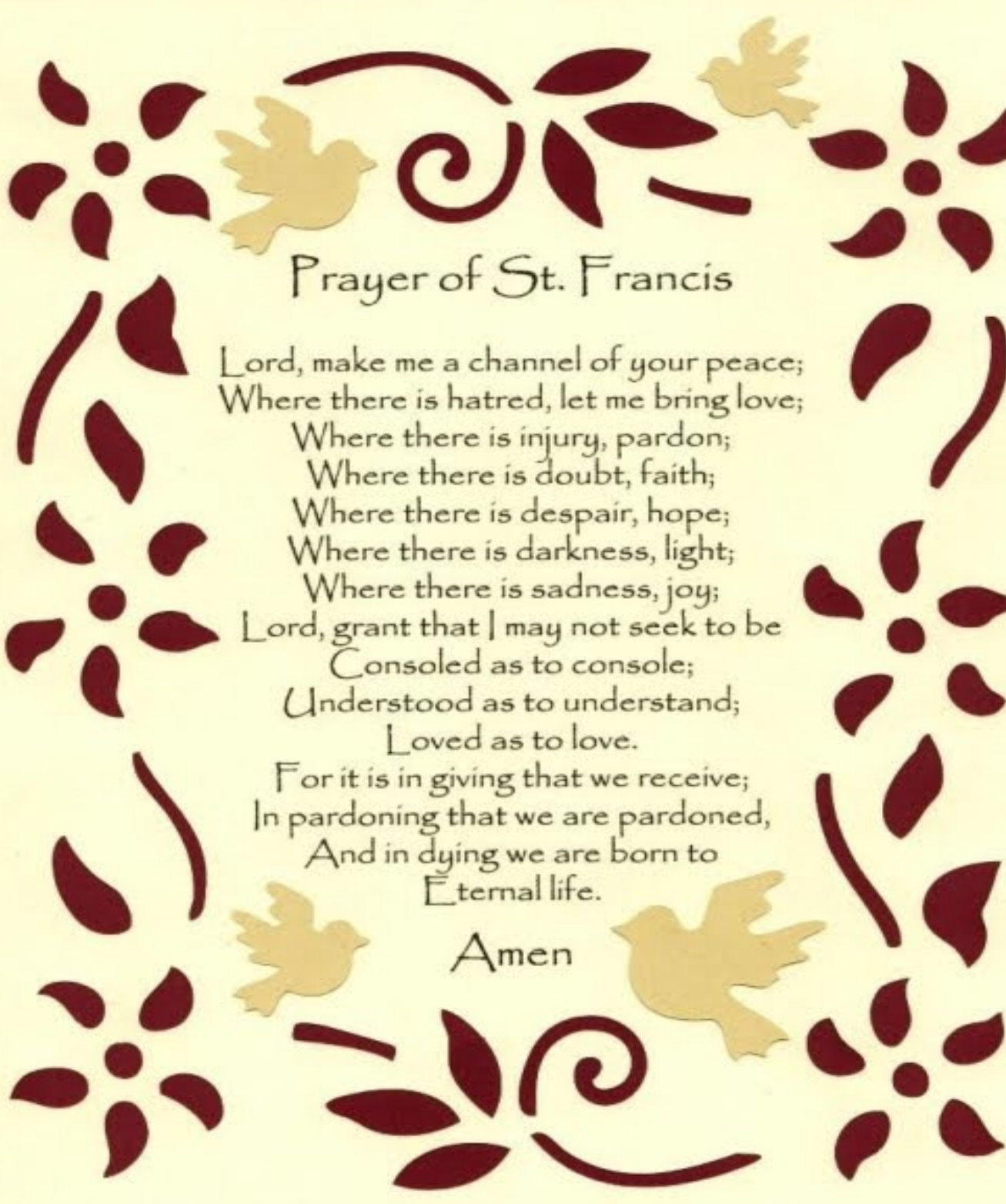


# FRANCISCAN - MAY 2015

*“A Publication of St. Francis Episcopal Church—“Proclaiming the Good News in word and deed”*



## Prayer of St. Francis

Lord, make me a channel of your peace;  
Where there is hatred, let me bring love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;  
Lord, grant that I may not seek to be  
Consoled as to console;  
Understood as to understand;  
Loved as to love.

For it is in giving that we receive;  
In pardoning that we are pardoned,  
And in dying we are born to  
Eternal life.

Amen

# MAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
					1 <b>Office Closed</b> Jazzercise 5:30 pm	2 Jazzercise 7:00 am & 9:15 am
3 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am <b>Youth Group Meeting</b>	4 <b>Office Closed</b> SFD 10:30 am Jazzercise 5:30 pm	5 <b>Election Day</b>	6 Bible Study 10:30 am Jazzercise 5:30 pm	7 Jazzercise 5:30 pm Alanon 7:30 pm	8 <b>Office Closed</b> Jazzercise 5:30 pm	9 Jazzercise 7:00 am & 9:15 am
10 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am <b>Youth Sunday Youth Meeting</b>	11 <b>Office Closed</b> Jazzercise 5:30 pm	12 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm (Committee Meeting)	13 Bible Study 10:30 am Jazzercise 5:30 pm	14 Jazzercise 5:30 pm Alanon 7:30 pm	15 <b>Office Closed</b> Jazzercise 5:30 pm	16 Jazzercise 7:00 am & 9:15 am
17 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am	18 <b>Office Closed</b> Jazzercise 5:30 pm	19 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm	20 Bible Study 10:30 am Jazzercise 5:30 pm	21 Jazzercise 5:30 pm Alanon 7:30 pm	22 <b>Office Closed</b> Jazzercise 5:30 pm	23 Jazzercise 7:00 am & 9:15 am
24 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am	25 <b>Office Closed</b> Jazzercise 5:30 pm  <b>Memorial Day</b>	26 Jazzercise 5:30 pm Boy Scouts 6:00 pm & 7:00 pm  <b>Vestry Meeting 7:00 pm</b>	27 Bible Study 10:30 am Jazzercise 5:30 pm	28 Jazzercise 5:30 pm Alanon 7:30 pm	29 <b>Office Closed</b> Jazzercise 5:30 pm	30 Jazzercise 7:00 am & 9:15 am
31 Choir Rehearsal 9:15 am Sunday School 10:30 am Holy Eucharist, Rite II 10:30 am						



# MAY ANNIVERSARIES

Dick and Barb Pascoe 5/16



# MAY BIRTHDAYS

Jeff Baldrige	5/1
Mary Graham	5/4
Rev. Clyde Martin	5/4
Barb Pascoe	5/9
Maria Mann	5/10
Ron Thomas	5/10
Cathy Bemis	5/14
Tim Bemis	5/15
Addison Smith	5/28

If your name does not appear on our birthday or anniversary list, please contact the church office.

## *St. Francis News*



## SUPPLY PRIEST'S LIST

May 3rd  
Rev. Margaret Sammons

May 10th  
Rev. William Gartig

May 17th  
Rev. Roger Foote

May 24th  
Rev. Roger Foote

May 31st  
Rev. Roger Foote

# Highlights From Your Vestry

## Vestry meeting of April 28th, 2015

### Financial Report Summary:

As of March 31, 2015 St. Francis' received pledges year to date are less than expected by approximately \$4,900. Total income year to date are less than expected by approximately \$1,600. On the expense side, total expenses year to date are under budget by approximately \$3,900. Considering income and expenses year to date, we are currently in a negative position of (\$7,507).

### Wardens Report:

- Bill Riegel will be attending Worship Leader Training May 2nd and May 9th, at the Procter Conference Center.
- The commercial refrigerator in the kitchen is in need of two new fans, the replacement cost is \$500.00. The fans were lubricated to fix the noise problem; if the noise returns the Vestry will make a decision then.
- A non church member requested use of the Commons for a birthday party, the request was declined.
- Boy Scout Troop 50 is investigating an Eagle Scout project that would benefit St. Francis. The proposed project was presented and the Vestry is responsive to the Boy Scouts project ideas.
- The Vestry is investigating possible Diocesan grants that could benefit St. Francis.
- The Vestry approved the repair of 3 toilets at \$225.00 and landscape maintenance around the church building at \$400.00.
- The Vestry suggests paying for an Adopt-a-Bill posting. Would be making a tax deductible donation which would reduce the church's cost of operation.

After concluding the scheduled business, Vestry members discussed the need to secure a Junior Warden as a top priority. Fund raisers, social activities, family activities, men's group, women's group, building maintenance, and priority repairs, grants, and other items were discussed.

The next Vestry Meeting will be held Tuesday, May 26th, 2015. - Bill Riegel, Warden

## Youth Sunday Meeting, May 10th

Rob Konkol, Director of Youth for the Young Adult & Summer Camping Ministries, will be meeting with the Youth Group and parents of St. Francis in the youth room after the Sunday service. Please contact Lisa Spangler for more information.

## YOUTH SUNDAY MAY 10TH

This is the day when St. Francis' Youth lead the service where appropriate. The Ushers and Greeters are Brittany Spangler and Josh Bemis, the Acolyte is Austin Spangler, and the Lectors are Justin Bemis and Austin Spangler. Please come for this festive day!



## ST FRANCIS SUMMER PERFORMING ARTS PROGRAM

As we have done the past three summers - and the choir takes a well-deserved break! - beginning on June 7th through September 6th, we will have parishioner volunteers share a gift of their talents before the Offertory on Sunday mornings.

Whether you sing, do a dramatic reading or poem, perform liturgical dance or play an instrument, we want to hear from YOU. This offering can be done singly or as a group. In May there will be a sign-up sheet on the table in the Narthex, and please speak with me for any questions or concerns.

Thank you! Donna Sprowles, Choir Director



# What's Happening at St. Francis



## **ADOPT -A- BILLS**

are available for support of various ministries and events here at St. Francis. Please place your check along with the adopt-a-bill slip in the offering.



## **Boy Scout Troop 50**

Special thanks to the Boys Scouts for beautifying St. Francis by pulling weeds. Their hard work is appreciated.

## **Food Pantry Items Most Needed**

### **Health & Beauty:**

Bars of Soap/Shampoo/Deodorant/Razors  
Toothpaste/Toothbrush

### **Household Products:**

Toilet Paper/Paper Towels/Tissue/Trash Bags  
Manual Can Openers

### **Cleaning Supplies:**

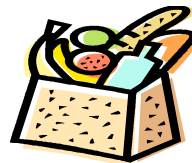
Laundry Detergent/Liquid Dish Detergent  
Generic Cleaning Supplies

### **Baby Needs:**

Infant Formula (Similac or Isomil)  
Jarred Baby Food/Cereal/Diapers  
Baby Wipes

### **Food:**

Canned Fruits/Vegetables/Soups/Chili/Stew  
Chicken/Pasta/Beans/Rice  
Dehydrated Potatoes/Spaghetti Sauce  
Macaroni and Cheese/Peanut Butter/Jelly  
Flour/Sugar/Juice/Oil/Crackers/Cereal



## **Message From The Franklin Area Community Services**

“St. Francis’ generous donation of food on March 10, 2015 will help us continue to provide assistance to those with critical needs. We can only continue our work as a Warren County United Way not-for-profit organization through your continued support donating goods. Thank you.”

# HEALTHY THOUGHTS: UNDERSTANDING ALLERGIES AND ASTHMA

*Brought to you by Episcopal Retirement Homes' Parish Health Ministry program.*

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*And God breathed into man's nostrils the breath of life.  
(Genesis 2:7)*

**F**or many people who have problems with allergies or asthma, breathing becomes very precious. In fact, allergic diseases and asthma affect one in five Americans, or 60 million people. Because allergic diseases are the sixth leading cause of chronic disease, they demand a closer look.

### **Allergies: A reaction to "invaders"**

Allergic reactions are simply the body's overreaction to an environmental substance, or "invader." These invaders, otherwise known as allergens, commonly include pollen, mold, animal dander and dust. An encounter with an allergen to which a person is allergic triggers a series of chemical reactions, often involving histamine. The results are the symptoms of allergic reactions, such as tissue swelling, sneezing, wheezing and coughing.

One of the most common allergic diseases is rhinitis, or hay fever. Hay fever occurs when allergens touch the lining of the nose of a person sensitive to that particular allergen. Congestion, itching, dripping of the nose and itchy, watery eyes are the usual symptoms. There are preventive measures to take that can minimize exposure to hay fever allergens:

- Avoid mowing lawns and raking leaves. Also avoid exposure to freshly cut grass.
- Don't hang sheets or clothing to dry outside, as they may collect dust and pollen.
- Keep windows closed at night. Use an air conditioner instead.
- Avoid inhaling smoke.
- Use hardwood, vinyl or tile flooring whenever possible. Carpet hosts numerous allergens.
- Use an in-home High Efficiency Particulate Air (HEPA) filter to clean the air.

### **Asthma: Taking your breath away**

Asthma alone affects up to 17 million people. It is a chronic inflammatory disease that is characterized by asthma attacks — that is, episodes of airflow obstruction in the lung's bronchial tubes. In short, people in the middle of an asthma attack have serious difficulty breathing. To know what an attack feels like, breathe through a straw while holding your nose. If an episode is severe, medical treatment will be needed to restore normal breathing.

Asthma episodes are mostly caused by environmental factors, or "triggers." These triggers vary from person to person. Common triggers include cold air, exercise, allergens and some types of viral infections. If you or a loved one has asthma, know what triggers the episodes and try to avoid them when possible. Symptoms of an attack include shortness of breath, coughing, wheezing and chest tightness. Severe asthma attacks can be life-threatening. Early treatment may help asthma patients prevent severe attacks. See your physician for a treatment plan.

*Parish Health*  
 *Ministry*  
.....  
EPISCOPAL RETIREMENT HOMES, INC.

*Episcopal Retirement Homes is a not-for-profit organization which owns and manages the Deupree and Marjorie P. Lee retirement communities in Cincinnati; Canterbury Court in West Carrollton; and Barnett Plaza in Columbus, Ohio. For more information, call (800) 835-5768 or visit [www.EpiscopalRetirement.com](http://www.EpiscopalRetirement.com).*

**Saint Francis Episcopal Church**  
**The Episcopal Church in Springboro**  
**225 N. Main Street**  
**Springboro, OH 45066**  
**(937) 748-2592**

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(937) 748-2592  
[www.saintfran.org](http://www.saintfran.org)

### SUNDAY MORNING WORSHIP

Holy Eucharist, Rite II .....10:30 am  
Sunday School.....10:30 am

### WEDNESDAY CLASSES

Bible Study.....10:30 am