



The Song of Saint Francis



Saint Francis by the Sea Episcopal Church, Salter Path, NC May, 2024

Parish Office Hours:

Tues-Thurs: 10 a.m.-3 p.m.



Weekly Activities

Prayer Shawl-Wed, 10 a.m.

Celtic Eucharist Service-Wed, noon

Other Activities

*Sun, May 5, 5:00 p.m.-Schola

Cantorum Evensong at St. Paul's Beaufort

*Tues, May 7, 11:00 a.m.-Meals on

Wheels Cook Date

*Fri, May 10, noon-Labyrinth Walk with Amanda Todd

*Tues, May 14, 11:00 a.m.-Meals on Wheels Cook Date

*Wed, May 15, 10:30 a.m.-Poetry Class with Penn Perry

*Fri, May 17, 5:30-7 p.m.-Art Gallery Opening

*Fri, May 17, 7 p.m.-Carteret Community Sunshine Band Concert

*Sun, May 26 - Trinity Center Sunday (camper collections ongoing)

*Sat, June 8, 10:00 a.m.-Labyrinth Walk with Amanda Todd

*Tues, July 30 10:00 a.m.-3:00 p.m. Blood Drive



For us it was the tacos. The night after our big move from little town to the big city we were all frantic with anxiety; we were terrified, excited, undone by the unknown world we had entered. Only when we sat down to homemade tacos in the tiny apartment that would be our "new" home, did we calm down. Oh, tacos...just like we always have for Thursday dinner. It was Thursday, just like at home. 'Please pass the guacamole.'

Transitions can be tough. Even daily ones from sleeping to waking, waking to sleeping, home to work or school and back again.

I just spent a week of intense daily transitions with an 18-month old while both of his parents were away together for the first time. Every day was familiar yet different, with mounting anxiety and no words to express it. From waking (*where are my parents?*) - to being dropped off at play school and picked up from play school (*where is my mother?*) - returning home (*where is my father?*) - and going to bed (*where are my parents?*). I couldn't explain. Only the familiar predictable daily routine and rituals (banana, walk, bath, book, etc.) kept his world from falling apart until they came home.

Without routines and rituals surely we would all fall apart. Routines organize our time. Rituals mark it. Routines help us get things done almost without thinking. Rituals make the ordinary extraordinary. Depending on the focus of your attention, tacos for dinner could be a routine or a ritual. Maybe both. Families are distinctive that way. The rituals of the Church mark what are usually big life transitions: baptisms, weddings, funerals, even house blessings.

We honor the gift of life itself by recognizing and marking those transitions in such a way that admits to our anxiety and yet also emboldens us to step out into an unfamiliar unpredictable future that will require new routines. The rituals of our faith tradition remind us that we step out into life trusting that God is with us all along the way, in the depths of our hearts, in the companionship of family and friends, and in the community of faith into which we have been called to walk together the way of Love.

When we routinely gather for the Eucharist, week to week, and offer ourselves, our souls and bodies to God in praise and thanksgiving for this life and God's love, in a way we ritualize our on-going transition from 'sleeping' to 'waking' over the course of a lifetime: Slowly we wake from the oblivion of 'going through the motions' to the mystery and meaning of our lives, as unique and precious and unrepeatable, and to the lives of others as unique and precious and unrepeatable, too.

We waken into the life of the risen Christ, Alleluia. Mary+



Vestry View
May 2024

Asking for help is not a weakness. It should be seen as a strength. Many of us are reluctant to ask for help. They feel as though they can do it themselves. It only took me 70 years to learn that it is ok to ask for help.

It is ok to accept an offer of help. This tells us the person really wants to help.

There are so many positive things happening here at St Francis as we have witnessed a wide variety of activities in the last few months. With these events we have touched so many families in our community.

Some of the events are:

- * Meals on wheels
- * Cooking and serving at Hope Mission
- * Collecting school supplies
- * Providing needs for the campers at Trinity center
- * Our annual Angel tree
- * Collecting food for Martha's mission during our annual Lobster fest

We even have a blood drive!!!!

I think one of the most important things that we provide is our love and support for each other. When we have someone in need, one phone call gets more help than you could ever ask for.

Pat Jones



What's Next In Our Shared Journey?

You recently heard our Senior Warden make comments regarding the creation of a discernment committee that will lead the search for our next rector. You also heard him emphasize a request for your input, your voice. Please take that to heart.

I encourage you to dare to think beyond today. What does our parish look like in one, three, five years or longer down the road? Consider what is now and dream of what could be.

Sure, transition can be hard. We sometimes fear the unknown. Fear not. Embrace change and seize upon it. Our work carries on. We are the church. I offer two comforting prayers from St. Luke's parish in Washington, DC.

Assist us, Lord, in living hopefully into the future. In the face of change, help us to set unnecessary fears aside and to recognize our potential for creative response. Help us to develop a reasonable optimism when confronted by "the new" and to guard against our own defensiveness. Be with us as we remember and celebrate former times, and keep us from unreasonable yearning for them, which takes us from the work you have set before us in our time. All this we ask in the name of your Child, our Savior, Jesus Christ. Amen.

God, we pray that You would grant us the Spirit of wisdom and discernment so that we may know You better and love You more. Give us an understanding heart so that we may be open to hear Your voice and hear You say, this is the path, walk in it. Amen.



I believe in our parish and the mission we have been called to.

Draw your Church together, O God, into one great company of disciples, together following our Lord Jesus Christ into every walk of life, together serving him in his mission to the world, and together witnessing to his love on every continent and island. - A New Zealand Prayer Book.

Terry Smith



Towel and Basin By Deacon Robin

Our kids' bags collection was a huge success! We collected **1,943 items** to fill kids' bags for distribution at Martha's Mission Cupboard. Thank you, St. Francis by the Sea, for your amazing response to this collection! The food and drinks you donated are already in the hands of kids who will be nourished by your generosity. Thank you for **feeding the hungry** around us.



We served more than 80 plates on April 6 at Hope Mission. Thank you to the generous donor who provided honey baked ham, and to the Meals Ministry Team for making and serving a delicious and hearty meal. The MMT is grateful to those who provided wonderful homemade desserts - they are always well received! Thank you for **feeding the hungry** in our community.

etc. Let's help our neighbors at Trinity Center make sure that every camper has the basics for safety and fun at camp. Please leave your donations on the table in the parish hall, or designate a monetary donation for "Camp Trinity supplies," and I will shop for you. We will wrap up this collection on Trinity Sunday, May 26, so that supplies are ready when staff and campers arrive. Thank you for **serving children and youth**.

Our May emphasis is the summer camp collection for Camp Trinity. Counselors often find that campers lack some necessities - beach towels, flip flops, water shoes, sunscreen, caps, swim goggles,



Our Meals Ministry Team continues to do great work for our community. We will cook on May 7th and May 14th at 11:00 AM, and anyone is welcome to join us. This ministry provides a weekend meal for those who receive Meals on Wheels during the week, and we are grateful to those who purchase ingredients to help us provide homemade meals to those in need. If cooking isn't your interest, you can still be part of this by providing ingredients; see the signup sheets on the Meals Ministry table in the parish hall. Donations designated to Meals on Wheels are always welcome. Thank you for **feeding the hungry**.

The Daughters of the King are providing ten book bags filled with school supplies for children who are served by the Farmworkers Ministry of the Diocese of East Carolina. This enables children to start their school year with the supplies they need for classwork and homework. Thank you, DOK, for **serving the needy**.



All of us need help from time to time, and as a loving community, let's care of each other. Some folks may need help with transportation to medical or other appointments, others may need prescriptions or groceries delivered to them. Those who are hospitalized or homebound may enjoy having visitors, and others may need meals in times when they're ill or facing difficulties. If you are interested in providing any of these services, the ***St. Francis Care Team*** may be the perfect place of service for you. Please pray about your involvement in this, and stay tuned for more details as this team takes shape. Thank you for **serving others**.

Thank you for being the hands and feet of Christ in our community.





A few weeks ago I was scrolling thru Instagram and came across a poem that touched me deeply. The Poet is Danusha Lameris and she wrote it during the pandemic.

Small Kindnesses

I've been thinking about the way, when you walk down a crowded aisle,
people pull in their legs to let you by. Or how strangers still say "bless you"
when someone sneezes, a leftover
from the Bubonic plague. "Don't die," we are saying.
And sometimes, when you spill lemons from your grocery bag, someone
else will help you
pick them up. Mostly, we don't want to harm each other.
We want to be handed our cup of coffee hot, and to say thank you to the
person handing it. To smile
at them and for them to smile back. For the waitress to call us honey when
she sets down the bowl of clam chowder, and for the driver in the red pick-
up truck to let us pass.
We have so little of each other, now. So far from tribe and fire. Only these
brief moments of exchange. What if they are the true dwelling of the holy,
these fleeting temples we make together when we say, "Here, have my seat,"
"Go ahead ___ you first," "I like your hat."

One line from The Daughters of the King motto which we say together at each meeting is, "I cannot do everything, but I can do something...." We believe that showing kindnesses in our everyday lives, acknowledging people in public places, smiling and offering help when we see a need, is one way to be Christ's hands on the earth.

The Daughters are charged to lift up our Priests, our Deacon, our Music Director, our Choir, our Vestry, our Staff and our Parishioners to God daily in our prayers. If you have a request for your family, friends or for yourself, reach out to one of us. Prayer requests are confidential. Sixteen of us offering prayers each day is very powerful.

Daughters of the King are: Pam Ball, Kay Brackins, Jerry Brunton, Joan Gracie, Carol Holland, Susan Johnson, Grace Kemp, Linda Keeter, Laura Leslie, Barbara McCreary, Marion Morris, Lisa Park, Beth Parker, Robin Smith, Rosemary Unger and Marion Youngblood



GREAT Second Blood Drive – THIRD Scheduled!

Our April 9 blood drive at Saint Francis By The Sea was another success! 22 donors successfully participated, and a quarter of the donors were from the greater community outside of Saint Francis! This is exactly what we need to see as we work to grow this outreach effort.

Thanks to EVERYONE who contributed to making our second drive a success – from the set-up/breakdown crew, the volunteers at the drive, and the cookie makers who are quickly helping to build Saint Francis' reputation as a great place to donate!

We have already scheduled a third drive here at the church – on **Tuesday, July 30 from 10AM-3PM**, and we will again be reaching out for volunteers soon. The online link below is live and ready for you to schedule your appointment, and we already have eight donors signed up for this upcoming drive!! Book now to give you the best chance of getting the appointment time you wish. You may also schedule by phone at **1-800 RED CROSS**. Please share this link with your friends and encourage them to also donate at our blood drive on July 30.

<https://www.redcrossblood.org/give.html/drive-results?dt=WB:PL:DR:PM&ed=07%2F30%2F2024&order=DATE&range=50&sd=07%2F30%2F2024&zipSponsor=28557>

Thanks for your donation on July 30! See you there!



Lay Ministry Schedule

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	May 5	May 12	May 19	May 26
Lector	Romaine Riddle	Penn Perry	Joey Mossor	Marian Goetzinger
Prayers	Terry Smith	Heather Perry	Mollie Mossor	Marion Youngblood
Altar Guild	Betsy Randall	Carol Holland	Gay Lea	Laura Leslie
Chalice	Heather Perry Penn Perry	Marion Morris Marion Youngblood	Marian Goetzinger Sarah Criddle	Elizabeth Sheeks Kelly Sheeks
Crucifer	Scott Shelton	Stover Morris	Frances Jenkins	Dale Elks
Torch Bearer	Sarah Criddle Terry Smith	Win Perry Holt Perry	Liam Mossor Elizabeth Sheeks	Bill Blanchard Kay Brackins
Audio	Stover Morris	Larry Castle	Stover Morris	Larry Castle
Video	Skip Kemp	Skip Kemp	Skip Kemp	Skip Kemp
Coffee Hour	Elizabeth Sheeks Kelly Sheeks	Outreach	Labyrinth Committee	Lisa Park John Park
Vestry of the Day	Terry Smith	Elizabeth Sheeks	Scott Shelton	Stover Morris



May Birthdays

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Sharon Culpepper-1
Kieran Venable - 1
Bob Gallo-4
Kyle Venable - 4
Meg Bradford-6

Craig Everett-8
Bob Hunt-8
Rachel Kemp-12
Betsy Randall-14
Roger Hahn-16
Joe Ragland-20

Owen Burns-21
Lavonda Van Benthuyssen-21
Wilton Burns-25
Jolene McCann-27
Heather Perry-31

* If you don't see your name above and would like to be added to our birthday list, please email or call the church office.

Art and Music Ministries



Our choir rehearses each Wednesday, from 4:30-5:30 p.m., and again on Sundays, at 9:15 a.m. prior to the beginning of our 10 a.m. Worship Service. We are always looking for additional choir members. Please join us at any time with no musical audition. All are welcome!





St. Francis by the Sea Episcopal Church
920 Salter Path Road
Salter Path, NC 28512

First Class Mail

Worship Service begins at 10 a.m. , casual dress welcome
Sunday school for ages 6-12 begins at 9:45 a.m.
Nursery is not available at this time.

If unable to attend, please visit <https://stfrancisbythesea.org/live> at 10 a.m. to view our worship service online or visit our website at www.stfrancisbythesea.org for additional information and viewing options.

St. Francis by the Sea Episcopal Church is a parish in the Diocese of East Carolina
The Right Reverend Robert Skirving, Bishop

Interim Supply Priest

The Rev. Mary Ogus

Priest in Residence

The Rev. Chris Carlin

Deacon

The Rev. Deacon Robin Smith

Vergers

Tim Bradford, Marion Morris

Parish Administrator

Ann Grigg

Treasurer

Dave Phillips

Sexton

George Grigg

Vestry Class of 2024

Stover Morris, Senior Warden

Elizabeth Sheeks

Scott Shelton, Junior Warden

Vestry Class of 2025

Kay Brackins

Dale Elks

Pat Jones

Vestry Class of 2026

Pam Ball

Sharon Birmingham

Terry Smith

Clerk of the Vestry

Korin Gagnon

Music Director

Craig Everett

Art Gallery Director

Tim Bradford



The Song of St. Francis is a monthly publication of
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