



October 2023

MARY & MARTHA'S MESSAGE

news for
The Women of the Episcopal
Diocese of Milwaukee

October In the Diocese

Dialogue Prayer

Almighty God, we come before you asking grace and wisdom for all who are called to discern your mission for the church in Wisconsin. May we listen to one another in humility and always seek your will. We pray in the name of Jesus, the head of the church. Amen.

Dialogue Steering Committee

In Times of Conflict

O God, you have bound us together in a common life. Help us, in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together, with mutual forbearance and respect; through Jesus Christ our Lord. Amen

The Book of Common Prayer, p. 824



The Daughters of the King
Fall Gathering — Equipping the Saints
Details pp. 2 & 3
Mary Oliver **poem** p. 4
Resources for Thanksgiving, Advent, and
Christmas p. 5

St. Paul's, Milwaukee

Midday Prayer, 1/2 hour, at Noon

Thrift Shop Fall Schedule

Saturdays, 10 am — 2 pm

2nd & 4th Tuesdays, 10 am — 2 pm

14 All Saints, Milwaukee

Historic Timeline, 10:30 am — 2:30 pm
150th Anniversary

15 to 29 St. Mark's, Beaver Dam

Silent Auction

15 All Saints, Milwaukee

Majesty & Mystery, 3 pm

Bach Chamber Choir

\$18 ahead or \$20 at the door

21 **176th Diocesan Convention**

Marriott Madison West Hotel

9 am — 5 pm

NOVEMBER

4 Trinity, Wauwatosa

Awesome Auction for Outreach

All bidding online

Contact: trinitywauwatosa.org/auction

4 All Saints, Milwaukee

Choral Evensong, 4 pm

Followed by reception

10 to 12 **Youth Lock-in**

Pine Lake Camp, Waupaca

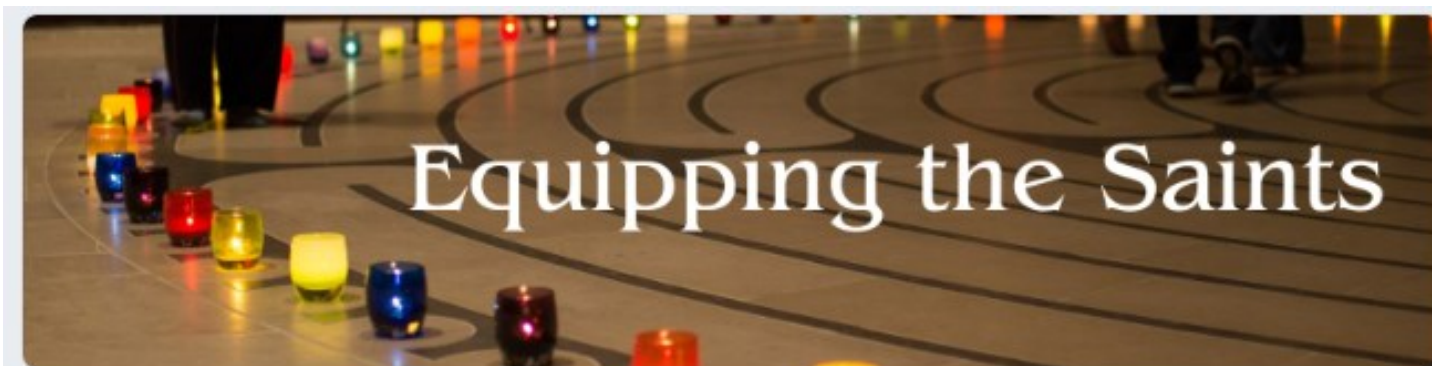
11 St. Mary's Dousman

Blessed are the Peacemakers

Conflict Management/Trialogue vote

Discussion — 9 am to 2 pm

RSVP St. Mary's



The Daughters of the King Third Fall Gathering — Equipping the Saints

When: Saturday, November 4, from 9 a.m. to 4 p.m.

Where: Zion Episcopal Church in Oconomowoc

Cost: \$20 at the door (Cash or check only)

We will offer a variety of practical hour-long workshops to help attendees to grow more deeply in prayer and in their relationship with Jesus. A light breakfast, refreshments and lunch will be served, and Eucharist celebrated later in the day by Fr. Thomas Buchan.

Participants may choose three of the following workshops:

The Practice of Abiding: Prayer during Turbulent Times

Journaling with Jesus

Praying with Icons

Meditation 101

Gratefulness

Lectio Divina or Meditative Reading of Scripture

Beads and Breath

Meditation in Motion

Detailed descriptions of these are on **page X**.

The church and side chapel will be available throughout the day for private prayer. The Labyrinth will also be available throughout the day.

Fr. TJ Humphrey and Deacon Rebecca Terhune will be our onsite clergy.

For more information, contact Sharon Williams at 608-290-0635 (voice or text) or email at

sharonpwlms2@gmail.com

To register online please paste this address into your search engine —

<https://docs.google.com/forms/d/e/1FAIpQLSf9wrtddxnJMZKB9GMIwVS4EKJS27f9aGE2H3SvT2X0wWvpww/viewform>

Workshop Descriptions (You will choose three below.)

The Practice of Abiding: Prayer during Turbulent Times (Gloria Alt) Gloria is a trained spiritual guide and workshop facilitator. She shares four core principles--Commitment, Intentionality, Perseverance, and Transformation--to help us, at all times, to stay present, prayerful, and secure in God's love.

Journaling with Jesus (Paula DeRubeis) Paula was an elementary school teacher extraordinaire for many years. She spends creative time with God by writing and using her artistic flair to listen and discern God's will by praying with her pen in hand!

Praying with Icons (Nancy Gezella) Nancy is a prolific "writer" of icons and a frequent retreat leader. She will tell us about the highly specialized, symbolic, and prayerful techniques used to write icons and which have been used for centuries. She has helped many to learn to "sit with icons" as a form of prayer. Copies of icons will be available for purchase.

Meditation 101 (The Rev. TJ Humphrey) Father TJ is the rector of St. Paul's Episcopal Church in Beloit and Trinity Episcopal Church in Janesville. Come and learn about the ancient mantra meditation method the desert fathers and mothers used during the time of John Cassian in the 4th and 5th centuries. Though ancient, this meditation method is powerful and perhaps more relevant than ever.

Gratefulness (The Rev. TJ Humphrey) Father TJ is a graduate of Nashotah House and was deeply inspired by spending time in silence and prayer with the hermits of the New Camaldolese Benedictines in Big Sur, California. Come and learn about how we can extend the spirituality of the Eucharist into everyday life. As we reflect on the writings of St. Paul, we will discover the power of gratefulness.

Lectio Divina or Meditative Reading of Scripture (Georgia Irre and Nancy Bauer) Georgia is a trained spiritual director, and Nancy is a registered yoga instructor. Nancy will lead us in some simple chair yoga to relax and help focus us before we begin this time-honored practice of meditative reading of scripture. We will use a piece of scripture from that Sunday's lectionary. There may be some surprising gifts from this workshop!

Beads and Breath (Janet Irvine) Janet is a clinical psychologist who incorporates focusing on the breath, using beads, internet apps, music, visuals and a prayer word or phrase as a multi-sensory approach to slowing down, looking within, and discovering God's presence.

Meditation in Motion (Sue Whitford) Sue has taught tai chi for over 24 years. Her aim has been to develop balance, strength, and tranquility through the use of gentle, whole-body movement. This practice serves to help our "monkey brains" to slow down, learn to focus, and quiet the soul, body, and mind in order to hear the voice of God amidst the noisy world in which we live.

Unstructured options will be available throughout the day:

- Walking the Labyrinth presented by Robin Ertl. Robin has developed "Labyrinth to go," so it travels where it's needed! The practice of walking the labyrinth was developed centuries ago and enables its participants to prayerfully walk a beautifully designed pathway to provide discernment for God's working and will.
- Silent prayer and meditation in the sanctuary and the side chapel.
- Please bring any of your used books on prayer or spirituality to donate for our popular "Take a Book—Give a Buck Table."

In Blackwater Woods
By Mary Oliver

Look, the trees
are turning
their own bodies
into pillars
of light,
are giving off the rich
fragrance of cinnamon
and fulfillment,
the long tapers
of cattails
are bursting and floating away over
the blue shoulders
of the ponds,
and every pond,
no matter what its
name is, is
nameless now.
Every year
everything
I have ever learned
in my lifetime
leads back to this: the fires
and the black river of loss
whose other side
is salvation,
whose meaning
none of us will ever know.
To live in this world
you must be able
to do three things:
to love what is mortal;
to hold it
against your bones knowing
your own life depends on it;
and, when the time comes to let it
go,
to let it go.



I Am a Lay Person

I am a lay person.

Every hour of the day, I am either helping or hindering God's purpose for the world. My influence is often greater than the clergy because they are looked upon as professionals. And I am one of millions of Christian lay people, while the clergy are numbered in thousands.

I am a lay person.

I may have a family. As a family member, I realize that what I do has far more influence than what I say. I take my family to Church. God is remembered in our home, at our table and in private and family prayer.

I am a lay person.

I may have a job. In that job I am often making contacts with other people – fellow-workers, customers, sales people, clients. My acceptance of Christ as my Lord determines my attitude toward these people. They recognize that they are talking with a Christian when they talk with me. They recognize in me qualities of strength, confidence, decency, helpfulness, and justice.

I am a lay person.

I am a Church member. My attitude toward this membership, Church attendance, and religious conviction is not one of concealment and apology, but one of justifiable pride, not in myself, but in the Church of which Jesus Christ is head and I am a member.

I am a lay person.

I live in a community. I work for the welfare of my fellow citizens. I consider such work part of my **responsibility and privilege as a Christian.**

I am a lay person.

I am a friend. I offer my friends the love that is offered to me in the church. I try to treat them in ways that are right in God's sight.

I am a lay person.

I am a witness to Christ wherever I may be. Perhaps I don not like this idea, but I cannot avoid it. A light is shining before me. I follow the path that it illumines.

Adapted from a 1948 parish bulletin,
Christ Church, Houston

Ed. Note: Unless you're ordained, you are a
[proud] lay person!



Resources for —

Thanksgiving, Advent, & Christmas

United Thank Offering

offers free resources to help focus on gratitude throughout November. To download resources:

<https://unitedthankoffering.com/>

Living Compass

is again publishing Advent devotionals. This year's theme is Practicing Wonder with All Your Heart, Soul, Strength, and Mind. You can purchase printed devotionals or download the devotional as a pdf. Access them here:

<https://shop.livingcompass.org/collections/advent-and-lent-resources>

The Episcopal Church

is offering a number of resources for Advent and Christmas, including a customizable Advent and Christmas video, "A Sign for You" this year. You can access the collection of resources here:

<https://www.episcopalchurch.org/advent-and-christmas-resources/>

