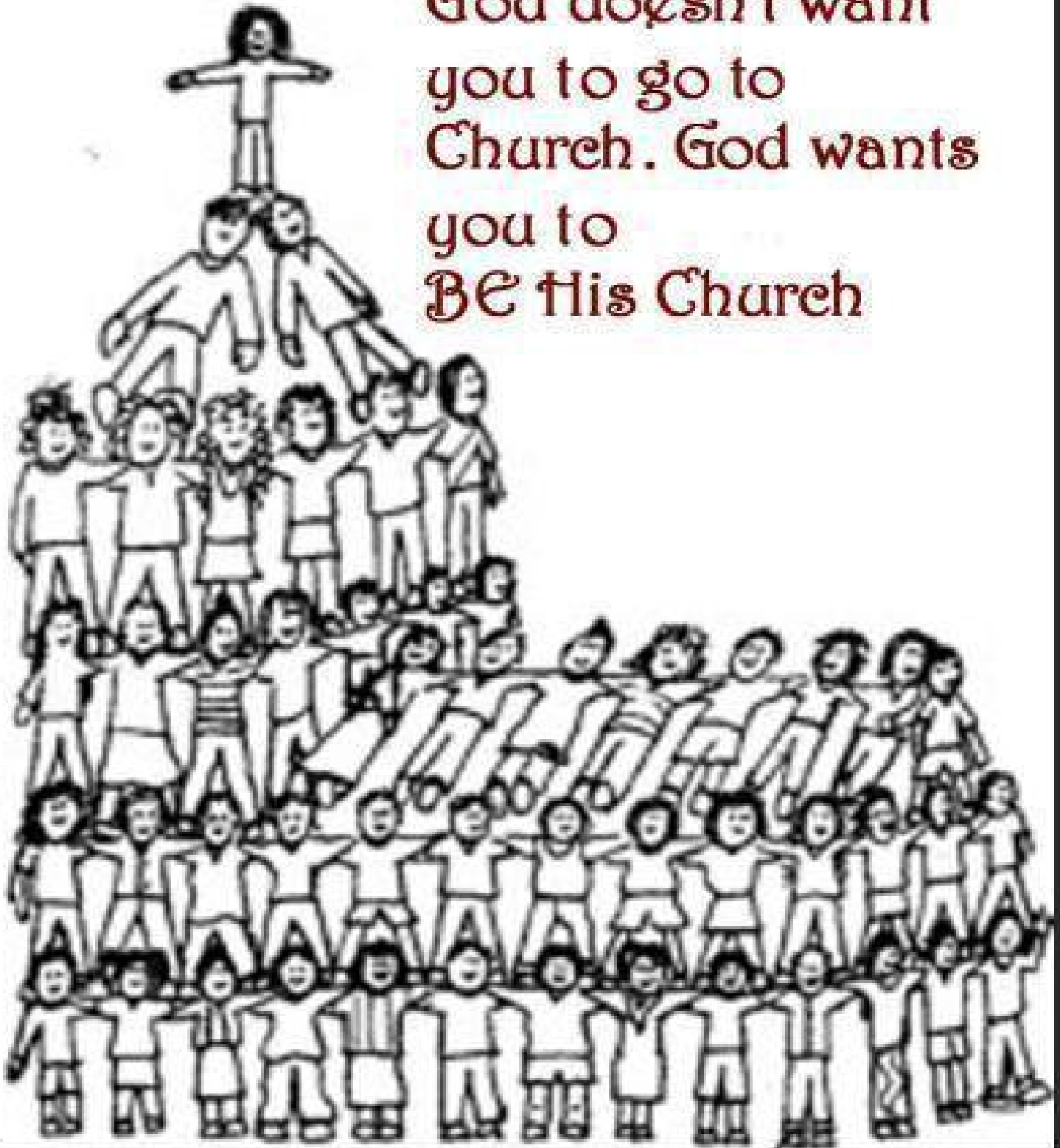


FRANCISCAN - September 2015

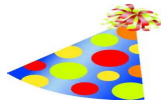
“A Publication of St. Francis Episcopal Church—“Proclaiming the Good News in word and deed”

God doesn't want
you to go to
Church. God wants
you to
BE His Church



SEPTEMBER CALENDAR

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



SEPTEMBER BIRTHDAYS

Beth Korab	9/26
Nancy Glass	9/27
Kristina Smith	9/29



SEPTEMBER ANNIVERSARIES

Steve & Kate Hamilton	9/4
Jeff & Teena Baldrige	9/12
Derek & Chi Lampman	9/21
Phil & Kathy Chandler	9/24

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

SUPPLY PRIEST'S LIST



Rev. Gretchen Weller
September 6

Rev. Gretchen Weller
September 13

Rev. Gretchen Weller
September 20

Rev. Gretchen Weller
September 27



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.

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



Food Pantry
Donations Needed

Message From The Franklin Area Community Services

“St. Francis’ generous donation on July 15, 2015 of food and on August 12, 2015 of school supplies and food is greatly appreciated.

It 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.”

THANK YOU

A very sincere thanks to all of my St Francis family for the beautiful Celebration of Life service that you provided for Clyde in July. So many of you contributed to making it a true celebration: the Altar Guild, the Ushers, the Acolyte, the Eucharistic Ministers, the Music, the Flowers, the delicious food that was prepared for the reception, the tables and chairs set up then put away, the kitchen clean up, the preparation of a special bulletin – everything was outstanding.

I appreciate each and every one of you. You were truly a blessing to me and to my family. May our Lord continue to bless each of us who are the community of Christ at St Francis

In Christ’s love,
Mary Martin and Family

ST. FRANCIS CHOIR TO BE PART OF NEW SYMPHONY IN REMEMBRANCE OF THOSE WHO GAVE THEIR LIVES IN WWI

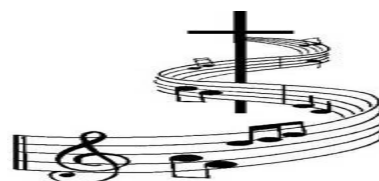
By Donna Sprowles, Choir Director

In February 2014, St. Francis parish generously donated to send me to a choral workshop given by internationally renowned American composer/conductor Eric Whitacre. I have, since then, kept in touch with Eric via Facebook and his production office in England (where he lives, and his manager and his assistant are located.) I also travelled this past March to Minneapolis to hear the world premiere of his newest orchestral work, Deep Field, with the Minnesota Orchestra.

While the audience waited after the concert for a "Meet and Greet" with Eric, I had a chance to meet his assistant Megan Davies and finally speak with her in person. Megan and Eric both know I am an Episcopal Church choir director, and he asked after our choir when I spoke with him. Then a couple of weeks ago I received an email from Megan saying she was also working with a British composer, Patrick Hawes, who is writing a piece called the World War I Symphony in remembrance of all who lost their lives.

She said she immediately thought of the St. Francis choir, as the WWI Symphony will contain a part for choirs singing a version of "Onward Christian Soldiers" and wondered if we would be interested in participating. Choirs, in rehearsal or in a performance, will video themselves singing an arrangement of the well-known hymn and then upload it to her in England. The various versions will then be cut together to be used as a part of the symphony. As far as I am aware, we are the first American choir to be included.

So, St. Francis Choir has gone international! I am very pleased that Megan included us, and proud that we will be a part of this important project. Megan said the composer intends this to not only remember the sacrifice of so many, but also as a hope for peace in the future. How especially fitting for a parish named St. Francis?



Why I Pledge

Dear Friends at St. Francis,

The whole idea of promising to pay a certain amount each week of the year has been a little daunting to me. As a family that has, for many years, made do on one income (with a bit of freelance cash), we've been lucky to pay for the stuff we need to pay — the mortgage, the electric bill, the phone company, the grocery store, taxes, the occasional doctor and dentist bill, and what seems like about a hundred other people with their hands out, palms up, fingers wagging.

If we don't pay the bills, our creditors won't mess around. The lights will go out, the phone will cut off, we'll lose our house. But if we don't pay St. Francis, what happens? Nothing. We're welcomed in every Sunday, just the same as if we wrote a five-figure check.

Which is how it should be.

So why pledge?

I'm a freelancer, and a small business owner. I know what it's like to not be sure, from one month to the next (or one *day* to the next) if there's money coming in. You have to discipline yourself to not spend money when it does come in, so that you have enough when things get slow. Easy, right? Not when the furnace is acting up and the car's making a weird noise and the kid complains his tooth hurts and the dog gets sick and the other car needs new tires and you've already been putting it off for three months.

Our church is in that same position right now.

When you go to a church with 500 members, or 5,000 like the church we attended before moving to Springboro, pledging isn't so important. But when there are 50 members... it's absolutely critical.

Without pledges, there's no way to know if we can afford to keep the lights on or pay the phone bill. Or fix the ceiling... you get the idea.

There are plenty of churches to choose from, but I truly believe St. Francis is special. Its members may not always agree on everything, but they care. There's so much love among us. I feel quite certain that each member has the best intentions, is sincere, and has deep faith in the Lord.

Sometimes you've got to have faith. *Big* faith.

I'm afraid that if I write down an amount on that pledge card, something bad will happen and I'll have to break my promise because I can't pay. In the past, that's meant I didn't pledge. I didn't have faith. Faith in God, sure. But faith that God would help me keep my promises? Not so much.

Let's be honest: God isn't going to put money in your pocket. But He will give you the *ability* to put money in your pocket.

The rest is up to you.

Nobody's got money to toss around without feeling like they're getting something in return, or at least believing it's going toward a good cause. So it can be kind of hard feeling like you're throwing money at bailing out a sinking ship. Or sending your hard-earned cash to support policies you don't agree with.

But you gotta have faith.

I have faith in St. Francis Church. But we have to take action. If your ship is sinking, you don't just bail faster, you fix the hole.

God isn't going to miraculously fix the hole in our ship. But He might show us a way to do it. And if we open our eyes — and have faith — not only will the hole get fixed, but the ship can sail again, all flags flying proud.

Some had faith, some did not. Remember that story?

So I'm pledging.

I'm going to make that leap of faith, prayerfully, and not stop there. I'm going to put in the work, too. I want St. Francis Church to survive... and thrive... and rise again!

Will you join me?

Sincerely, Pamela Kock —Stewardship Committee Member

HEALTHY THOUGHTS: LOVE AND HEALTH

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

*Fill us at daybreak with your love, that all our days we may sing for joy.
(Psalms 90:14)*

It can be said that love is good for the soul, but do you realize how good it can be for the body? One powerful index of our capacity to heal is our tendency to love, according to Dr. David McClelland, a distinguished professor of psychology at Boston University. McClelland defines love as "a body-mind state that occurs on all levels of mind, brain, heart, hormones, immune system and cells." He has gone further than any other researcher to investigate love and health. His belief is that love crosses every domain that is relevant to human health.

He's not the only one scientifically studying the effect of love on our physical health. Researchers at the Institute of HeartMath, a non-profit research facility in Boulder Creek, Ca., are showing that emotions such as love and caring can protect against a wide range of diseases, including heart disease and high blood pressure. They may also help boost anti-aging hormones and keep the immune system strong.

HeartMath has created easy-to-learn exercises that may help your heart keep your body healthy. These exercises are used by major corporations, the United States armed forces and schools. The most basic is called Freeze-Frame. You learn to consciously disengage from negative mental and emotional reactions as they occur (i.e., a stressful situation), shifting attention to the area of the heart, pretending that you're breathing through it. You recall a feeling of appreciation or caring and try to re-experience (and not just remember) that feeling.

According to HeartMath director of research Rollin McCraty, this exercise helps you control your emotions. Negative emotions have an immediate and long-lasting effect on health. If you're angry for five minutes, it depresses the first line of defense

in your immune system for the next six hours. When you get mad, adrenaline and other damaging chemicals are released, blood pressure rises and the heart patterns become erratic. The exercise described above can train your heart to maintain a regular, healthy pattern.

Their work is based on the idea that the heart has its own nervous system — its own intelligence. Emotions of love and appreciation affect the heart's rhythm and bring the body into a more efficient internal state. Love has the power to help us self-heal, or regenerate.

The bottom line is that we shouldn't wait for Valentine's Day or some other special occasion to express our love for our spouse, family or friends. Love is a critical emotion that all of us need to experience and give to others if we want to stay well. Share your love with others today with a smile and/or a kind deed. Let family and friends know you love them. They need it and so do you!

ERH

Episcopal Retirement Homes (ERH) is a not-for-profit organization committed to enriching the lives of older adults in a person-centered, innovative, and spiritually based way. ERH serves seniors in southern and central Ohio through residential communities, affordable housing and in-home services. For more information, please call (800) 835-5768 or visit www.EpiscopalRetirement.com.



Parish Health Ministry

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

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TIME DATED MATERIAL



The Franciscan

a monthly publication of

Saint Francis Episcopal Church
225 North Main Street, Springboro, OH 45066
(937) 748-2592
www.saintfran.org

SUNDAY MORNING WORSHIP

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

WEDNESDAY CLASSES

Bible Study.....10:30 am