



ST. PAUL'S  
EPISCOPAL CHURCH

# Grace Notes

## September 29, 2024

[www.stpaulsrva.org](http://www.stpaulsrva.org)

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### TODAY @ ST. PAUL'S

**Nursery | 8:45 AM - 12:30 PM** | For children 3 - 5 years old. The worship service can be heard within the Nursery. A changing table is available.

**Children's Chapel** | Children 3 years and older are invited to participate in Children's Chapel. We'll leave following the Gospel reading and return at the Passing of the Peace to take Communion with our families.

**Rector's Bible Study** | Norwood Room @ 9 AM. Join our clergy and volunteers as we explore the readings for Sunday worship. This informal setting offers the opportunity to ask questions, get to know others, and learn how to navigate the often- tricky and mysterious world of scripture. No prep work required.

**Reminder About Receiving Communion** | All are invited to the altar rail to receive the sacraments (bread and wine) or a blessing. Bread will be placed in your hand by the priest. If you choose to receive the wine, the preferred (and most sanitary) way is by drinking from the common cup, guiding it by the base to your lips. While our preference is to keep fingers OUT of the chalice, if you plan to intinct, please use hand sanitizer before coming to the altar rail, located in the church.

**Faith & Action Forum: LGBTQI+ Allyship 101 | Today @ 11:30 a.m. in Scott Hall** | Do you want to learn how to be a better ally for your LGBTQI+ friends and family members? Come learn some history, some Bible and some do's and don'ts during the first Faith and Action Forum of the year! This forum will be hosted and facilitated by David Hoover, a member of St. Paul's church and a gay man and activist. At 12:30 P.M. there will be a screening of National Geographic's Gender Revolution, hosted by Katie Couric, an excellent documentary about transgender issues. Lunch will be included.

**Prayer Partner Gathering | Sept. 29 @ 11:30 a.m. | Norwood Room** | This ministry matches a child or youth with a caring adult to build faithful, mentoring relationships. Meet-ups are a time for catching up with each other and parents are included. Contact Linda Willis (lwillis@stpaulsrva.org) for more information and to register.

**Reading Ahead!** | If you would like to know Sunday's readings in advance, you can visit [lectionarypage.net](http://lectionarypage.net). Once you are at The Lectionary Page website, simply choose the month and date for this Sunday. For September through November, St. Paul's is using the readings in Track 1. These readings are also the subject of the Wednesday Brown Bag Bible Study and our Sunday morning Rector's Bible Study.

**Together We Vote: Voting Has Begun! | November 5 approaches and the election is upon us. Early voting for registered voters has begun** | Absentee ballots have been mailed to all who applied. It is now time to be informed and vote faithfully. While the process may seem complex, Virginia's Board of Elections has a quick, knowledgeable, user-friendly guide to all things voting. St. Paul's Community Engagement Ministry and our partner, Virginia Interfaith Center, encourage you to go to the website. Learn about early voting, absentee ballots either for 2024 or extended, voting precincts, voting deadlines, candidate lists, voter registration and so much more at [www.elections.virginia.gov](http://www.elections.virginia.gov). **And as a reminder, you can confirm your voter registration or register to vote in the St. Paul's Library on Sundays after the 10 a.m. worship service between 11:15 a.m. and 12 p.m.** Volunteers can answer your questions and provide guidance to registration questions. For more information, please contact Leila Taaffe (taaffel@gmail.com) or Deb Yoder (deborah.deborah49@gmail.com).

## UPCOMING EVENTS

**Evening Prayer** | Join us on Facebook Live Tuesdays and Thursdays at 6 p.m. for Evening Prayer.

**Congregational Town Hall | Sunday, October 6 | 11:30am, Scott Hall** | Join the St. Paul's family as we come together to learn more about what's happening at St. Paul's. We'll hear about the hopes of our Annual Giving Campaign, information about our Vestry elections, a presentation of the draft 2025 operating budget, and more. Please plan to attend!

**Vestry Nominating Committee** | It's time to start thinking about who will serve on next year's Vestry, and the first step is to form the Vestry Nominating Committee. We need 4 additional people to serve. To suggest someone to serve on the Nominating Committee (including yourself), please email Brian Carr ([briancarr1026@gmail.com](mailto:briancarr1026@gmail.com)) or drop names in the box in the Gathering Space. Nominations end today!

**Racial Justice & Healing Book Study Wednesdays, 5:30 p.m. - 7:30 p.m. | September 25 to October 30** | "It's the year 2050 and racism has ended—what did we do today, in the earliest part of the twenty-first century, that would have caused this outcome?" Looking back from the future offers a perspective of possibility that can transform our current thinking and actions. In six sessions, we will read and reflect on *How We Ended Racism: Realizing a New Possibility in One Generation* by Justine Michael Williams and Shelly Tygielski. We will engage selected "pillars" described in this workbook and learn more about ourselves, one another, and how we might change the ways we work toward ending racism. Light food and drinks will be provided. For each week's conversation, we ask participants to bring one or more insights or questions prompted by the assigned reading or exercise. For more information, contact Steve Otto at [steve.c.otto@gmail.com](mailto:steve.c.otto@gmail.com).

**Clergy and Citizens Against Racism | Thursday, September 26 AT 7:00PM | Union Presbyterian Seminary** | Clergy and Citizens Against Racism is hosting a service to worship and pray for God's presence and seek God's guidance during this election season. The Rev. Tyler C. Millner, Sr. (Retired Pastor of Morning Star Holy Church, Martinsville, Virginia) will preach to inspire us to action. Come to worship with Clergy and Citizens Against Racism as we pray for Richmond and our nation.

**Art Exhibition in Scott Hall** | St. Paul's parishioner Carmen Wong, who uses the name Carmen Marshall professionally, has graciously shared over 25 pieces of her art work for our community to enjoy over the next several months. Dr. Marshall is a former English professor who was forced to retire in 2013 when she suffered a traumatic brain injury. As a TBI patient, she chose art to heal herself. She began with fat crayons to aid hand-eye coordination and to develop a tolerance for bright colors, light and geometric patterns. Her art has emerged and ranges from abstract to realism. She experiments with different mediums, using gel pen and ink as her primary tools.

**Brown Bag Bible Study | Wednesdays | 12 - 1 p.m.** | Are you interested in a weekly study of the Sunday Bible readings, led by a member of the clergy? During this lunchtime gathering we will share and reflect on the readings for the upcoming Sunday. How do these passages speak to us in our daily lives? How do they inform our prayers and our relationships? Our study will be informed by some references to commentary and/or historical Biblical context, but this is primarily an opportunity for conversation. For more information or a Zoom link please contact Bo Cresswell [bcresswell@stpaulsrva.org](mailto:bcresswell@stpaulsrva.org).

**Emmaus Item Spotlight** | People want to stay clean! Our dedicated volunteers make individual packs of wet wipes that we distribute every week to our Emmaus guests. It's time for us to stock up, so please visit our Amazon wishlist at [www.stpaulsrva.org](http://www.stpaulsrva.org) to donate a box of wipes and help us help our downtown neighbors stay clean.

**Online Wednesday Morning Reflections | Wednesdays at 10 am -10:30 am (Zoom)** | Consider a time of quiet in your week. On Wednesday at 10:00 a.m. members of St Paul's gather on Zoom for quiet reflection. The format consists of reading one of the upcoming Sunday's readings and twenty minutes of silent meditation. Participants are invited to comment on the reading or the silence. Contact David Hoover ([davidwhoover56@gmail.com](mailto:davidwhoover56@gmail.com)) for more information.

**LUNCH BUDDIES are Needed at Woodville Elementary** | Put a smile on a child's face by building a relationship with a young student at Woodville. Lunch buddies are needed to help these

young students become readers. The ability to read affects the rest of their lives and you can help make this happen. Being a lunch buddy requires roughly an hour a week, spent at the school. If you are interested, please contact Chris Yates at [c.lansing.yates@gmail.com](mailto:c.lansing.yates@gmail.com).

**Email Scams: Be careful!** | Over the past few days, several parishioners have been contacted by our clergy with email/text requests for money. Clergy will never reach out to you individually to ask for this kind of financial support. Secondly, please pay close attention to the return email addresses, which can disguise as clergy email addresses. When in doubt, do not respond, and contact the church office if you have other suspicious activity.

**Environmental Stewardship Field Trip | Saturday, October 5th, 8:30 a.m. until 4 p.m. | South Quay Natural Area Preserve (Southampton County) for a look at Virginia's Founding Forest**

| We will hike in the 3,753-acre state owned South Quay Natural Area Preserve to see the last native longleaf stand in Virginia as well as active longleaf habitat restoration sites, maintained by prescribed fire and plantings, that support many rare plant and animal species. Meet at St. Paul's parking deck on the lower level (SB) at 8:30 am where we will carpool to the site (~1hr 30-minute drive), returning by 3:30 or 4 p.m. Bring, lunch & water, hiking shoes, hiking poles if needed, binoculars, weather appropriate clothes. There are no restrooms or facilities at the preserve. One mile or so easy to moderate hike. Limit 15 people. Rain or Shine. Please register by emailing Tom Smith ([SmithTL804@gmail.com](mailto:SmithTL804@gmail.com)) by 27 September.

**Youngish Adult Mixer at Westminster Canterbury | Tuesday, October 15th | 5pm-7pm** | This gathering is hosted by the parishioners of Westminster Canterbury! There will be food, drinks and lots of great opportunities to connect with others. For more information and to RSVP, contact Bo Cresswell [bcresswell@stpaulsrva.org](mailto:bcresswell@stpaulsrva.org).

## CHILDREN, YOUTH & FAMILIES

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included. Contact Linda Willis ([lwillis@stpaulsrva.org](mailto:lwillis@stpaulsrva.org)) for more information and to register.

**Family Group | First and Third Sundays | 9:00 - 9:50 AM in Room 206** | The Family Group has returned. Pre-Covid, this group met for support, and fellowship that included book discussions, and conversation around topics of concern to families. Our family group meets first and third Sundays at 9 AM. No two families are alike, and all are welcome. Please join us for spiritual conversation, book discussions, and fellowship with other families. Drop off your children and youth, grab a cup of coffee and head upstairs to room 206.

**Second Sunday Family Worship | Second Sundays at 4p.m.**

| Join St. Paul's families and clergy for this late afternoon worship service designed for children and families. Drawing from the Book of Common Prayer, this is a casual and engaging intergenerational service with communion. Children and families are active participants in all aspects of this service. Everyone is welcome! Contact Linda Willis for more information. ([lwillis@stpaulsrva.org](mailto:lwillis@stpaulsrva.org))

**Worship Bags and Book Cart** | Every child is welcomed to utilize the worship bags in the narthex. Our Worship Bags contain drawing paper, crayons and children's bulletins, ensuring that all of our families are part of St. Paul's vibrant worshipping community. Our book cart is regularly updated and contains books for children of all ages. Please return bags to the narthex and books to cart.

**Family Worship Space** | St. Paul's is committed to creating an inclusive worship experience for all of our children. Families are invited to join their young children at the Family worship space in the front of the sanctuary. This carpeted area with pillows and games allows them to participate with the service. Our ushers will be happy to direct you!

**Newsletter** | Stay updated on all of St. Paul's offerings for our children, youth and families! Please contact Linda Willis ([lwillis@stpaulsrva.org](mailto:lwillis@stpaulsrva.org)) to receive the Family Newsletter directly to your inbox.

## PRAYERS OF THE PARISH

### **We give thanks to God...**

...as we celebrate the season after Pentecost where the Holy Spirit continues to pour upon the Church as we make God's loving and reconciling presence known to all.

...as we kick off our new Church program year "Unto the Hills" and for the diverse and vibrant ministries of St. Paul's.

...for the generosity of all who are fulfilling their pledges and giving generously to support our vibrant ministries and mission to proclaim Christ to the heart of the city.

### **We pray for God's mercy...**

...for the Universal Church, especially the ministry of the Baptized; Presiding Bishop-Elect Sean, Presiding Bishop Michael, Virginia bishops Mark and Gayle, all bishops, priests, and deacons; St. Luke's Simeon (Charlottesville), The Falls Church (Falls Church), Trinity (Fredericksburg), according to the Diocese of Virginia cycle of prayer; The Church of Pakistan (United), according to the Anglican Cycle of Prayer.

...for the nation, especially our elected leaders, all judges and officers of the courts; people facing housing insecurity or eviction; the underemployed and unemployed; those working to ensure safe, fair, accessible voting for the November 5th election; those in harm's way of western wildfires and Hurricane Helene.

...for the world, especially the ceasing of violence and warfare in the Holy Land, Middle East, Ukraine, Sudan, and other war-torn regions; all refugees, immigrants, and asylum-seekers; the Diocese of Central Tanganyika and the village of Mwitikira, Tanzania; relief from severe drought and wildfires in the Amazon Basin.

...for Metropolitan Richmond, especially the schools and educational institutions of Metropolitan Richmond that they may offer curricula grounded in truth and meaning and create spaces to nourish creativity in both teachers and students; our Emmaus guests and those living in poverty.

...for those who are sick in body, mind and spirit and all for whom prayer has been requested, especially James Russel McWilliams, nephew of Suzanne McWilliams; Thad Shelly, friend of Chris Yates; Andrea Dobson, niece of Anne Dobson & Tim Baird; Alex; Fran Bolin, friend of Jane Nelson; Kristen Gibson, sister of Michele Stehle; Susan Dyke, cousin of David Romaine; Jeanette W.; Bob Hafford, brother of Kathryn Hafford; Maxton Williams, great nephew of Barbara Cochrane; Roberto Mercado, uncle of Lydia Mercado; Hank Hobbs; Connie Scruggs, friend of Celia Luxmoore; Ron Romaine, David Romaine's brother; Jim Pullman, friend of David Romaine; Mary Ramsey, friend of Celia Luxmoore; Georgia Jonkman, mother of Crystal Jonkman; Susan, friend of Lindy Wright; Jimmy Yeargan, Ginny Campbell's nephew; Ruth Lokey, Beth O'Leary's mother.

...for eternal peace of the departed, especially Mike Szydlowski, friend of Denise Williams; those who have died due to warfare, violence, disaster, or disease; those whom we love but see no longer.