

FRANCISCAN - MAY 2019

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

Dear Saint Francis Family and Friends,

Animals Out of the ground the Lord God formed every beast of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name" (Genesis 2:19). Following Adam's lead, we say that is the elephant and the albatross; and that is the weasel and the goldfish. What or who they really are we do not know because they do not tell. They do not tell because they lack what is either the gift or the curse of speech, depending on your point of view. Perhaps another reason they do not tell is that they do not know. The marmalade cat dozing among the nasturtiums presumably doesn't think of herself as a marmalade cat or as anything else for that matter. She simply is what she is and what she does. Whether she's mating under the moon or eviscerating a mouse or gazing into empty space, she seems to make herself up from moment to moment as she goes along.

Humans live largely inside their heads, from which they tell the rest of their bodies what to do, except for occasional passionate moments when the tables are turned. Animals, on the other hand, do not seem compartmentalized that way. Everything they are is in every move they make. When a puppy takes a shine to you, it is not likely to be because she thought it over ahead of time. In spite of certain reservations or in expectation of certain benefits, it seems to be just because it feels to the pup like a good idea at the time. Such as she is, she gives herself to you hook, line, and sinker, the bad breath no less than the frenzied tail and the front paws climbing the air. Needless to say, the whole picture can change in a flash if you try to make off with her dinner, but for the moment her entire being is an act of love bordering on the beatific (angelic).

"Ask the animals, and they will teach you," Job says to his foul-weather friends. Innocence, as above, is one of their lessons, but the one Job has in mind is another, that is, that "in [the Lord's] hand is the life of every living thing and the breath of every human being" (Job 12:7,10).

Together Ravens came and fed Elijah bread and meat by the brook Cherith (1 Kings 17:6). We are told they did it because the Lord commanded them to. However, I suspect that since, in spite of Edger Allen Poe, ravens are largely nonverbal, the Lord caused the sight of the old man to be itself the command the way the smell of breakfast is a command to be hungry or the sound of your best friend on the stair a command to rejoice.

Elijah sat there all by himself — bald, on the run, in danger of starving to death. If the ravens could have talked, they would probably have tried to talk either the Lord or themselves out of doing anything about it. Simply, the ravens brought him two squares a day till he moved on somewhere else — since all life is one life, to save another is to save yourself, and with their wings, and beaks, and throbbing birds' hearts all working at once, the ravens set about doing it.

- Originally published in *Whistling in the Dark* and later in *Beyond Words*

Have a Blessed Spring and Eastertide *Fr Frank*

MAY CALENDAR

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

Announcements



MAY ANNIVERSARIES

Dick and Barb Pascoe 5/16



MAY BIRTHDAYS

Jeff Baldrige 5/1
Barb Pascoe 5/9
Ron Thomas 5/10

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

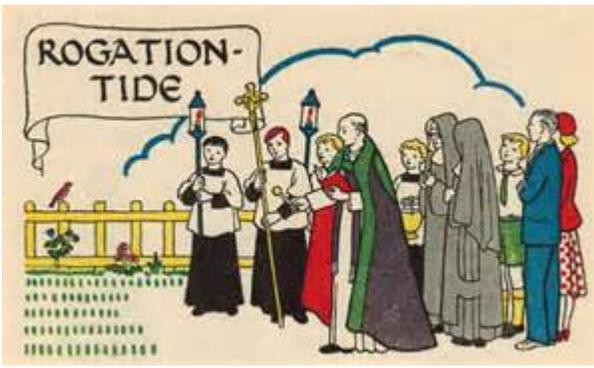
Outreach Ministry Program

Each month for Ingathering Sunday, there will be certain items that need to be collected. For the month of May, please collect paper towels and napkins and place them in the Ingathering baskets in the Foyer.



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.



Rogation Sunday

This year Rogation Sunday falls on **May 26**. We will ask for God's blessing on the fruits of the earth and celebrate spring on this special day of the church calendar.

Sunday School

Sunday, **June 16** is the last day for Sunday School for the Summer. Sunday School will resume back in September. If you have any questions, please contact Jenny Catalan at (513) 777-4525.



ST FRANCIS' SUMMER PERFORMING ARTS PROGRAM

As we have done the past several summers - the choir takes a well-deserved break! - beginning on **June 23** through **September 1**, we will have parishioner volunteers share a gift of their talents before the Offertory on Sunday mornings.

The Choir will then return on September 8 with rehearsals beginning on September 4.

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.

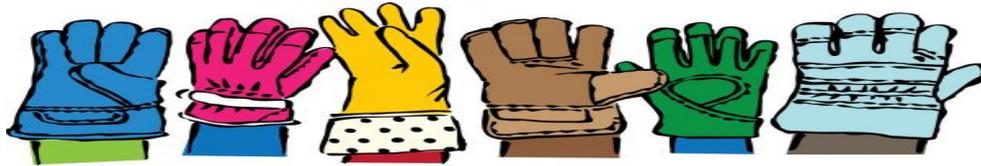
In May there will be a sign-up sheet on the table in the Narthex, & please speak with me for any questions or concerns.

Thank you! Donna Sprowles, Choir Director



MULCH CLEANUP DAY

WORKDAY ~ First Saturday in June! Many hands make for light work. Come from 10:00 am to 1:00 pm on Saturday, June 1 for a Mulch Cleanup Day. We'll make ourselves busy and have a chance to work together and spruce the place up. Questions, contact Mike Kock at (513) 284-0377.



Canterbury Court is having their annual Butterfly Garden Party

Saturday, May 18, 2019
Gardening is from 9:00 am ~ 12:00 pm

We would love you to join us for this fun event. We will supply lunch after our gardening time to those who come help out. Please bring your own garden tools. We will be meeting by the butterfly garden, which is by the garage. Parking is available in the parking lot to the West side of Canterbury Court where our resident garden plots are located. You can also park on the street by the garage. Another way you can help is by donating sun loving perennials or annuals. You can bring them to the office Monday - Friday from 8:30 am - 4:30 pm. If you have any questions you can contact us by phone at (937) 859-1106. Or e-mail Terry at tramirez@erslife.org. Thanks for your time, talents, and your partnership with Canterbury Court.

Outreach Ministry Jars

Please look for jars around the church to throw your loose change in. They will be located on the table in the foyer, near the coffee pots in the kitchen, and on the table during coffee hour. These will benefit Disabled American Veterans for the months of May and June.

Founded in 1920, DAV is a leading nonprofit charity that provides a lifetime of support for veterans of all generations and their families. The organization helps more than a million veterans each year in positive, life-changing ways. We invite you to help us support and enable the many victories in our veteran's lives.



PRAYERS OF PRAISE

“Alleluia! Christ is Risen. The Lord is Risen indeed. Alleluia!”

What a glorious season we have entered. And opportunities to praise the Lord are abundant.

Many things can happen when we praise the Lord.

- Hearts can be changed
- Feelings of God's presence can become more assuring
- Healing can occur

For what can we praise the Lord? Here are some examples. We can praise Him for:

- Who He Is
- His Faithfulness to Us
- His Never-ending Love for Us
- His Obedience to His Father
- His going to the Cross for Us
- His Mercy and Grace
- His Forgiveness

Also we can praise Him in song (it does not have to be audible). One of my favorites is to add my own words to the chorus of “O Come All Ye Faithful”:

- O come let us adore Him (3x). Christ the Lord.
- To Him or you be all the glory (3x). Christ my Lord.
- For He (you) alone are worthy (3x). Christ my Lord.
- For He (you) are always loving (3x). Christ my Lord.

These are just a few ideas for praising our Lord. Add your own thoughts and words also.

“Thanks be to God, which gives us the victory through our Lord Jesus Christ.”

1 Corinthians 15:57

Mary Martin, Parish Health Ministry

ALLERGIES

THE MAYO CLINIC

Overview

Allergies occur when your immune system reacts to a foreign substance—such as pollen, bee venom or pet dander—or a food that doesn't cause a reaction in most people.

Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system.

The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis—a potentially life-threatening emergency. While most allergies can't be cured, treatments can help relieve your allergy symptoms.

Symptoms

Allergy symptoms, which depend on the substance involved, can affect your airways, sinuses and nasal passages, skin, and digestive system. Allergic reactions can range from mild to severe. In some severe cases, allergies can trigger a life-threatening reaction known as anaphylaxis.

Hay fever, also called allergic rhinitis, can cause: sneezing, itching of the nose, eyes or roof of the mouth, runny, stuffy nose, watery, red or swollen eyes (conjunctivitis).

A food allergy can cause: tingling in the mouth, swelling of the lips, tongue, face or throat, hives, anaphylaxis.

An insect sting allergy can cause: a large area of swelling (edema) at the sting site, itching or hives all over the body, cough, chest tightness, wheezing or shortness of breath, anaphylaxis.

A drug allergy can cause: hives, itchy skin, rash, facial swelling, wheezing, anaphylaxis.

Atopic dermatitis, an allergic skin condition also called eczema, can cause skin to: itch, redden, flake or peel.

Anaphylaxis

Some types of allergies, including allergies to foods and insect stings, can trigger a severe reaction known as anaphylaxis. A life-threatening medical emergency, anaphylaxis can cause you to go into shock. Signs and symptoms of anaphylaxis include: loss of consciousness, a drop in blood pressure, severe shortness of breath, skin rash, lightheadedness, a rapid, weak pulse, nausea and vomiting.

Causes

An allergy starts when your immune system mistakes a normally harmless substance for a dangerous invader. The immune system then produces antibodies that remain on the alert for that particular allergen. When you're exposed to the allergen again these antibodies can release a number of immune system chemicals, such as histamine, that cause allergy symptoms. Common allergy triggers include:

Airborne allergens, such as pollen, animal dander, dust mites and mold

Certain foods, particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk

Insect stings, such as from a bee or wasp

Medications, particularly penicillin or penicillin-based antibiotics

Latex or other substances you touch, which can cause allergic skin reactions

Risk Factors

You might be more likely to develop an allergy if you:

Have a family history of asthma or allergies, such as hay fever, hives or eczema

Are a child

Have asthma or another allergic condition

Complications

Having an allergy increases your risk of certain other medical problems, including:

Anaphylaxis. If you have severe allergies, you're at increased risk of this serious allergy-induced reaction. Foods, medications and insect stings are the most common triggers of anaphylaxis.

Asthma. If you have an allergy, you're more likely to have asthma—an immune system reaction that affects the airways and breathing. In many cases, asthma is triggered by exposure to an allergen in the environment (allergy-induced asthma).

Sinusitis and infections of the ears or lungs. Your risk of getting these conditions is higher if you have hay fever or asthma.

Prevention

Preventing allergic reactions depends on the type of allergy you have. General measures include the following:

Avoid known triggers. Even if you're treating your allergy symptoms, try to avoid triggers. If, for instance, you're allergic to pollen, stay inside with windows and doors closed when pollen is high. If you're allergic to dust mites, dust and vacuum and wash bedding often.

Keep a diary. When trying to identify what causes or worsens your allergic symptoms, track your activities and what you eat, when symptoms occur and what seems to help. This may help you and your doctor identify triggers.

Wear a medical alert bracelet. If you've had a severe allergic reaction, a medical alert bracelet (or necklace) lets others know that you have a serious allergy in case you have a reaction and you're unable to communicate.

Thanks for reading. Should you have any questions, check with your doctor. Teena Baldrige, Parish Health

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The Franciscan

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SUNDAY MORNING WORSHIP

Holy Eucharist, Rite II10:30 am
Sunday School 10:30 am

WEDNESDAY CLASSES

Bible Study.....10:30 am