. John's work crews work the second Saturday every month. The tasks range from demolition, carpentry, painting, cleaning, and yard work, so there is work available for every skill level. The typical work day starts with coffee, juice, fresh fruit and pastries just after 8am. The work starts at 8:30, ends around 3pm, with a break around noon for lunch. Lunch is made and delivered by the St. John's affordable housing lunch crew. New volunteers are always welcome for either site construction work or the lunch crew.

Please contact [John Corlett](#) for site work or sign up [here](#) to join the lunch crew.

Mother's Day at First Nations Kitchen Sunday, May 12th, 1:30pm

1:30 to 3:00: Food prep--mostly cutting up veggies for soup and salad. (5 or 6 needed)

2:45 to 4:00: Bread run to New French Bakery, set up breads for donation on shelving. (2 needed with car)

4:00 to 5:30: Set tables in dining area; wash pots and pans. (2 or 3 needed)

5:15 to 6:30: Serving and cleaning, coffee person, **Youth Group**

6:30 to 7:30: Cleanup: putting items away, cleaning tables, sweep and mop. **Youth Group**

For more information, contact [JoAnn Blatchley](#) or at 952-922-0308.

For more information about the ministry at All Saints' Indian Mission, check out their [website](#).



Small Groups Activities



BROWN BAG EUCHARIST

Tuesdays, 12:15pm in the Chapel

We offer a weekly Eucharist in which you are invited to bring your lunch – at 12:15pm every Tuesday in the Chapel. During this service, during the liturgy of the Word, we eat our lunches, have a lively conversation about scripture, offer our prayers verbally to God, and then continue with the liturgy of the table. We conclude by 12:50 so people can get back to work.

ADULT FORUMS

Legacy of American Indian - U.S. History

Sunday, May 5th

Kim Mammedaty M.Div., J.D.

We will learn some laws and doctrines that paved the way for colonization and genocide of native people, such as the doctrine of discovery and the Marshall Trilogy. Also we will learn that the native people found ways in those laws to fight back through the trust doctrine and the treaties. However, a great deal of the historical legacy is filled with injustice and profound suffering. Specifically, in Minnesota, we will learn about treaties and the Dakota 38 + 2.

Spiritual practices and the Beloved Community

Sunday, May 12th

Kim Mammedaty M.Div., J.D.

In our final forum for the season we will learn some of the meaning of “all my relations” through a brief dharma talk on interbeing and mindfulness. We will also explore some basics of native philosophy and values, including the Ojibwa concept of living a good life, mino-bimaadiziwin. Spiritual practice is foundational to building the beloved community.



CONVERSATIONS FROM THE HEART

Saturday, May 11th, 12:30pm in the Library

“Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.”
Pema Chodron

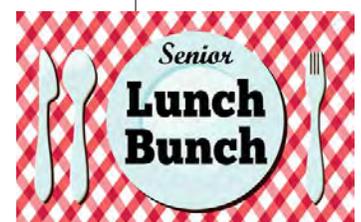
Join us for Conversations from the Heart from 12:30 - 2:00pm as we share stories about compassion. All are welcome. For more information, contact [Nancy Herbst](#).



LUNCH BUNCH

Monday, May 20th, 12:00pm in the Parish Hall

This will be our final meeting until next September. So we will gather at noon to share lunch and have conversation about the events we have enjoyed together and any plans for the group meetings this next fall. *Please bring a dish to share* and take time to enjoy conversation. If the day is nice, take time to look at the spring gardens around the church and be thankful for the work that has gone into these plantings.



May Music News

St. John's Youth Choir sings (11am) **Sunday, May 5th**
The Youth Choir sings a Cynthia Anderson arrangement of the French tune, *O filii et filiae*.

Children's Choirs sing (9am) & Chime Choir play (11am) on Mother's Day **May 12th**

Chime Choir plays (9am) & Children's Choirs sing (11am) Season Finale **May 19th**

Choir dinner volunteers honored at 9am & 11am services **May 19th**

NEXT Open Mic **Friday, May 25th**

Wrapping it's Seventh HUGE Season – St. John's Open Mic is your performance/presentation community opportunity taking place in the Parish Hall and running for one very special hour. A Mystery Guest will host this final 4th Friday Open Mic of the 2018-2019 Program Year. All are welcome – on either side of the microphone. Join the fun! *Childcare can be provided with advance notice*. For more info and to get on the program, contact [Chad](#).



**Singing of the Hallelujah Chorus on
Easter Sunday**



BIG Thanks & Gratitude in April goes to:

- Musicians from **Lumina** for their special musical contributions to our 4pm Lenten Evensong on Sundays, March 24th through April 7th.
- St. John's **Children's Choirs** and **Festival Choir** for their special musical contributions to Palm Sunday services, April 14th.
- Cellists **Tony Ross** and **Greg Nelson** for their wonderful playing at 12 and 7pm Good Friday services on April 19th.
- **Wendy Smith**, St. John's **Chime Choir**, **Festival Choir** and **Trebles Choir** for their special musical contributions to our Easter Vigil service on Saturday, April 20th.
- Trumpeter **Liv Rosten**, trombonist **Tom Mickelson**, baritone saxophonist **Kellan Ireland-Niemeyer**, St. John's **Festival Choir** and **Trebles Choir** or their special musical contributions to our Easter Sunday services on April 21st.
- St. John's **Youth Choir** for their special musical contribution to the 9am service on Sunday, April 28th.
- **Wendy Smith**, **Aliese Hoesel**, and **Jodi & Allie Bosacker** for their fine teaching & care-filled leadership of Wednesday evening Children's, Chime choir, Youth choir and children's activities.
- **Lynnell Mickelson & John Bellairmey** for their good work preparing Wednesday Choir dinners on April 10th.
- St. John's **9am Service Ensemble** and **11am Service Choir** for their faithful service and music leadership every Sunday!

For more on
Music at
St. John's,
contact:
[Chad Smith](#)



Music Highlight

Musician: Elizabeth McDonald

Q: In what ways do you share your musical gifts at St. Johns?

A: I sing in the Youth Choir, and I play in the Chime Choir.

Q: What music do you listen to?

A: Old Rock'n'Roll, Pop, and some Folk.

Q: Do you have a favourite musical artist, song or compositions?

A: Like my sister, I like Adele and Queen. But, I also listen to Halsey, Bille Eilish, Conan Gray, and Girl in Red.

Q: Is there any particular music or musician that has influenced you?

A: Adele, Billie Eilish, and Halsey.

Q: What musical endeavours do you pursue outside of St. John's?

A: I'm in two choirs outside of St. John's Youth Choir.

Q: If you could meet any musical person, past or present, who would it be?

A: Halsey or Adele.

Q: What is something people might be surprised to know about you?

A: I'm ambidextrous, and I am on a gymnastics team.



**Summer
Schedule
Begins May 26th**

8:00am

Eucharist in the
Chapel

10:00am

Eucharist w/music
in the Sanctuary

11:00am

Coffee Hour in the
Parish Hall

For more on
Children, Youth, &
Families at
St. John's, contact:
[Shane Sanders](#)
[Marcus](#)

Children, Youth & Families News

Senior Sunday! Congratulations to all our graduating high school Seniors! We will recognize them in the service and during coffee hour on **May 19th**. The following students are graduating this year:

Will Brennom – Washburn
Sally Carlson – Edina
Adaire Criner – De La Salle
Anya Gudorf – Edina
Noah Hunsicker – Southwest
Oscar McFadden – Washburn
Finn McFadden – Washburn
Gabe Maida – Southwest
Lindsey Mussel – Southwest
Flynn Opatz – Mounds Park Academy
Matt Pauly – Saint Paul Academy
John Robinson – Washburn
Jordan Runice – Edina



Sunday School: We are finishing up another program year for Sunday School at St. John's! We have Sunday School on **May 5th, 12th, and 19th**.

Please thank the following people for serving as teachers for the 2018-19 year!

Godly Play: Rachel Harrison, Dianne Pizey, Heidi Schaefer, Jenny Lindberg

K-2nd: John Stillman, Ann Wilner, Tim Hunsicker

3rd-6th: Lisa Beaupre, Courtney Hammond, Shane Sanders Marcus, Kathryn Olson, Umbra Wilner

7th-8th: Michael Morrow, Heather Cholat, David Nelson

9th-10th: Matt Gonzalez-Olson, Kristin Burnett, Emily Shelton, Ashley Beasley, Kari Slade

11th-12th: Kesha Brennom, Mark Lindberg, Briggite Parenteau

Youth Group: The St. John's Youth Group will be serving the meal and cleaning up at First Nation's Kitchen this month on **Mother's Day (May 12th)**! It's a big ask, but it's been well attended the last two years, and a great way for some moms to come and see what we are all about at Youth Group! We will meet at the church at 4pm to drive over to FNK (3044 Longfellow) and get an orientation. We typically finish clean-up at 7:30pm, and we should be back to St. John's by 8pm!

Pilgrimage: The St. John's Pilgrims will gather on **May 5th** at 5pm for a training walk. We'll plan to walk around BOTH Lake Harriet and Bde Maka Ska, returning to St. John's for dinner around 7pm. We'll also talk about the Rummage Sale, which the Pilgrims will be running on **May 17th and May 18th**.

Thanks!

Holy and Humble thanks to indefatigable saint Michael Morrow for helping keep vigil over the St. John's Pilgrims as they kept overnight vigil from Maundy Thursday into Good Friday!

Joyful thanks to Britt Sutton, Noah Hunsicker, Fin Hunsicker, Umbra Wilner, and Lyda Wilner for making this year's Walking After Jesus a huge success!

Thanks to Michael Morrow and Stephanie Mendez for helping the St. John's Pilgrims keep the Maundy Thursday foot washing organized and running smoothly!

Thanks to Heidi Weaver for organizing a Meal Train for our family during the transition to a family of 5, and thanks to everyone who has brought us a meal or sent a gift card, taken care of our kids, and made us feel so loved and appreciated in this community!



If you have any items you would like to donate to the Rummage Sale, please deliver them on Friday, May 17th between 3 - 8pm

If you have larger items and would like to request a pickup, contact [Shane!](#)



Donate to it – and then shop at it

Have you been waiting to “Marie Kondo” the clutter in your home? Want to get rid of some things that have some value, but just don’t to you anymore? Donate them to St. John’s Pilgrimage Rummage Sale! (please no tvs, clothes, or sleeper sofas)

<p>Have items to donate?</p> <p>Items can be dropped off at St. John’s on Friday, May 17, after 3pm.</p> <p>To arrange for large items delivered to the church, contact Shane (shane@stjohns-mpls.org).</p>	<p>Want to shop?</p> <p>The sale is Saturday, May 18, 8am - 2pm at St. John’s.</p> <p>All proceeds benefit St. John’s youth pilgrimage.</p>
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 **ST. JOHN'S
EPISCOPAL
CHURCH**

Thank you!

4201 Sheridan Avenue South
Minneapolis, Minnesota 55410
612.922.0396
www.stjohns-mpls.org

3rd Space: The Liturgical Year

Time: “Running out of time”, “Time is up”, “Wasting time”, “I don’t have enough time”, “I need more time” Our language about time is often pretty negative. It’s a limit, a constraint, or sometimes even our enemy. And at work and at school, we have so many deadlines working on us all the time, filling us with fear and anxiety and dread.

In the church we keep time in a different way. There is the long, slow march of ordinary time, time when we grow. It’s also time when we reflect on the lessons of the liturgical year: Advent, Christmas, Epiphany, Lent, and Easter. Each of the seasons the church gives us are filled with stories and meaning, and they take their own sweet time.

Observing the Liturgical Year is the way that we let God fill our time as a church, and help us to mark a new way of keeping time in our own lives. It’s not just some simple repetition because we only have one story to tell! It’s a spiral of time that allows us to go deeper in to each one of these ancient stories each year: it’s why children love the pageant year after year, and adults in their 80s still love ringing the bells at Easter. When we step into the Liturgical Year and let its time fill us, and allow God to work on our souls together in community, the rest of our time – with its deadlines, stresses, and fear – can become richer and more beautiful, a gift we give year after year to our children, and the children inside each one of us.

[Shane Sanders Marcus](#)

Minister for Children, Youth, & Families

Update on Centennial Fund for Social Justice

First funds dispersed to two organizations

Part of St. John's "Keeping Faith" 2017 capital campaign included tithing 10% of the funds raised for a special *Centennial Fund for Social Justice*. The Fund – and how it is dispersed – is designed to open a new chapter in St. John's social justice work. With roughly \$2 million in total capital campaign pledges, the Centennial Fund could have approximately \$200,000 to use, once all pledges are paid.

For the past year St. John's members serving on the Centennial Fund Team and the Youth-Led Fund Team have been working hard to develop funding principles and processes for distributing grants from the Centennial Fund. The vision for this work is to *organize, engage and give in new ways that foster connection, community and commitment to one another and to our Twin Cities neighbors*.

After identifying areas of focus and reviewing various grant proposals, the Youth-Led team recommended a \$10,000 grant to each of the following organizations:

- **Sisterhood Boutique**: A secondhand clothing store developed by East African women ages 14 to 23 in the Cedar Riverside neighborhood which also provides personal and professional skill development for young women involved in the Boutique. A recent FOX-9 news story ([click here to see the story](#)) highlighted the organization's annual fashion night to celebrate its fifth anniversary.
- **Marlene's Place**: A new program launched by The Bridge for Youth that provides housing and services for single pregnant or parenting homeless youth ages 16-20. Both the Southwest Journal ([click here to read the story](#)) and KARE-11 ([click here to see the story](#)) recently did stories about this new transitional living program, which is the first of its kind in Hennepin County.

These two organizations were selected based on alignment with the funding priorities and their focus on serving youth – and also because they offer opportunities for St. John's youth to engage with them as volunteers or in some other capacity.

Meanwhile the Centennial Fund Team has also been reviewing organizations and doing site visits to identify additional grantees that can go beyond a transaction by enabling our members to engage with their work and deepen relationships. An initial round of funding recommendations is anticipated by June, with more to follow.

Funding principles include:

- Be consistent with St. John's mission
- Be relational, not transactional
- Be directed locally
- Fund programs and projects over organizations and individuals
- Prioritize ongoing over one-time giving opportunities

Learn more about the Centennial Fund and the opportunities it has to open doors to new ways of engaging with social justice efforts by contacting any of the members listed below.

Committee Members: Cathy Bouggy, Kesha Brennom, Ali Halley, Dick Howard, Mark Lindberg, Brigitte Parenteau, Chris Robinson, Roger Rose, Heidi Schaefer, Kari Slade

Youth-led Fund Members: Will Brennom, Carolyn Burnett, Adaire Criner, Noah Hunsicker, Ruhi Patel, Finn McFadden, Oscar McFadden, Maddie Gagliardi, Gabe Vandewalker



Toys are ready for the new **Marlene's Place** shelter for pregnant or parenting homeless youth. (Photo credit: Nate Gottlieb, Southwest Journal)

Contribute to Book Drive for Reading Partners

We're hosting a book drive to collect new and gently-used children's books for the Reading Partners organization. Please contribute if you can. Books need to be in good condition, and ranging in level from kindergarten to fifth grade. There's a collection box in the gathering area, along with a list of suggested books, if you're interested in contributing new books.

Reading Partners is a non-profit organization dedicated to closing the achievement gap by helping elementary students boost their reading confidence and competence. They collaborate with schools and community volunteers to deliver one-on-one tutoring to students in grades K-5. At the end of each tutoring session, students are invited to select a book that is theirs to keep as part of "Take Reading Home," to help students build their at-home libraries and encourage reading outside of school. Reading Partners is an anchor partner of the Northside Achievement Zone.

Questions? Contact [Shane Sanders Marcus](#) or [Susan Tapp](#).



Pentecost: calling all foreign language speakers!

Please email [Lisa Wiens Heinsohn](#) at if you (1) can speak and read any foreign language and (2) would be willing to do so at the 10am service on Pentecost Sunday, June 9, 2019. Details to follow! ***Please respond by May 15 at the latest – and earlier is better!***

Financial Statement of Activities - March 2019

	Mar Actual	Mar Budget	YTD Actual	YTD Budget
Pledges	\$ 47,203	\$ 44,524	\$ 129,185	\$ 130,056
Unpledged	\$ 1,297	\$ 1,833	\$ 4,043	\$ 5,500
Bldg Income	\$ 13,917	\$ 7,430	\$ 27,985	\$ 22,291
Total Income	\$ 69,496	\$ 60,900	\$ 252,835	\$ 249,183
Total Expenses	\$ 50,375	\$ 54,849	\$ 167,819	\$ 164,251
Income-Expense	\$ 19,120	\$ 6,050	\$ 85,016	\$ 84,932

2019 Vestry

Senior Warden
Kathy Schweikart
(2020)

Junior Warden
Allen Gooch
(2021)

2020
Jay Hornbacher
Nigel Mendez
Laura Walvoord

2021
Beka Gonzalez-Olson
Jane Gilgun
Kaitlin McDonald

2022
Mark Halley
Shanti Mittra
Stacy Walters

Treasurer
Michael Morrow
(2021)

Clerk
Jane Haakenstad



Calendar of Events

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:00am Yoga 12:00pm Spirit Group 5:30pm Choir Dinner 6:00pm Children & Youth Choirs 7:00pm Chime Choir	2 1:00pm Alive & Aware 7:00pm B&G Mtg	3	4
5 8:00, 9:00, 11:00am Holy Eucharist 10:10am Educ. Hour 5:00pm Pilgrim Grp 7:00pm Cont. Prayer	6 6:15pm Lectio Divina 7:00pm Liturgy planning	7 10:30am Staff Mtg 11:00am Tai Chi Chih 12.15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:30pm Polaris/Alanon	8 11:00am Yoga 12:00pm Spirit Group 5:30pm Choir Dinner 6:00pm Children & Youth Choirs 7:00pm Chime Choir	9 1:00pm Alive & Aware 7:00pm Circle of Care	10	11 8:30am Afford. Housing workday 9:30am Pastoral Care Mtg 12:30pm Conv. From the Heart
12 MOTHER'S DAY 8:00, 9:00, 11:00am Holy Eucharist 10:10am Educ. Hour 1:30pm FNK 4:00pm Youth Grp 7:00pm Cont. Prayer	13 6:15pm Lectio Divina 7:00pm Liturgy planning	14 10:30am Staff Mtg 11:00am Tai Chi Chih 12.15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:00pm Vestry Mtg 7:30pm Polaris/Alanon	15 11:00am Yoga 12:00pm Spirit Group 5:30pm Choir Dinner 6:00pm Children & Youth Choirs 7:00pm Chime Choir	16 1:00pm Alive & Aware	17 <i>Newsletter deadline</i> 3:00pm Rummage Sale drop off	18 8:00am Rummage Sale
19 SENIOR SUNDAY 8:00, 9:00, 11:00am Holy Eucharist 12:15pm Greet & Connect Mtg 7:00pm Cont. Prayer	20 12:00pm Lunch Bunch 6:15pm Lectio Divina	21 10:30am Staff Mtg 11:00am Tai Chi Chih 12.15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:30pm Polaris/Alanon	22 11:00am Yoga 12:00pm Spirit Group 1:00pm Comm. Mtg	23 1:00pm Alive & Aware	24 7:00pm Open Mic	25
26 8:00 & 10:00am Holy Eucharist 7:00pm Cont. Prayer	27 MEMORIAL DAY <i>Office closed</i> 6:15pm Lectio Divina	28 10:30am Staff Mtg 11:00am Tai Chi Chih 12.15pm Brown Bag Eucharist 5:45pm Chair Yoga 7:30pm Polaris/Alanon	29 11:00am Yoga	30 1:00pm Alive & Aware	31	