



# The Tentmaker

St. Paul's Episcopal Church

Daphne, Alabama

June 20, 2018

## Message from Thack

Have you ever jumped to conclusions? Jumping to conclusions can be a dangerous habit, especially when other people are involved. When we assume something is a fact without evidence to support such an assumption, we may say or do something consistent with that erroneous assumption that could be damaging and hurtful. That's why it's important to gather your facts, ask thoughtful questions, *listen*, and pray before you assume anything.

Interestingly, parachutes come to mind when I think about those who jump to conclusions. If you think about it, minds are a lot like parachutes. They only work when they're open. Yet, you will occasionally run into those rare individuals who tend to have all the answers. They are easy to identify because their minds are so tightly closed that it would take an EEG (electroencephalogram) to determine any brain activity at all.

Why is it that we tend to suffer from occasional bouts of closed mindedness? It could be because in this world of facts, data, and the accumulation of knowledge, there's a side of us that cannot stand ambiguity. There has to be a definitive answer or reason to every situation in life. And if there isn't, we will be happy to supply one. The problem with this is that we are usually wrong in our assumptions, and this leads to damaging consequences. Maybe that's why Bishop Charles Duval once said in a sermon he was always wary of those with "an insatiable need to be right."

In his book *Wellsprings*, the late Anthony DeMello, S. J. wrote, "Certainty is the sin of bigots, terrorists, and Pharisees." DeMello was right, of course. Extremists, regardless of political stripe, religious preference, or nationality justify their actions in the name of certitude. This also happens among people of faith. Whether conservative or liberal, fundamentalist or new age, this need for certainty always leads to painful divisiveness.

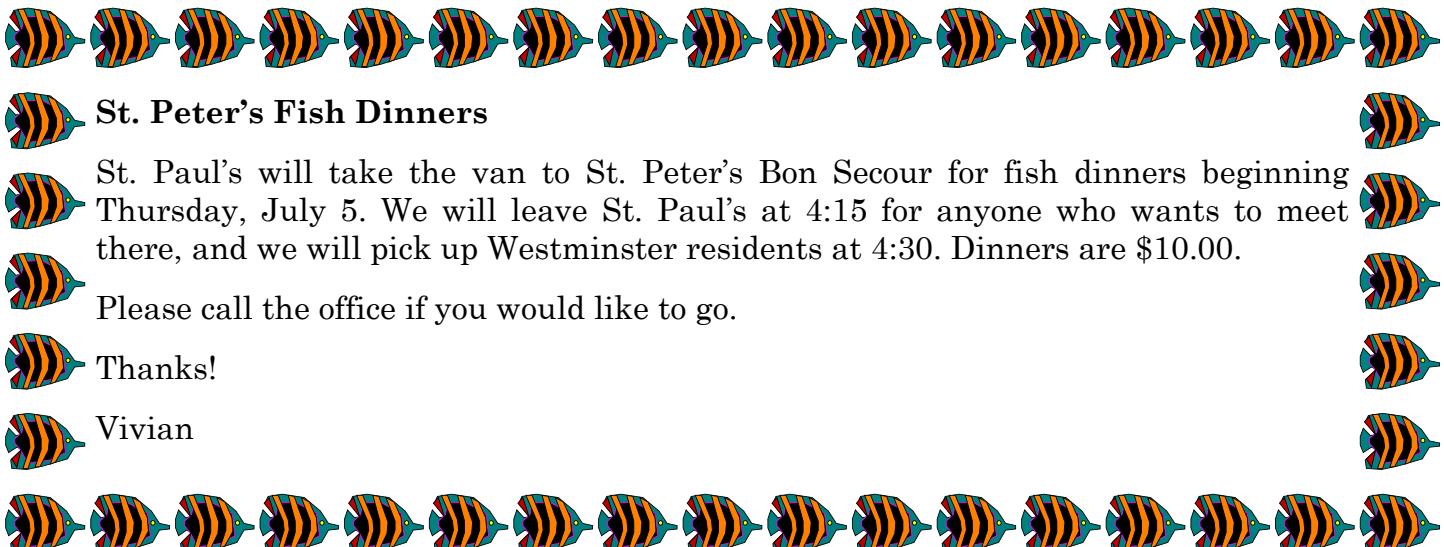
So, what is the solution to this problem of jumping to conclusions in our futile quest to resolve ambiguity? I believe we need to realize that ambiguity is the reality of daily life. Someone with a healthy spirituality knows this, and this leads to open mindedness and patience. Jesus is the perfect example of what I mean. The parable of the weeds among the wheat in Matthew's Gospel is a good illustration of this quality. The owner of a large farm sowed wheat in his fields. While he was asleep, an enemy came in and sowed weeds among the wheat. Later, when the wheat came up, so did the weeds. The servants wanted to rush into the fields and pull the weeds out. But the owner cautioned them against doing this, saying, "No; for in the gathering of the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest." (Matthew 13:29-30). In this parable, Jesus was saying, "Don't rush in. Be patient. Otherwise, you may destroy the good with the bad."

*Continued on page 2*

Folks, I've matured to the point in my life to realize that a "black and white" world is a myth. I've also discovered that there're some things in life that I cannot explain or understand, but that's okay. In fact, I am comfortable when I have more questions than answers. This means I will approach ambiguous situations with an open mind and trust the Holy Spirit to guide me accordingly.

In this chaotic time in history, we are going to encounter many ambiguities. As you deal with the ambiguities of life, open your mind and heart and ask yourself, "What am I supposed to learn from this experience?" You might be surprised by what you discover.

AMEN



**St. Peter's Fish Dinners**

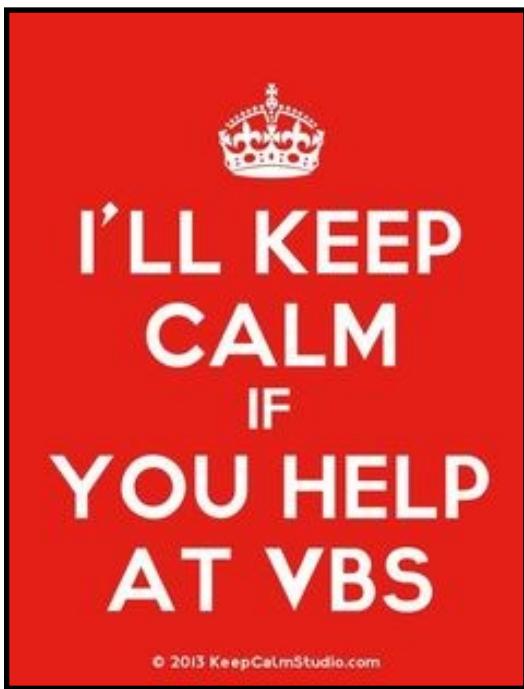
St. Paul's will take the van to St. Peter's Bon Secour for fish dinners beginning Thursday, July 5. We will leave St. Paul's at 4:15 for anyone who wants to meet there, and we will pick up Westminster residents at 4:30. Dinners are \$10.00.

Please call the office if you would like to go.

Thanks!

Vivian

An advertisement for St. Paul's Episcopal Preschool Art Enrichment Camp. The ad is divided into several sections: 'ART ENRICHMENT Camp' with 'Ages 12 months - 6 years (grouped by age)'; 'Camp is \$100 per week from 7:00 a.m. - 1:00 p.m. Water play day included in each week. Extended hours are available from 7:00 a.m. - 5:30 p.m. for an additional \$100. \$25 non-refundable registration fee. Sibling discounts available.'; 'UNDER THE SEA JUBILEE! Coastal Art and Science/ Sensory Experiences June 11 - 15'; 'ALL CREATURES GREAT AND SMALL Animal Encounters and Art June 25 - 29'; 'MINIATURE MONETS French inspired Art and Cooking, with foreign Language July 30 - August 3'; 'St Paul's Episcopal Preschool www.stpaulseasternshore.org'; and a contact number '251-626-2774' and address '28788 NORTH MAIN STREET • DAPHNE, AL 36526'. The ad features illustrations of a crab, a seashell, a lizard, and the Eiffel Tower.



### Wednesday Night Live

I hope everyone has had a wonderful start to summer! We will meet again for WNL June 27<sup>th</sup> and August 8<sup>th</sup>. We will have VBS in July so we will all be hanging out together quite a bit then!

For those who are or will be new to Wednesday Night Live: we are a group of 3<sup>rd</sup>-6<sup>th</sup> graders who meet on Wednesday nights from 6:00-7:30 for compline, bible study, dinner, and tons of fun and crazy activities! If you would like more information please call me, Elizabeth Faust, 251-404-0537!

### Vacation Bible School is almost here!!!

Registration is going on NOW for VBS! WE only have a few weeks left! You can register online @ [vbspro.events/p/stpaulsdaphne](http://vbspro.events/p/stpaulsdaphne) or pick up a form in the Narthex! We're going to have a great time! **VBS Dates: July 16-19<sup>th</sup>**

### MAD CAMP

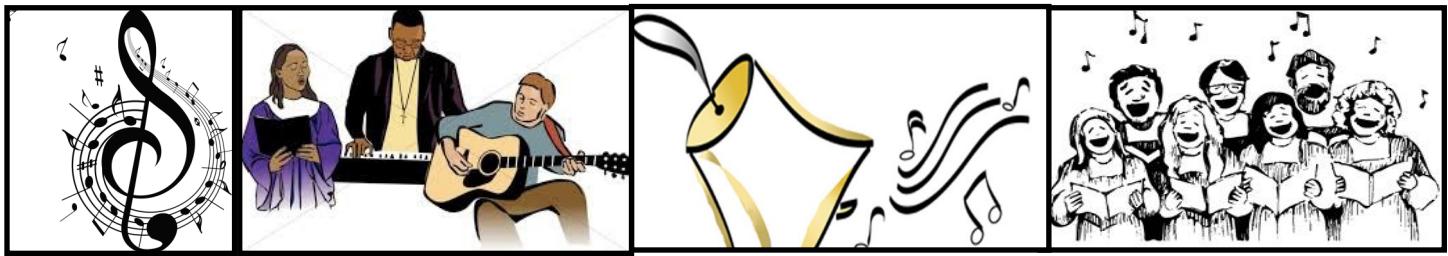
**MAD Camp Dates: July 9, 11, 12** (Music Arts and Drama Camp for middle- high school students, or any adults who would like to help with setup or VBS week)

- ♦ **Monday (7/9)** we will begin learning songs, go over the curriculum, and begin working on decorations
- ♦ **Wednesday (7/11)** we will continue to learn songs, curriculum and hopefully finish decorations
- ♦ **Thursday (7/12)** we will decorate the Life Center, Chapel, and McCann Hall and briefly go over songs and curriculum.

You can register online through the Volunteer's form for MAD Camp, just select "Group Leader" or "Group Leader Asst." and I will add them to the registration list! You can also pick up a form in the Narthex!

### VBS VOLUNTEERS

**WE REALLY, REALLY** need your help with VBS! This is a major community outreach event, and a great way to serve (and get to know!) your younger church family members as well as others in the community! There are many different jobs available, such as snack helpers, nursery workers, registration workers, and Group leaders. You can also help with assisting in crafts, and Bible story time with Mrs. Linda! Please let me know if you can help us!



## Music Notes

I'd like to share with you a thought from the late Parish Patriarch, Columbus Posey: this is an invitation for all of us to take on a new ministry. As you know, most of our Celebration of Life services take place in the mornings, weekdays or Saturdays. It would mean a great deal for more of us from St. Paul's to attend these services. There are 2 reasons I can suggest: 1} we are called to support one another as members of this church family. 2} Many of those who come to these services are not familiar with our Episcopal style of worship. By attending, we can help lead the congregation in their parts of the service. If you don't feel comfortable meeting members of the deceased's family, just come to the service itself. That will mean a great deal.

### **Considering a new support choir:**

Anyone available during the day is invited to think about a new offering- a support choir for Celebration of Life services. Would you let me know if you'd be interested in helping. [epmusic.paul@gmail.com](mailto:epmusic.paul@gmail.com) Thank you!

### **This is for all members of the parish: Kids, youth, adults, parent, grandparents:**

Beginning on Sunday, July 1, at the 10:30 service, the Parish Choir will be back singing on Sundays. Why not make this a family experience: you're all invited to join us on any given Sunday at 9:45 in the choir room to prepare music for that day. No strings attached! Just show up and join us for the day.

### **Pianists who'd like to learn to play the organ:**

There is a national shortage of church organists today. I am very happy to train anyone who'd be willing to give this a try. The only cost would be the price of music and organ shoes [they'd come later after we see if this works!] Practice time can be arranged on the organ at church.

### **Musicians young and old:**

Kids in middle school band, singers in school chorus or in a civic chorus. Are you having trouble with getting your rhythm right? Or do you need help with reading the notes on the page? I can offer one-on-one help or group classes. Cost is free- the only catch is you have to do your homework!

### **Looking to the fall:**

Beginning on Thursday, September 13, at 7:00 p.m. and continuing on the 2nd Thursday evening of the month, Taize Prayer resumes in the narthex. On the 13th, I'll share a good, 16 minute video from the Taize Community in France, which will give you a good sense of what they're all about and about their Worship. The only exception to Thursday nights is in the month of April, 2019, when we meet on the Monday night of Holy Week for Taize Prayer and Holy Eucharist combined.

### **Music ministries to consider:**

**New Song and Parish Choir**- open to singers from high school, on up. Both groups rehearse on Wednesday evenings.

**Hand Bell Choir**- open to ringers from 5th grade on through grandparent age. Rehearsal day and time TBA after I know what works for the group.

**Kids and youth:** I know that the kids and youth of St. Paul's are a very busy bunch outside of school. So we limit the number of requests we make of you during the church year- mainly, we focus on the Christmas Eve pageant and on VBS.

VBS- we'd like a group of kids to help lead the songs and actions for VBS. See the MAD Camp sign-up.

**Christmas Pageant:** we'll be calling for a choir for Christmas Eve. All kids and youth are welcome!

The blessings of making music together with others enrich your life and the lives of all the people who hear your music. Think about it, pray about it, see if there's a place for you!

Paul

# ST. PAUL'S MONTHLY SPAGHETTI DINNER AND BINGO

**FRIDAY, JUNE 22 @ 6PM UNTIL 7:30PM**

C'mon and gather with friends and family in St. Paul's air-conditioned LIFE center

the evening of Friday, June 22 at 6pm

for a tasty spaghetti dinner followed by 11 rousing games of BINGO –

each game worth a cash pay out!!

... just imagine with the right numbers called –

YOU could have a **FREE** evening of fun, food and fellowship!

**Friday, June 22**

**St. Paul's LIFE center**

**DINNER (\$5) served at 6pm** – spaghetti/salad/bread/dessert/drink

**BINGO (\$20 for 11 games) begins at 6:30pm**

we're usually finished by 7:30pm

*see ya' there!*

## Dear Parish Family

As we end our Goat Train let me say you all made it fun and exciting! As of today we will be sending 23 goats to families that will help provide for their needs. Just as the Goats in our lives have provided for us.

Thank you one and all for embracing this effort and giving out of your love for others. We will keep our poster (made by Linda McNamara) up for awhile so everyone can enjoy the Goats among us and those gone before.

Thank you and God Bless you.

Jeanne Alton.

## ATTENTION SUPER SPRUCERS

Thank you to everyone that came out Saturday morning to help make the campus of St. Paul's look better and more welcoming. I can tell you there was a lot of sweating going on but the work was satisfying. We kind of hit the high stops in the road, so to speak. We may have one more work day the third Saturday in July if it is not 80 degrees at 6:00 AM.

I was thinking that we may get to work early and then have a cool, light breakfast after we end the spruce time. If you have any thoughts about this, call me at 689-5393 or email at [donna1513@gmail.com](mailto:donna1513@gmail.com).

God's peace,

Donna Brown

## Prayer Requests

### Immediate Prayer Requests:

Bill Carr, Margie Cowart, Joyce Dawson, Suzanne Galloney, Elaine Glover, Patrick Green, Ray Hamilton, Margie Kelley, Betty and David Lee, Freda McDonald, Lance Monley, Borden Morrow, Peggy Possien, Don Reece, Drew Rushton, Shannon Rutledge, Bennie Savage, Sharon Walker, Margarita

### Ongoing Prayer Requests:

Ellie Anderson, Marie Baggett, Pat Brislin, Lil Brown, Clayton Brunson, Jim Council, Jerry DeLoney, Wanda Hall, Ron Harrison, Trevor Hawkes, Susan Hill, Theresa Johnson, Andy Lipps, Dick McBride, Al Rawls, Eleanor Reeves, Cathy Slagle, Phyllis Springen, Steven Stack, Gene Stealey, Jed Steber, Albert Thompson, Sallie Thornton, Bill Waid, Jane Watkins, Caroline Yearty

*Almighty God, who hast promised to hear the petitions of those who ask in thy Son's Name: We beseech thee mercifully to incline thine ear to us who have now made our prayers and supplications unto thee; and grant that those things which we have faithfully asked according to thy will, may effectually be obtained, to the relief of our necessity, and to the setting forth of thy glory; through Jesus Christ our Lord. Amen.*

Book of Common Prayer, page 834

### For the Departed: Marion Jean White, Cleo Richards

*Father of all, we pray to you for all those whom we love but see no longer. Grant to them eternal rest. Let light perpetual shine upon them. May the souls of all the departed, through the mercy of God, rest in peace. Amen.*

Book of Common Prayer, page 498

### For Those Serving in the Military:

Matthew Cheatham, Jackson Deaton, Michael Duchesne, Christopher Dukarm, Chris Evans, Diana Evans, Landis Fouts, Deron Frailie, George Garner, Steven Grey, Matthew Harris, Rusty Henry, Karen Hubley, Daniel James, Matt Jones, Daniel Lambert, Chris Lessard, David McMillan, Patrick Mong, Bryan Quinn, Neil Quinn, Justin Ramsey, Taylor Santa Cruz, Neill Sevelius, Derek Siegel, Andy Tuttle, James Wallin, Brad Yonkers

*Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces at home and abroad. Defend them day by day with your heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen.*

Book of Common Prayer, page 823

**For those with Birthdays:** **June 20-30:** (20) Anne Dobbins, Christopher Bridges, (21) Matt Cassity, James Walker, (23) Marianne Loes, (24) Christopher Currie, (25) Amelia Marron, Caroline Marron, (27) Pam Schmidt, (28) Logan Dunn, (29) Barbara Pollock, Carianne Brown, (30) Theresa Johnson, Sam Parker, Colton Bridges, **July 1-31:** (01) Pat Gatlin, Tina Erickson, (02) Erica Marron, Audrey Wilson, Kyle Loes, (03) Kelleigh Cassity, (04) J.J. Lamb, William Miller, (05) Elizabeth Faust, Beth Johnston, Sarah Hale, (06) Rebecca Cox, Diana Evans, (08) Teresa McGirl, Chase Jackson, (09) Ed Kirby, John Rudolf, Linda Organic, Christian Lucas, Evelyn Watson, (10) Randy Walton, (11) Wendy Robertson, (12) John Strange, Pat McKeown, (13) Eileen Henderson, John Cutright, Dean DeNeefe, Anabelle Miller, (15) Sally Boom, Lee Richards, Taylor Moore, Jonathan Doyle, (16) Mike Koepp, (17) Amy McKnight, David DeNeefe, (19) Marcia Rydin, (20) Arnold Farmer, Linda McNamara, Helen Walton, Esteban Morrow-Reece, (23) Coleman Wood, Patti Gatlin, Bill Harrison, Melissa Hoercher, J.D. Ross, (24) Jerry Dixon, Catherine Kiser, Matthew Robertson, (25) Alice Frederick, Jim Blackwell, (26) Carson Nicolson, (27) Shelllie Teague, (28) Sue Ann Turnipseed, Margaret Murray, Harper Beckham, (29) Marty Adams, Marc Silliman, Marshall Eppes, Audri Richards, Craig Morgan, Holly Wolfrom, (30) Casey Williams, Darryl Bryant, Carol Eppes, Megrez Mosher, Anna Akins, (31) Stephen Pecot, D'ana Snow, Susan Johnson

*O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.*

Book of Common Prayer, page 830

## ST. PAUL'S SERVICES:

### Sunday Worship

Holy Eucharist, Rite I  
8:00 am

Holy Eucharist, Rite II  
10:30 am

### Wednesday Worship

Holy Eucharist, Rite I  
7:00 am

Holy Eucharist, Rite II  
with Healing Service  
Wednesday  
12:00 pm (Noon)

## BIBLE STUDIES

### Sunday

Christian Education  
Children (McCann)  
Adults (Malone Hall)  
9:15 am

### Tuesday

Men's Bible Study  
(Malone Hall)  
7:00 am

### Wednesday

Morning Bible Study  
(Library)  
10:30 am

### Great Wednesday

(Malone Hall)  
6:00 pm  
Supper and Study



Thack will be leading the next  
study beginning June 13th at  
6:00 p.m. on

*The Episcopal Handbook*

## VESTRY AND OFFICERS

### **Term Ending**

#### December 31, 2018

Davis Daniel  
Jim Jackson  
Janet Norman

#### December 31, 2019

Sue Cody  
Alice Frederick  
Michael Koepp, Jr. Warden  
Tom Walker

#### December 31, 2020

Bill Harrison, Sr. Warden  
Liston Jones  
Boyd Miller  
Donna Nolte

~  
Walker Jackson,  
Youth Representative

Martha Lathan,  
Clerk of the Vestry

Airrior Norwood,  
Treasurer

## Church Website

[www.stpaulseasternshore.com](http://www.stpaulseasternshore.com)

## Email Address

[officestpaulsdaphne@gmail.com](mailto:officestpaulsdaphne@gmail.com)

## Phone

**251-626-2421**

## Fax

**251-626-2456**

| Those Who Serve           | July 1, 2018  | July 8, 2018            | July 15, 2018   | July 22, 2018           | July 29, 2018           |
|---------------------------|---|-------------------------|-----------------|-------------------------|-------------------------|
| Altar Guild               | Judy Hale, Aleta Dasinger, Sally Boom, Nancy Walker, Baba Hendricks, Janice Miles, McKenzie Nolte |                         |                 |                         |                         |
| TIME                      | 8:00 AM   | 8:00 AM                 | 8:00 AM         | 8:00 AM                 | 8:00 AM                 |
| Lector-Scripture          | Bill Harrison   | John Strange            | C Bridges       | Casey Williams          | Maggie Heyworth         |
| Lector-Prayers            | Martha Lathan   | Sophie Walker           | Court Hurst     | Arthur Oken             | John Strange            |
| Chalice                   | Court Hurst   | Jill Lott               | Bob Wakeman     | John Strange            | Arthur Oken             |
|                           | Elizabeth Kaye  | Tina Erickson           | Jill Lott       | Elizabeth Kaye          | Tina Erickson           |
| Server/Crucifer           | Aiden Walker  | E Morrow-Reese          | Colton Bridges  | Adams Jackson           | Siddah Erickson         |
| Ushers                    | David Baldock   | George Cotten           | Tim Michael     | Jim Jackson             | J-A Crawford            |
|                           | Gary Latham   | Pattie Lipps            | David Kielek    | Davis Daniel            | Henry Crawford          |
| Greeters                  | Henry Crawford  | Judi Gulledge           | Jim Jackson     | Tim Michael             | David Green             |
|                           | J-A Crawford  | George Cotten           | Wendi Jackson   | David Nicolson          | Cathy Slagle            |
| Prayer Team               | Susan Hurst   | John Strange            | Susan Hurst     | John Strange            | John Strange            |
| Vestry                    | Bill Harrison   | Davis Daniel            | J Jackson       | Sue Cody                | Liston Jones            |
| Verger                    | Susan Hurst   | Megrez Rudolf           | Susan Hurst     | Megrez Rudolf           | Susan Hurst             |
| TIME                      | 10:30 AM  | 10:30 AM                | 10:30 AM        | 10:30 AM                | 10:30 AM                |
| Verger                    | Donna Nolte   | Richard Foster          | Janet Norman    | Barry Taylor            | Avos Stickney           |
| Lector-Scripture          | Shellie Teague  | Clay Rankin             | Bill Organic    | Terri McMillan          | Barry Taylor            |
| Lector- Prayers           | Alice Gordon  | Rn McDowell             | Liam McDowell   | Ross Moore              | Dean Mosher             |
| Chalice                   | J Chamberlain   | Alyson Jackson          | Jim Blackwell   | Avos Stickney           | Becky Costlow           |
|                           | Janet Norman  | Becky Costlow           | Donna Nolte     | Clay Rankin             | Jim Lonnergan           |
|                           | Richard Foster  | Rosemary Bing           | Terri McMillan  | Judy Hale               | Mike Turnipseed         |
| Lay Eucharistic Ministers | Arthur Oken   | Strange/Oken            | Arthur Oken     | Strange/Oken            | Strange/Oken            |
|                           | G Boom  | G Wilson                | Rankin/Wilson   | G Wilson                | G Wilson                |
| Ushers                    | Donna Brown   | Coleman Wood            | Howard Wilson   | Dean Mosher             | Matt Cassity            |
|                           | John Teague   | Henry Esham             | Doug Stephens   | Richard Foster          | Shawn Alves             |
| Server                    | Emory Erdman  | S Jackson               | Joseph Cox      | Andrew Erdman           | Susannah Jackson        |
| Crucifer                  | Andrew Erdman   | Ford Turnipseed         | C Conger        | Jim Stephens            | Ford Turnipseed         |
| Torch                     | Liam Brown  | Tyler Smith             | Jonathan Doyle  | Ben Stephens            | Amelia Maron            |
| Torch                     | William Johnson   | Jack Rigdon             | Lilah Nagel     | Will Stephens           | Caroline Maron          |
| Greeters                  | Meredith Portman  | Richard Foster          | V Stickney,     | Kit Caffey              | N Dziubakowski          |
|                           | Ollinger/ Hobbs   | Eileen Head             | Mullins/McBride | D & M Miley             | J Hale/J Norman         |
| Prayer Team               | Alyson Jackson  | L McNamara              | Jeanne Alton    | D'ana Snow              | Jeanne Alton            |
|                           | Ken McNamara  | Janet Norman            | Linda Organic   | Martha Adams            | Rosemary Bing           |
| Vestry                    | Janet Norman  | Tom Walker              | Donna Nolte     | Michael Koepp           | Boyd Miller             |
| Coffee                    | Robinson/Alton  | Cody/Morrow             | Shoultz/Teague  | Gulledge/Alton          | Lipps/Norwood           |
| Flowers                   | Available - Call Office   | CoJo J Strange Birthday | Elaine Glover   | Available - Call Office | Available - Call Office |

## Parish Nurse News

### Donna Nolte MSN, CCRN

A current hot topic in both the healthcare world and the community at large is the opioid crisis. I wanted to take a few minutes this week to give you a little background on the issue. In the next edition, I'll share information to hopefully increase awareness of the alternatives and the safe use of opioids.

Interestingly enough, this is not our first rodeo with an opioid addiction crisis. In the 1840s – 1850's, opium began to be widely used. Many “tinctures” contained opium and were used freely to treat any number of maladies from tiredness to severe chronic problems in both children and adults. There was limited information about the long term effects of opium. The problem was increased by the availability of injectable morphine in the late 1880s combined with very poor control over the sale of morphine. An injection of morphine would magically relieve distress which pleased both doctors and patients. There were few other alternatives to symptom treatment and disease cures were scarce at that point in our history.

By 1920, we began to see a decrease in the use of opioids which corresponded to the tremendous advancements in medicine. Antibiotic discoveries, alternative pain relief discoveries such as aspirin, and stricter prescription laws all worked to drive down the indiscriminate use of opioids. Improved information about the risks and side effects of opioid use led to better prescribing practices by the physicians. At that point, over prescribing of opioids was considered a hallmark of older or less competent physicians. Younger and better trained physicians were more cautious in the use of opioids.

The sharp rise to our current crisis began in the mid 1980's when a publication was released stating that long term use of opioids to treat chronic pain was safe. Now, in retrospect, there is acknowledged concern about the full validity and methods of the study. In 1995, the extended release opioid Oxycontin became available. The drug manufacturer funded large numbers of pain related educational programs aimed at promoting the use of opioids for chronic pain.

Also in 1995, the American Pain Society introduced a campaign titled “Pain is the Fifth Vital Sign” (after heart rate, blood pressure, temperature, and respirations). The campaign challenged physicians to treat pain as aggressively as they would an alteration in one of the other vital signs. The Joint Commission (the organization which accredits hospitals and health care facilities) embraced this campaign and it became a hot line of questioning during their surveys.

The Center for Medicare and Medicaid Services (CMS) got on board with adding “how well did the staff do everything they could to help you with your pain?” to their mandated patient satisfaction surveys. Since facility reimbursement is directly linked to the survey scores, satisfying patients with regard to their pain became a big deal. This resulted in, within reason, the philosophy of trying to keep patients pain free. Which isn't a realistic goal in many circumstances.

With the significant increase in opioid related deaths starting about a decade ago, policy makers began to try and reduce the deaths by focusing stricter enforcement on the non-medical use of opioids. Non-medical use is defined as using an opioid without a prescription, for a reason other than why it was prescribed, or for the experience or feelings it causes. This increase focus did result in an overall decrease of non-medical users but the opioid related death rate continued to climb. Recent studies have shown only 10% - 15% of opioid related deaths were non-medical users.

This quickly brought the focus to the medical use of opioids and brings us to our current situation. The prescribing of opioids is highly monitored by federal and state authorities as is the dispensing of opioids (pharmacies). All medical personal with controlled substance prescribing authority (including dentists and veterinarians) are tightly scrutinized for any practices that could be potential areas of abuse. This focus is aimed at decreasing the over use of opioids for the treatment of pain and encouraging the use of alternative therapies.

In the next Tentmaker, I will review the alternatives to opioids and how you can use opioids safely and effectively.

As always, please reach out to myself or any of the Parish Nurses with questions or concerns.

Peace and Good Health!

Donna

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### **Thrift Shop News**

The Thrift Shop has been holding our furniture sale on different dates to be more available to those who work during the week. Our next sale will be on Saturday, June 23<sup>rd</sup>, from 10-3. Once we have an opportunity to see what hours work best for our customers, we will finalize our new schedule. But for now, come see us on Saturday, the 23<sup>rd</sup> and see our furniture and art. Prices are reasonable, and the items are in great condition. Come see us at Bay House Business Park, 28850 Highway 98, Suite 203-204, Daphne. We are located between Yinzer's and Bay House Pub. Shop level parking is available between the building facing Highway 98 and the building facing N. Main Street. If you park on the Highway 98 side, we are upstairs. Look for the furniture sales sign on the banister.

July 7<sup>th</sup>, the Shop will be celebrating our 41<sup>st</sup> anniversary. We will be celebrating by offering mystery discounts between 10 and 40%. When you arrive at the register to pay for your purchase, you will draw your discount from our mystery jar. We will also have cookies for our customers. So, come help us celebrate this momentous occasion. Remember, your purchases allow us to give back to our local community and to help all of God's children.

Summer is upon us and while many volunteers are on vacation, the Thrift Shop needs volunteers to work a shift or come any time you are able. Please consider volunteering for a few hours a week. The Church's youth could be a big help and volunteering is a great distinction when applying to different colleges and universities. If you are interested, please stop by or call the Thrift Shop if you can assist us.

St. Paul's Episcopal Church  
28788 North Main Street  
Daphne, Alabama 36526

US Postage Paid  
Non Profit  
Permit 46  
Daphne, AL  
36526

**Return Service Requested**

## St. Paul's Episcopal Church

28788 North Main Street

Daphne, Alabama 36526

The Rev. Thack H. Dyson, *Rector*

Paul Anderson, *Church Musician/Organist*

Mark Costlow, *Life Center Sexton*

Tina Erickson, *Youth leader*

Elizabeth Faust, *Christian Education*

Joan McKnight, *Staff Assistant*

Terri McMillan, *Administrative Assistant*

Becky Costlow, Manager -- St. Paul's Thrift Shop -- Telephone: 251-626-6102

Mary Haulard, Administrator --*St. Paul's Preschool* — 251-626-2774

Office Hours 8:00 a.m.—4:30 p.m. (Monday-Thursday)  
8:00 a.m. — Noon (Friday)

Church Telephone: 251-626-2421 Fax: 251-626-2456  
E-mail: [officestpaulsdaphne@gmail.com](mailto:officestpaulsdaphne@gmail.com)

*We worship together as we seek God, serve God,  
and share God with love and acceptance for all.*