



The Song of Saint Francis



Saint Francis by the Sea Episcopal Church, Salter Path, NC August 2025

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

*Friday, August 1, 5:30 p.m.-

Bradford Art Gallery Opening

*Friday, August 1, 7 p.m.-Jazz

Concert

*Tuesday, August 12, August 26, 11

a.m.-Meals on Wheels Prep

*Saturday, August 9, 8 a.m.-Men of

St. Francis Fellowship

*Wednesday, August 13, 5:45 p.m.-

Indoor Tailgating Event,



Song of St Francis August 2025

There are lots of different ways to take a walk. You can take a hike, generally a long walk away from houses and cars, in the woods or by a river or the sea. Pilgrimages often invite a purposeful long walk that may take you through some wildness while you wrestle with a question, a promise or a grief, on the way to your destination.

My husband and I walk the neighborhood streets in Beaufort near and along Taylors Creek, every day, weather permitting. In Beaufort these days, houses go up, houses come down, like a fever. “Was that there 6 months ago?” we ask each other. Every once in a while we notice for the first time a house that has been there ‘forever’, that we have passed by many times without seeing. The creek is always either flooding or ebbing, or slack.. On a “good sky day” the clouds dominate the scene. It is never the same walk twice.

Walking connects us to the ground upon which we hang as we spin through space on “this fragile earth our island home”, to compensate for the time we spend online, untethered and adrift.

All I have to do is walk out into my yard and around the small perimeter of our garden to recognize, more often than not, the need to reset my priorities, in the moment and for the longer term.

Walking reminds us that speed of travel, speed of accomplishment, isn’t everything. Getting there, wherever “there” is, most of the time, can wait. The most urgent thing that life requires of us, is to breathe, in and out.

Jesus walked the roads and through the villages of Galilee, except for a few boat trips across the lake, and his final entry into Jerusalem riding on a donkey.

Walking with Jesus is central to the lyrics of beloved hymns. You can name at least one, I’ll bet, and sing the first verse from memory.

The idea of going any faster than a ramble alongside Jesus somehow seems to defeat the purpose of being in his company.

(Though, in the movie “Chariots of Fire” the protagonist, Olympic runner Eric Liddell, a hopeful young missionary, says “I believe God made me for a purpose, but He also made me fast. And when I run, I feel His pleasure.”)



Make some time to take a walk every day and listen for the voice of the One who always walks alongside you. Mary+



VESTRY VIEW

SAINT CLARE



In June Terry Parrish wrote about St. Francis. I thought it would be helpful to learn about St. Clare, since our chapel is named for her.

Saint Clare was born in 1193 to a wealthy, noble Italian family. Before her birth her mother received a sign that her daughter would be a bright light of God in the world. As a child she was drawn to God, prayed fervently, visited the Blessed Sacrament, and manifested love toward the poor.

When she was eighteen, she heard St. Francis preaching in the town square during Lent, and she knew at once God wanted her to consecrate herself to Him. The next night Clare left her home, met St. Francis and his companions at the church; she shared her desire to follow him in his way of life of complete service to God. St. Francis received her, gave her his time, cut off her hair and sent her to a Benedictine convent since she couldn't stay with the brothers.

When Clare was twenty-two, St. Francis made her Superior of the convent, called the "Order of Poor Ladies of San Damiano". She served there for the next 42 years of her life until her death. The sisters lived according to a Rule which Francis gave them as a second order consisting of manual labor and prayer. They became known as the "Poor Clares" with a life of austerity, poverty, ministry to the sick and seclusion from the world. The sisters were silent most of the time with an emphasis on contemplation. Later her mother and sister, who became Saint Agnes, joined the order. Now there are over 20,000 nuns in over 75 countries.

St. Francis always remained St. Clare's great friend and inspiration. Clare was obedient to his will and to the ideal of gospel life which he was making real. She encouraged and aided the man she saw as a human spiritual father figure; Clare cared for him as he grew old. Clare strove for mutuality with the brothers and their leaders.

There is a well-known story concerning St. Clare's prayer and trust in God. When the order was being faced by an attack of invading Saracens, she had the Blessed Sacrament placed on the walls of the convent. Clare prayed, "Does it please you, O God, to deliver into the hands of these beasts the defenseless children I have nourished with your love? I beseech you, dear Lord, protect these whom I am now unable to protect." To her sisters she said, "Don't be afraid. Trust in Jesus." The Saracens fled.

In 1253 on her deathbed, Clare stated, "Go forth without fear, Christian soul, for you have a good guide for your journey. Go forth without fear, for He that created you has sanctified you, has always protected you, and loves you as a mother." These words ring true for us at St. Francis.

Laura Leslie



Towel and Basin

By Deacon Robin

August is already here! The beach is full of tourists, and the stores are full of school supplies. It's a great time to be involved in ministry projects at St. Francis by the Sea.

Thank you to the faithful Meals Ministry Team, who continue to prepare delicious and hearty meals for delivery to Meals on Wheels recipients. We will make macaroni and cheese with ham, vegetables and dessert on Tuesday, August 12. On August 26, the menu will be chicken broccoli casserole with carrots. We always prepare extra, so if you need to have meals delivered to you, let us know; also, feel free to take extra frozen "Love Meals" from the top shelf of the freezer any time for yourself or someone you know who would enjoy a meal. All are welcome to enjoy! **Thank you for feeding the hungry.**

In August, we will collect **individually wrapped** healthy snacks for the children at Carteret Preschool. Their staff is so grateful for the support from St. Francis by the Sea. Many of the children served at Carteret Preschool are NC PreK students. NC PreK is a needs based program for four year-olds who meet one or more of the following risk factors:

Income at or below 75% of the state median income level

Identified developmental disability

Limited English proficiency (LEP)

An educational need indicated from an approved developmental screening or an existing Individualized Education Plan (IEP)

A chronic health condition as indicated by the diagnosis from a professional health care provider

Children who are the dependent of a member of the United States Armed Forces, that was on active duty within the past 18 months, injured while serving, or killed while serving

At this link, you can learn more about Carteret Preschool:

<https://carteretcountycpc.ss19.sharpschool.com/>



Individually wrapped snacks needed at the preschool:

Goldfish
Cheez-its
Whales
Mandarin orange cups
Nabs (especially Ritz and Captain Wafers)
Vanilla Wafers
Pretzels
Animal crackers
Graham crackers
Popcorn
Chocolate chip chewy granola bars
Fruit and gummy snacks
Saltine crackers

If you would like for me to shop for you, contact me at sfbtsdeacon@gmail.com . **Thank you for serving needy children in our community.**

On September 11, we will once again serve the first responders in Salter Path/Indian Beach, who do so much to help our community. There will be a signup sheet on the Meals Ministry table in the parish hall if you would like to contribute to this project. **Thank you for serving those who serve us.**

Many thanks for your good wishes as we have traveled with Schola Cantorum, joined by members of the choirs from St. Paul's in Beaufort and St. Michael's in Raleigh, for a choral residency. It has been a magical experience to sing in St. Mary's Episcopal Cathedral in Edinburgh and Carlisle Cathedral in England. It is a joy to know that we Episcopalians at St. Francis by the Sea are part of a large and vibrant Episcopal family across the globe. Schola Cantorum will sing Evensong at St. Francis at 5:00 PM on August 16, so join us then.

Terry and I are grateful to the Meals Ministry Team and the Food Recoveries Team for carrying on while we have been away. Thank you!



THE RULE OF PRAYER

by Rosemary Unger

When we become members of the Order of the Daughters of the King, we commit to a Rule of Prayer and a Rule of Service. Of course, prayer and service are not mutually exclusive, and in fact are at their best when blended. As Dorothy Day said, "I believe some people — lots of people — pray through the witness of their lives, through the work they do, the friendships they have, the love they offer people and receive from people. Since when are words the only acceptable form of prayer?"

As part of my group's discernment process on the way to becoming Daughters, we practiced writing prayers called collects. Here at St. Francis, we pray a Collect of the Day together in the beginning of our worship service, and the use of collects in Christian worship date back to at least the 5th century Roman church. Collects have a specific structure in much the same way that haikus and sonnets are poems with a defined form. One genius of the collect structure is that we begin by focusing on God. Before we make our petitions, we address God and acknowledge the quality or characteristic of God upon which our prayer requests are based. For example, this is a collect I wrote during my DOK discernment:

(address)	O Lord of all,
(acknowledgement)	Who loves us steadfastly and unconditionally,
(petition)	We ask for your help in being your compassionate hands and feet in the world, In order that everyone we meet will know they are loved and valued, Through Jesus, who is our model for living a humble and empathetic life.

Of course, our prayers don't have to follow a special form, but I do think it is important to remember that prayer begins with a focus on God, rather than on our often overwhelming list of petitions. One prayer tool we have available here at St Francis by the Sea is our labyrinth, which can be helpful when we struggle to center our attention and thoughts on God. Since you can't get lost in a labyrinth, you can keep your body busy walking slowly into the center and back out again, while you pray.



In her poem "Praying", Mary Oliver reminds us that prayer also includes listening:

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.

Our chapter of the Daughters of the King is committed to praying for the needs of our St. Francis parish. We maintain a box in the back of our sanctuary where you can place your prayer requests, which will be added to our confidential prayer list. You can also simply contact one of us with your requests.



Mary Oliver



Lay Ministry Schedule

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	August 3	August 10	August 17	August 24	August 31
Lector	Sharon Birmingham	John Koch	Libba Shelton	Mary Kurek	Kelly Sheeks
Prayers	Debbie McLean	Kathy Driver	Elizabeth Sheeks	Lisa Park	Kay Brackins
Altar Guild	Jean Smith	Carol Holland	Betsy Randall	Laura Leslie	Gay Lea
Chalice	Elizabeth Sheeks Kelly Sheeks	Martha Edwards Terry Parrish	Frances Jenkins Marion Morris	Dale Elks Jami Turner	Libba Shelton Scott Shelton
Crucifer	Frances Jenkins	Tim Owens	Kelly Sheeks	Scott Shelton	Jami Turner
Torch Bearer	Sarah Criddle Don Sparrow	Kay Brackins Terry Smith	George Grigg Tim Owens	Bill Blanchard Marian Goetzinger	Martha Edwards Sarah Criddle
Audio	Stover Morris	Larry Castle	Stover Morris	Larry Castle	Stover Morris
Video	John Clarke	Skip Kemp	John Clarke	Skip Kemp	John Clarke
Coffee Hour	Martha and Clark Edwards	Betsy and Dick Watson / Marian Goetzinger	NONE—Choir Con- ference / Bishop Sunday	Pam Ball John Clarke	Daughters of the King
Vestry of the Day	Kay Brackins	Dale Elks	Lisa Park	Pam Ball	Sharon Birmingham



August Birthdays

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Sterling Williams-1
Korin Gagnon - 7
Sarah Lawrence-7
Tom Shuping-8
Poole Lawrence - 9
Chris Carlin - 10
Denise Chase - 12
Bill Bottlinger-14
Brad Jenkins-14
Jackson Westbrook-15
Carl Ragsdale-16

Tyler Westbrook-21
Amanda Whitehurst -21
Linda Cumberland-22
Margaret Hunt-22
Patty Gares-23
Mollie Mossor-24
Lisa Park - 25
Anne Clarke - 26
Joe Nelson-29
Meredith Westbrook-29

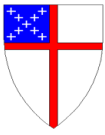
* If you don't see your name above and would like to be added to our birthday list, please email or call the church office.

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

Parish Manager

Stover Morris

Financial Administrator

Peggy Quinn

Treasurer

Dave Phillips

Sexton

George Grigg

Vestry Class of 2025

Kay Brackins

Dale Elks

Lisa Park

Vestry Class of 2026

Pam Ball, Senior Warden

Sharon Birmingham

Terry Smith

Vestry Class of 2027

Terry Parrish, Junior Warden

John Clarke

Laura Leslie

Clerk of the Vestry

Korin Gagnon

Music Director

Craig Everett

Art Gallery Director

Tim Bradford

Vergers

Tim Bradford, Marion Morris

Communications

Penn Perry



The Song of St. Francis is a monthly publication of
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