



The Song of Saint Francis



Saint Francis by the Sea Episcopal Church, Salter Path, NC July 2026

Parish Office Hours:

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

Weekly Activities



Prayer Shawl-Wed, 10 a.m.

Celtic Eucharist Service-Wed, noon

"Be Still and Know" Prayer Group-Tues, 10 a.m.

Other Activities

*Tues, July 14, 6 p.m.-Summer Book Discussion

*Tues, July 14, 28, 10 a.m.-Meals on Wheels Prep

*Sat, July 18, 8 a.m.-MOSF



"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." *Matthew 11:28-30*

Ask someone how they are doing, and their reply will usually include how busy they are. Our culture places great value on being busy. The more we are doing, the better. We like being and looking productive. We measure our worth by how full our calendars are. We are always striving to more, better, bigger. Truth be told, it's exhausting, isn't it?

Our minds and souls are busy too. We are masters of multi-tasking. We are overwhelmed with 24/7 information. Our responsibilities seem endless. Worries abound. We have to stay one step ahead. Our minds are constantly buzzing.

Jesus gives us a welcome invitation to rest. Whether we're working or retired, no matter our age or situation, we need rest - rest in body, mind and spirit. We need a chance to be still, to lay down the burdens we carry. Jesus understood this need. He modeled a healthy balance of work, prayer and rest. God built in sabbath as time for rest and reconnection.

How do we rest? This might be a challenge for us. We are not in the habit of resting. Some of us may not remember what rest feels like.

Jesus offers rest. Imagine that for a few moments, we don't have to earn anything, learn anything or worry about being worthy. We don't have to save anyone, including ourselves. We lay down guilt and anger. We open our eyes to the awe of creation. We take in God's goodness, in the knowledge that we are enough just as we are - known, loved and forgiven.

The blessed gift is there for the taking. In this bright summer season, may we find rest for our souls.

In Christ,
Mary Kay



VESTRY VIEW

This is my last time writing the Vestry View, which feels a little hard to believe. I am beginning my final six months of service on the Vestry, and while December will be the time for fuller reflections and a proper thank-you, I did not want this moment to pass without noting how grateful I am.

Serving in this role has given me a front-row seat to the many ways St. Francis by the Sea works—not just on Sundays, but throughout the week, in conversations, planning, prayers, small acts of kindness, and all the cheerful problem-solving that keeps parish life moving along.

These next six months will no doubt bring more meetings, more decisions, and probably at least a few surprises. But mostly, I hope they bring continued gratitude for this community and for the people who so generously give their time, energy, ideas, and faith to our common life.

Thank you for letting me serve, listen, learn, and occasionally remind people where we are on the agenda. I am looking forward to this final stretch with appreciation, good humor, and confidence in all that lies ahead for St. Francis.

With gratitude and affection,
Pam



Towel and Basin

By Deacon Robin

July is upon us, bringing more traffic, long lines at restaurants, hot days on the beach - and many visitors at St. Francis by the Sea. Thank you for offering them a warm St. Francis welcome.

We had a great collection for **Camp Trinity** campers, including 28 packs of goggles, 19 cans of sunscreen, 7 cans of bug spray, 2 containers of aloe vera, 7 pairs of water shoes, 14 swimsuits, and 18 towels. This will help make camp a great experience for those who need more than they were able to bring with them. Thank you for making this possible!

In July, the **Meals Ministry Team** will be busy. We will cook twice for Meals on Wheels; on the 14th, we'll make baked pasta with green beans and dessert, and on the 28th, the menu includes chicken broccoli casserole with carrots and dessert. We will send 90 meals each time for delivery to recipients of Meals on Wheels, and we will provide meals to parishioners and others who would like to have them. Remember that Love Meals are always available on the top shelf of the freezer in the upstairs kitchen; feel free to share them any time with anyone.



On July 18, we will serve lunch at **Hope Mission**. This daily meal is provided for those in our community who may face food insecurity, and we will participate in this effort in July, September, and November. The July meal will be ham (thanks to a generous donor!), potato casserole, green beans, rolls, and dessert. If you would like to provide a dessert, please sign up at the Meals Ministry table in the parish hall. Please prepare desserts in non-returnable containers that do not require refrigeration, as the space may be limited, and it's likely to be a hot day. You may bring desserts to the church Friday, July 17 between 1:00 and 3:00 PM, or deliver them to Hope Mission Saturday before 11:30 AM. If you would like to help serve the meal, please indicate that on the signup sheet; we'll need five or six servers.



Our **food recovery team** continues to do amazing work, picking up grocery recoveries, battling the tourist traffic, and delivering food to Martha's Mission. Much of the produce, bakery items, and meat that we distribute at Martha's Mission comes from these recoveries; they make a huge difference in what families receive. We have volunteers picking up food six days each week. When you see these folks, thank them for their faithful service in this ministry: Bill and Vicki Blanchard, Sterling and Donald Williams, Wayne Perry, Dave Robertson, Jay Randall, Andy Wheatcraft, Terry Smith, Katherine and Terry Parrish, Stover Morris, Larry Castle, Beth Beswick and Bob Blaylock, Clark and Martha Edwards, Kathy Driver, Laura Leslie, Robin and Ed Miner, Scott Hum, Elizabeth and Kelly Sheeks, Frances Jenkins, Andy and Sukey Mullins, Scott Shelton, and Jim Holland.

It is a joy to serve with you as we seek to be the hands and feet of Christ in our community. Thanks be to God for your commitment and generosity.



Education for Ministry By Deacon Robin

Education for Ministry, or EfM, is a four-year program designed to help seekers who desire a deeper spiritual journey. It is based on several assumptions:

All people of God are theologians

Spiritual growth requires discipline

Worship, prayer, and theology are core religious practices

Without discipline and intention, transformation does not occur

We are creating a common language to discuss transcendent things

We seek to understand and identify the source of personal faith beliefs

We pray to find incongruence between our actions and our responses and choices

We seek insight into why we believe and act the way we do

Our EfM group meets each Tuesday evening at St. Andrew's in Morehead City from September through May, discussing our readings and engaging in theological reflection. In the first year, participants study the Hebrew Scriptures; year two delves deeply into the New Testament; year three focuses on the history of Christianity; and year four studies theology.

There is also a one-year option, called Wide Angle, for those who have completed the four years and/or those who want a one-year EfM experience. Wide Angle is open to anyone, whether or not they have prior EfM enrollment. There is tuition paid to the School of Theology, University of the South at Sewanee, that is roughly \$370 annually, and participants purchase their own textbooks and need online access. Scholarships and other financial support is available, and there may be textbooks available to borrow from others in the group.

Please do not let the tuition stop you from joining; see Deacon Robin about options for the expenses.

EfM
EDUCATION FOR MINISTRY



If this sounds interesting to you, see me or one of our continuing participants: Craig Everett, Jackie Shertzer, Terry Smith, Kathy Driver, Frances Jenkins, Debbie McLean, Marion Morris, or Nora Webb for more information. Registration will begin mid-July, and we have two open spots for our group. We will resume in early September, and we look forward to a great year of seeking, learning, and growing in our spiritual journeys.



SUMMER READING

FROM THE DAUGHTERS OF THE KING

Are you looking for a spiritual book to read during the summer? The Daughters of the King (DOK) read and discuss spiritual books during our bimonthly meetings. Our mission is focused on prayer, service and evangelism. We read books that will facilitate our spiritual nourishment to be able to accomplish our mission.

Our last book was “Accidental Saints – Finding God in All the Wrong People”. The author is Nadia Bolz-Weber, who is the founding pastor of the Lutheran House for All Sinners and Saints in Denver, CO. The Amazon description follows. “Tattooed, angry and profane, this former standup comic turned pastor stubbornly, sometimes hilariously, resists the God she feels called to serve. But God keeps showing up in the least likely of people—a church-loving agnostic, a drag queen, a felonious Bishop and a gun-toting member of the NRA.” This book describes what happens when ordinary people share bread and wine, struggle with Scripture together, and tell each other the truth about their real lives.

For me one of the most memorable chapters in “Accidental Saints” is titled, “The Dogs of Good Friday”. In 2013, continuing a practice started on the church’s first Good Friday, folks gathered at a site where an act of brutal violence had taken place in the city. That year a month earlier a twenty-three-year-old mother shot her own children, ages four, two, and one, before turning the gun on herself. Only the two-year-old girl survived. After a meaningful Good Friday service at the church, folks gathered at the dark junkyard-dog menaced site where the shooting had taken place. With the crucifix at the center of the gathering, several chants were sung, prayers said, and purple tulips were placed lovingly on the ground. The barking dogs were silent. Later several of the neighbors relayed how grateful they were and how listening and seeing from inside their homes helped to bring a sense of healing.



Another book members of the DOK read and discussed was “Blessed Are the Women-Naming and Reclaiming Women’s Stories from the Gospels” by Claire K. McKeever-Burgett. She is an author, creative contemplative and spiritual leader who has dedicated her life to bridging spirituality and social justice. She combines her personal journey with the stories of ten remarkable women from the Bible: Elizabeth, Mary, Anna, Eve, Adama, Miriam, Susanna, Edith, Amira and Mary Magdalene. For each of the women, there is a description of her story: liturgy with prayer, song and Bible passage: reflection and curiosity: and public witness. After reading about Adama, the woman who had been bleeding for twelve years and was healed by Jesus, the Daughters of the King made a donation to the local Katey’s Kits. This organization collects, purchases and supplies feminine hygiene products to young women who are experiencing period poverty.

Our next book is “The Monastic Heart – 50 Simple Practices for a Contemplative and Fulfilling Life” by Joan Chittister. Joan is a Benedictine Sister of Erie and is an internationally known writer and lecturer and executive director of Benetvision, a resource and research center for contemporary spirituality. In this book there is a description of each practice and how to integrate the practice into our life.

Most of the DOK members have hard copies of the books. We would be most happy to lend you a copy of the first two books and the third book after we complete our study. The St. Francis Daughters are Pam Ball, Kay Brackins, Sarah Criddle, Kathy Driver, Joan Gracie, Carol Holland, Susan Johnson, Laura Leslie, Marion Morris, Lisa Park, Beth Parker, Robin Smith and Rosemary Unger.

Laura Leslie



The Summer Day (1992)

Mary Oliver

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?



Lay Ministry Schedule

10

	July 5	July 12	July 19	July 26
Lector	Jackie Shertzer	Katherine Parrish	Betsy Randall	Cecile Shenkan
Prayers	Carol Holland	Elsie Phillip	Carrie Stroud	Nora Webb
Altar Guild	Betsy Randall	Frances Jenkins	Elizabeth Sheeks	Jean Smith
Chalice	Libba Shelton Scott Shelton	Terry Parrish Terry Smith	Elizabeth Sheeks Kelly Sheeks	Sarah Criddle Frances Jenkins
Crucifer	Donald Johnson	Jami Turner	Liam Mossor	Kelly Sheeks
Torchbearers	Sarah Criddle George Grigg	Martha Edwards Kelly Sheeks	Scott Shelton Jami Turner	Don Sparrow Rosemary Unger
Greeters	Cecile Shenkan	Mary Phillips Dave Phillips	Ann Hines Jean Smith	Melanie Hum Scott Hum
Audio	Stover Morris	Larry Castle	Stover Morris	Larry Castle
Video	John Clarke	Skip Kemp	John Clarke	Skip Kemp
Coffee Hour	Kelly and Elizabeth Sheeks	Pam Ball/Gay Lea/Betty and Dick Watson	Sterling and Donald Williams/Craig Everett/ Donald Johnson	Elizabeth and Bruce Jobe
Vestry of the Day	Terry Parrish	Laura Leslie	John Clarke	Terry Smith



July Birthdays

11



Judi Matzke – 2
Jeanie White – 5
Betty Watson – 6
Larry Castle–7
Beth Beswick–9
Logan Whitehurst–10
Mary Ann Tormey - 12
Vicki Blanchard–13
Jim Delsordo - 17

Amy Hahn–19
Skip Kemp–23
Stover Morris – 23
Carrie Stroud -25
Trish Randall–26
Bruce Jobe - 27
Nora Webb - 28
Clark Edwards-29
Sharon Watling – 30

* 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.

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 Sarah Fisher, Bishop

Rector

The Rev. Mary Kay Brown

Priest in Residence

The Rev. Chris Carlin

Deacon

The Rev. Deacon Robin Smith

Parish Manager

Stover Morris

Financial Administrator

Peggy Quinn

Treasurer

Dave Phillips

Sexton

Donald Johnson

Vestry Class of 2026

Pam Ball, Senior Warden

Sharon Birmingham

Terry Smith

Vestry Class of 2027

John Clarke, Junior Warden

Terry Parrish

Laura Leslie

Vestry Class of 2028

Bruce Jobe

Mary Kurek

Kathy Driver

Clerk of the Vestry

Korin Gagnon

Music Director

Craig Everett

Art Gallery Director

Tim Bradford

Vergers

Tim Bradford, Marion Morris

Communications

Penn Perry



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