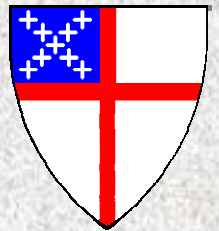


St. Paul's Epistle



The Newsletter of the Cathedral Church of St. Paul
September 2011

175th Anniversary Dinner

You are cordially invited to celebrate
the one hundred seventy fifth anniversary
of the founding of

The Cathedral Church of St. Paul the Apostle

**Sunday, the eighteenth of September
Two Thousand and Eleven
at six o'clock in the evening**

**Northfield Inn
Suites & Conference Center
3280 Northfield Drive
Springfield, Illinois**

Menu:
Tossed Salad
Grilled Chicken Breasts with Basil Cream Sauce
New Red Potatoes
Green Beans with bacon and onions
Rolls
Beverages
Anniversary Cake

Cash Bar Available

***This event is by invitation only. If you wish to attend and did not receive an invitation,
please email or contact the Church Office with your information.***

This is just a reminder to return your R.S.V.P. card indicating whether or not you are joining us in celebrating the 175th Anniversary of the founding of the Cathedral Church of St. Paul. Your card (and \$20 per person if you are attending) can be dropped into the collection baskets on Sunday or brought in or mailed to the Church Office during the week by September 13, 2011.

MEMBERSHIP

SEPTEMBER BIRTHDAYS & ANNIVERSARIES

Birthdays

- 9/7 Diana Herrmann
9/9 Kathy Marley
9/12 Nancy Bottorff
A. David Beck
9/14 Margaret Longhta
9/17 Bruce Steiner
9/19 Lenore Killam
Sue Laubersheimer
9/22 Marshall Kaylor
Mason Kaylor
9/28 Enid Hofstetter
9/29 Libby Turner

Anniversaries

- 9/1 Chuck & Susan Beard
9/16 Kent & Jan Kirkham
9/30 John & Alverda Wilson

BIRTHS

- 6/13 Will Bolt, son of Anna & William Bolt

DEATHS

- 4/28 Bruce Bachman, son of William and Barbara Bachman
8/14 Julia Noonan, wife of Patrick Noonan

BAPTISMS

We welcomed Reagan LouAnn Lovett and Willow Bryanne Lovett, daughters of Will & Courtney Lovett and Charles Matthew Lovett, son of Bryan and Tracy Lovett, in baptism on August 12th. Deacon Gerald Raschke officiated the ceremony.

On Sunday, August 21st, we welcomed Gabriel William Bradley, son of Glen & Andrea Bradley, grandson of Jim & Tracy Meyer, in baptism. Deacon Martha Bradley officiated the ceremony.

You are sealed by the Holy Spirit in Baptism and marked as Christ's own for ever. Amen

WE'RE CONNECTED:

- Website (New & Improved) for the St. Paul's Cathedral www.stpaulspringfield.com
- Do you have a Facebook account? If so, you can join the St. Paul's Facebook Group: <http://www.facebook.com/group.php?gid=126506647363541>
- Another way to join Cathedral's mailing list is to text us your email address from your phone. Text the word "Episcopal" to 22828 to get started! It's that easy!
- Watch your Constant Contact emails for frequently issued announcements and information pertaining to the Cathedral and events in the Parish.

If you're missing our emails or other electronic mailings, let us know! Email the Church Office at stpaulpca@comcast.net or give us a call, especially if you have a new email address.

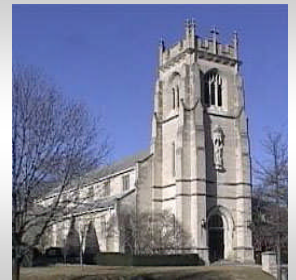
WORSHIP SCHEDULE

Sundays

- 8:00 a.m. & 10:30 a.m. Holy Eucharist
9:00 a.m. on 5th Sunday of Month
Weekdays in the Chapel
12:15 p.m. Mass M-Th
(No service 1st Monday of month)

OFFICE NEWS

Editors' Note: The Church Office will be closed at noon on Thursday & Friday, September 1 & 2, 2011 and all day on Monday, September 5th for Labor Day Holiday.



ST. PAUL'S EPISTLE DEADLINES: For the October 2011 issue, the deadline for articles is September 15th. Announcement requests are preferred emailed to Lori Casson at the Church office at stpaulpca@comcast.net. For more information about our Cathedral Church of St. Paul, please visit our website at www.stpaulspringfield.com or to submit items you wish to see on the site, send to stpaulwebmaster@comcast.net.

PARISH LIFE

WOMEN'S FORUM

Dear Women in Christ

The next forum is Sunday, September 11, 2011

Topic: How Economics is Home Economics: What has always worked through the years?

Time: 9:15 a.m. - 10:15 a.m.

Venue: The Parlor

Bible Verse: *Every prudent man acts out of knowledge* ~ Proverbs 13:16

Please join us as Dorothy Dennis-Raschke, a Home Economics graduate, with an MA in Administration-Economics from Rutgers University leads us through this session. She raised her three sons and then returned to college at night while holding a full time job at Rutgers University. She currently teaches reading and grammar to 5th graders and firmly believes home economics is not old fashioned!

We look forward to you also sharing what works for you!

Remain Blessed,
Yemisi Arogundade

SPIRIT KNITTERS

Spirit Knitters have resumed meeting each Wednesday evening from 6:00 - 7:30 p.m. and are making lap blankets for the residents of Oak Terrace HealthCare Center in the Café. Prayer shawls for the sick are still available at the Lawrence street entrance on the north side of the Nave. In order for us to pray for the recipient, please write down the person's name in the booklet, also found in the Chapel.

The group usually donates materials for these blankets and shawls but would appreciate any monetary donations you can offer. The average cost for these finished items is about \$20 each. For additional information, contact Alison Thieben at 546-3370.



MEN'S BREAKFAST GROUP



The next scheduled meeting will be at the **Le Peep Restaurant** (next to Cardinal Fitness on Koke Mill & Ginger Creek Drive) on Saturday, September 10th 8:00 a.m. New members are

most welcome. Come enjoy a nice breakfast and good conversation! Men, your sons or your friends are welcome, too!

COMMUNITY SERVICE

Rose Hutchcraft and Susan Blase are co-chairing our newest Outreach Program at Oak Terrace HealthCare Center.

UPDATE: Our Oak Terrace outreach program appears to be losing interest! I was there on Friday, August 26th, and either no one is signing in to our folder or I'm the only one visiting on a weekly basis. Hopefully, it's just getting our children back to school and vacations causing the slump. There are still some very sweet residents who would love to see a new face or spend a few minutes talking to you. Less than an hour a week can make a huge difference in someone's life. You can visit anytime during the day or evening, except during meals at 8 am, 12 noon, and 5 pm. Dogs on a leash are also welcome- many of the residents used to own dogs and miss their company. I will post the September Activity Calendar so if you'd like to help during nail polish time, or sing with a piano player or even play an instrument, you can check the times.

If you have any questions or comments, please feel free to contact me or Rose Hutchcraft. If you are interested in being a part of this new ministry, there is a sign-up sheet posted in the Café. If you've never gone to Oak Terrace, contact either Susan or Rose before starting your visits to be provided with general information and policies. For directions and more information about Oak Terrace, visit their website at:

<http://www.oak-terrace.com/index.html>

Thanks for your support,
Susan Blase, Parish Nurse



OUTREACH MINISTRIES

FOOD MINISTRIES PLANNING BREAKFAST

We gather for breakfast on the third Tuesday of each month at 8:00 a.m. to plan meals. In September we are meeting at Bob Evans Restaurant on the 20th. During the gathering we eat, visit and decide on the menus for each meal. If you can, bring a food item to pass on to Contact Ministries Women's & Children's Shelter. For more information call Jackie Charles at 546-7808.



CATHEDRAL CHALLENGE

During May & June, we collected a car load of items including 29 packages of diapers for the Mini O'Beirne Crisis Nursery. During July & August, we have collected paper goods for Sparc. A great job was done!

In September, we go back to Food! Food! Food! as we help Kumler Neighborhood Ministries refill their shelves after a busy summer. Any food items are welcome but proteins, such as canned meats, stew, tuna, peanut butter, etc., are especially needed. Please be generous as there are many hungry people needing help. Thank you for all you do!

SPARC DINNERS

On the 4th Tuesday of each month, a group from the Cathedral takes a simple supper to one of the SPARC Group Homes located here in the area. With food for about a dozen people, we arrive at the Group Home to serve the dinner at 5:00 p.m. and are finished by 6:30 p.m. The next meal is September 27th. We share in the meal with the individuals and a good time is had by all!

Bill & Cyndi Ledbetter, Joe Patterson, Suzanne Shear, Paul Fischer, and Linda Brodie are the cooks & servers for now but are always looking for new people to be part of their team in this special ministry. Call Linda Brodie @ 787-7719 for more information.



SPARC'S BATTERY PROJECT

The Cathedral is continuing to support to assist Sparc's Supported Employment Program by recycling old batteries. There is a collection box in the Café for your convenience. Because of your contributions, individuals from Sparc are paid to bundle and process used batteries in preparation for shipment to recycling facilities. Questions? Call Linda LoBue at 726-1839.



HELPING HANDS

Join us on Tuesday, September 6th, and Wednesday, September 28th, at 4:00 p.m. at St. Luke's to prepare a meal for the Helping Hands Homeless Shelter that will be delivered at 6:00 p.m.



FEED THE CHILDREN

The dates for Feed the Children are Sunday, September 25th. Cooks meet at St. Luke's at 9:30 a.m. Servers come at 11:15 a.m. with the meal to be served at 11:30 a.m.

SALVATION ARMY SHELTER

Feeding Ministries Team is now preparing and serving a monthly meal for the Salvation Army's Carpenter Street Shelter. We meet at 4:00 the 2nd Tuesday of each month to prepare the meal. This meal is not served until 6:00 p.m. so a person could come after work to help serve if they would like.

Our next date to do this is Tuesday, September 13th. Call Jackie Charles with questions at 546-7808.

CATHEDRAL'S CONTINUING COMMUNITY INVOLVEMENT

***Over the summer months, the Cathedral hosted a group of children attending a day camp during the week at the YMCA. Jill Steiner, Associate Executive Director, and an active member of The Cathedral, asked that we allow the children play time on our playground area for about an hour 3 days a week. We were thrilled, the children came, and the sounds of young voices were heard. To our delight, not a single problem arose and we welcomed the use of our facility in inclement or hot weather. We look forward to them coming again next year!

***On June 17th, The Cathedral supported the "Dentistry from the Heart" clinic by loaning the use of our folding chairs and tables for that day. This effort was to help make comfortable the many low-income families who came for the free dental care. A special thanks to Holly & Kurt Kleiss for all of their hard work and the use of their trailer to transport the items.

CHURCH MINISTRIES & MEETINGS

STEWARDSHIP

Our Annual Stewardship Campaign will begin September 15 - October 15, 2011. Watch for upcoming details in your bulletins and emails.
Dean Brodie

SUNDAY SCHOOL

Sunday School classes will resume September 18, 9:15 - 10:15 a.m. Children's classes will be:

- Ages 3 - pre-Confirmation
 - Confirmation class
- Post-Confirmation class (Teens)
Nursery Care provided from 9:00 a.m. to 11:45 a.m. on Sunday.
Anyone interested in teaching or substituting can contact Katy Yeley at 816-7158.



ADULT CHRISTIAN EDUCATION

Cathedral's Adult Christian Education classes will begin on Sunday, September 18th at 9:15 a.m. in the Canterbury House classroom. These classes will be led by Dean Brodie.



BLESSING OF THE ANIMALS

Watch your bulletins and emails for the date of the Annual Blessing of the Animals. This event coordinates with the Feast day of St. Frances of Assisi who died in 1226 on Oct. 4th. St. Frances is the Patron Saint of the animals. In years past, through the efforts of parishioner Anne Lindsay & her daughter, Jodie Childers, the day is full of much-loved pets and prayer on a Saturday morning.

ALZHEIMER'S WALK

On September 24th, 2011, the Alzheimer's Association is holding the Walk to End Alzheimer's at Washington Park Pavilion. I have posted a flyer in the Café as I am Captain of St. Paul's Team. On the 24th, registration begins at 8:00 am, the walk starts at 9:30 am and it is a 3 mile course. Last year Mark & Denise Kerhlikar and Denise's brother, Bob, all brought a different dog and we walked through fallen apples and goose poop for one mile on a perfectly beautiful day. We had a great time! If we raise more than \$100, which we did last year, we get t-shirts! I would love to see a bigger team from St. Paul's, so please check your calendar. It's a Saturday and I'm sure (almost) that it will be cooler! If you have plans already but would still like to support the team, please let me know. Any and all donations will be appreciated.

Susan Blase, Parish Nurse

KIDS KLUB

Kids Klub will have a Parent's/Organizational meeting on Sunday, September 25th after the 10:30 a.m. service. We will be going to Incredible Pizza on South 6th Street for their Buffet and fun. Group: bring your Sunday bulletin, you can eat for free! Bring your ideas and suggestions to this meeting.

Call John O'Conner for more information at 496-2460.



2011 RAFFLE WINNERS

This year, on July 31st, at the 5th Sunday Brunch, we held our drawing for the 2011 Annual Raffle. The winners this year were:

1. \$3,000 - Jackie Ptaszek (Robin O'Conner's mother)
2. \$1,000 - Katy Yeley
3. \$ 500 - Millie Burns
4. \$ 250 - Alison Thieben
5. \$ 250 - Denise Kerhlikar

Jackie Charles was the winner of a Fall Festival Drawing we also held at the Brunch. Congratulations to the winners!

CATHEDRAL'S CUTTING GARDEN



LOOK AT THIS SPOT!

With many thanks to Dick Burns, we have had another year of beautiful flowers to gaze at in wonder. The flowers have been used to glorify God in the church as the summer progressed! We are indebted to Dick and his green thumb and to Eileen Straeter-Kerr for her quiet work & watering of the gardens.

Sincerely,
The Flower Guild

MARK YOUR CALENDARS...



St. Paul's Annual Fall Festival

**Cathedral Church of St. Paul (Episcopal)
815 S. 2nd Street (2nd & Lawrence)
Springfield, IL 62704
217-544-5135**

**Saturday
November 5, 2011
4:30 p.m. to 8:30 p.m.**

Tickets \$15.00

Includes:

**McCormick's Pulled Pork Dinner
Live and Silent Auctions
Country Cupboard
Kids' Zone
Wine Wall
Musical Entertainment including
Springfield Choral Society**

PARISH NURSE BY SUSAN BLASE, R.N., B.S.N.

Everyone loves to take those 5 question quizzes in the magazines so I am providing an informative one for all of you from WebMD called the Stroke Risk Quiz. True or False:

1. The most important modifiable risk factor for stroke is high blood pressure.

The correct answer is true. People with high blood pressure are at a higher risk for stroke than people without high blood pressure. According to the American Stroke Association, most people who have had their first stroke have blood pressure greater than 160/95. Normal blood pressure is below 120/80. Lowering your blood pressure reduces your risk. People with blood pressure lower than 120/80 have about half the lifetime risk of stroke of those with high blood pressure.

2. Strokes rarely occur in people under 65.

The correct answer is false. The chance of having a stroke approximately doubles for each decade of life after age 55. A stroke can happen to anyone. The older you are, the higher your risk. A full 34% of strokes occur in people under 65. What causes early stroke? Researchers took a look at people who had strokes between the ages of 18 and 49. They found these key risk factors: high blood pressure, diabetes, current cigarette smoking, and more than two alcoholic drinks per day. Also, people with sickle cell anemia are at a higher risk for early stroke.

3. Most people who have a stroke don't survive.

The correct answer is false. Most people survive their stroke. Each year, about 700,000 people have a new or recurrent stroke, and 160,000 of them die. Today, more than 4 million stroke survivors are managing their health, often with the help of physical, speech, and occupational therapy. Still, stroke remains the third most common cause of death after heart disease and cancer.

4. Women are more likely to die of stroke than men.

The correct answer is True! Each year, about 60,000 more women than men have a stroke. Because women live longer than men, more women than men die of stroke each year. Men are more likely to have strokes at younger ages, so the survival rate is higher. Women tend to have strokes when they're older and more likely to die.

5. People who smoke daily double their risk of stroke.

The correct answer is true. Smoking is an even bigger risk factor than most people think. People who smoke have twice the stroke risk of nonsmokers. That's because smoking injures blood vessel walls and promotes hardening of the arteries, also a major risk factor for stroke. When smokers quit, their stroke risk drops after just two to four years.

So how did you do? Hopefully this little quiz helps remind you of the importance of maintaining a healthy lifestyle and checking your blood pressure regularly.



September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12:15 pm Holy Eucharist Lori - Vacation Office Closed at Noon	2 12:00 pm Al-Anon Meeting Lori - Vacation Office Closed at Noon Dean's Day Off	3 Altar Guild Team 1
4 12 Pentecost 8:00 am Holy Eucharist-Rite I 9:15 am Birthday & Anniversary Thanks Followed by Cake in the Café 10:30 am Holy Eucharist-Rite II with Baptisms	5 LABOR DAY OFFICE CLOSED	6 12:15 pm Holy Eucharist 3:00 pm Staff Meeting 6:00 pm Helping Hands Shelter Meal 7:00 pm Choral Society Practice	7 12:00 pm Al-Anon Meeting 12:15 pm Holy Eucharist 6:00 pm Spirit Knitters	8 12:15 pm Holy Eucharist	9 12:00 pm Al-Anon Meeting 4:30 pm Moore/Flatt Wedding Rehearsal Dean's Day Off	10 8:00 am Men's Group at Le Peep Restaurant 3:00 pm Moore/Flatt Wedding Altar Guild Team 2
11 13 Pentecost 8:00 am Holy Eucharist-Rite I 9:15 am Women's Forum 10:30 am Holy Eucharist-Rite II Choir Resumes	12 11:15 am Study Group 12:15 pm Holy Eucharist 7:00 pm Choral Society Practice	13 12:15 pm Holy Eucharist 3:00 pm Staff Meeting 6:00 p.m. Salvation Army Shelter Meal	14 12:00 pm Al-Anon Meeting 12:15 pm Holy Eucharist 5:30 pm DAR meeting in Great Hall 6:00 pm Spirit Knitters	15 12:15 pm Holy Eucharist 	16 12:00 pm Al-Anon Meeting Dean's Day Off	17 Altar Guild Team 3
18 14 Pentecost 8:00 am Holy Eucharist-Rite I 9:15 am Christian Education Begins for the year Donut Sunday 10:30 am Holy Eucharist-Rite II 6:00 pm 175th Anniversary Dinner	19 11:15 am Study Group 12:15 pm Holy Eucharist 7:00 pm Choral Society Practice	20 8:00 am Planning Breakfast @ Bob Evans 12:15 pm Holy Eucharist 3:00 pm Staff Meeting	21 12:00 pm Al-Anon Meeting 12:15 pm Holy Eucharist 6:00 pm Spirit Knitters	22 12:15 pm Holy Eucharist	23 12:00 pm Al-Anon Meeting Dean's Day Off	24 8:00 am Register 9:30 am Walk Alzheimer's Walk @ Washington Park Altar Guild Team 4
25 15 Pentecost 8:00 am Holy Eucharist-Rite I 9:15 am Christian Education 10:30 am Holy Eucharist-Rite II 11:30 am Feed the Children Kids Klub Meeting @ Incredible Pizza after 10:30 service	26 11:15 am Study Group 12:15 pm Holy Eucharist 7:00 pm Choral Society Practice	27 12:15 pm Holy Eucharist 3:00 pm Staff Meeting 5:00 pm SPARC Group Home Dinner	28 12:00 pm Al-Anon Meeting 12:15 pm Holy Eucharist 6:00 pm Spirit Knitters 6:00 pm Helping Hands Shelter Meal	29 12:15 pm Holy Eucharist	30 12:00 pm Al-Anon Meeting Dean's Day Off	

THE CATHEDRAL CHURCH OF SAINT PAUL

815 S. Second Street Springfield, IL 62704

Phone: 217-544-5135 FAX: 217-544-6741 Email: stpaulpca@comcast.net Website: www.stpaulspringfield.com

Diocesan Office & Staff **Bishop**

The Right Rev. Daniel H. Martins, D. D.

Assisting Bishop

The Right Rev. Donald J. Parsons, Th. D., D. D.

Archdeacon of Springfield

The Venerable Shawn W. Denney, J.D.

Diocesan Administrator

Sue Spring

Cathedral Clergy & Staff **Dean and Rector**

The Very Rev. Canon Robert E. Brodie, D. C. .L.

Bishop in Residence

The Right Reverend William G. Black, D. D.

Assisting Priest

The Very Rev. Gus Franklin

Priest Associate

The Rev. Thomas Patton

Deacons

The Rev. Martha Bradley

The Rev. Gerald Raschke

The Rev. John D. Wilson

Honorary Canons

The Rev. Elliot H. Blackburn

The Rev. Eckford DeKay

The Ven. William H. Moore, Jr.

Executive Assistant to the Dean

Lori Casson

Facilities Manager

Patrick DiGiovanna

Cathedral Organist

Alice Edwards, M. M.

Music Director

Marion van der Loo, M. M.

Parish Nurse

Susan Blase, R. N., B. S. N.

Altar Guild Director

Connie Lynn

Adult Christian Education Director

Norman D. Hinton, Ph. D.

Youth Christian Education Directors

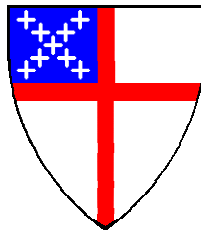
Anna Bolt & Katy Yeley

Web Administrators

Kurt & Holly Kleiss

Cathedral Librarian

K. Thomas Schaettle, M.M., M.L.S.



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Bishop's Warden

Norm Taylor

Dean's Warden

Norman D. Hinton, Ph.D.

Chapter Clerk

Connie Lynn

Finance Chair

William Ledbetter

Treasurer

Robert Smith

Chapter Members thru 01/12

Norman D. Hinton, Ph. D.

Mark Kerhlikar

Claire Ribelin

Paul Worrall

Chapter Members thru 01/13

Randy Abbott

Yemisi Arogundade

Becky Miller

Barber Potts

Chapter Members thru 01/14

Susan Beard

Martha Kichinko

Joe Patterson

Norm Taylor



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Springfield, IL 62704