



The Tentmaker

St. Paul's Episcopal Church

Daphne, Alabama

April 26, 2017

A Message from Thack

Alleluia! Christ is risen! I hope you had a glorious Easter. Now with Lent behind us and the Easter morning "Alleluias" are echoes in our memories, what next?

Even though we are "Easter" people, we are generally more intentional about our faith lives during Lent. We tend to be more introspective and some of us even make Lenten resolutions to be better Christians than we have been. However, for many of us, once Easter is behind us, we become forgetful of those Lenten promises and complacent about our faith. It's like our spiritual lives are more focused during Christmas, Lent and Easter, then revert to a "going-through-the-motions" kind of experience for the remainder of the year.

If your faith life seems to change according to the season, then consider Easter as a new beginning. Starting today, honestly evaluate your relationship with God and make an "Easter resolution" to improve that relationship. Ask yourself the following: Could my prayer life stand some improvement? Have I been wanting to get involved in a Bible study or in some of the other Christian education offerings at St. Paul's? Do I have this yearning to be a part of a small group of fellow Christians that meet regularly for prayer and mutual support? If the answer is "yes" to any of these questions, please contact me and I will help you discern how you can work on improving your spiritual life and deepen your relationship with God.

For me, my Easter resolutions for the coming year include the hope that I will be more faithful and open to the guidance of the Holy Spirit than ever before. I hope that I will be more compassionate, thoughtful, and respectful of the dignity of all of God's creation. Most of all, I hope that my relationship with God will become richer and more meaningful. To accomplish these goals, I will continue to be more intentional about my personal prayer life. I will read the Bible more intently. Finally, I will try to be more mindful of the needs of those I encounter in life. Embracing the call to be hospitable to strangers, I will endeavor to be more present to them and their needs.

Try not to look at Easter as the "end" of the church year for you, but as the beginning of a new season to improve your relationship with God. Let this be the start of an endless season of spiritual growth and faithfulness. Alleluia!

Peace, Thack

Mother's Day Offering for the Life Center

In case you weren't present in church when the announcements were made, Airrior Norwood came up with a wonderful suggestion of making a Mother's Day offering to the Life Center in honor, memory or thanksgiving of our mothers. Offering boxes are available in the narthex of the church. The hope is to get all parishioners, especially those who weren't at St. Paul's when we raised funds to build the Life Center, to participate in reducing the indebtedness on this wonderful part of our ministry at St. Paul's. We will gather and bless these offerings on Mother's Day, Sunday, May 14 at both services. In addition to your offerings, Airrior has requested that you put a personal note in your box that reads: "I make this offering in memory (or thanksgiving or honor) of my mother for: _____." Airrior's note will read, "I make this gift in thanksgiving for my mother's optimistic spirit." We will take these notes and compile them in a commemorative display that will be set up in Malone Hall.

Gracias, Merci, ou; ευχαριστώ, Danke!

I want to thank all of you who graciously offered your time and talent to help make Lent and Holy Week so special this year. My special thanks go to the following: the Cooking Ministry for preparing those wonderful Lenten suppers every Wednesday night for our Great Wednesday programs; the Altar Guild for preparing the church for the many worship services; the Flower Guild for transforming the nave into a festive space for Easter; the liturgical ministers who chalice, lectored, served, carried the cross and torches, rang the bells, verged, greeted, counted and ushered; the Lay Eucharistic Visitors for taking the sacraments to the home bound; Paul Anderson and the choir, the bell ringers, and Clay Rankin and New Song, who arranged, practiced and played the inspirational music we enjoyed during Lent and Holy Week; Mary Alice for her faithful support and sermons and for making Lent and Easter special to our youth; for our many adult volunteers who assist Mary Alice with our youth; Elizabeth Faust and her volunteers who supplied us with Lenten devotionals and crafts, and helped to make Easter so memorable for our younger children; the nursery volunteers who spent extra hours attending to our smallest members during the various services and activities; Terri and Joan who worked extra hours to prepare bulletins and inserts for the extra services and for holding me in prayer throughout Holy Week; Bishop Russell for helping to make our Easter Vigil and Confirmation service so special this year; our new Confirmands and the young people who received their first communion for being outward and visible signs of God's grace and for their commitment to God and the church; Rebecca and Virginia for their constant prayers and support; Joan, Donna Brown and the faithful yard crew for resurrecting our beautiful courtyard and grounds in time for Easter; Howard Wilson, Tim Michael and the vestry for their dedicated service whenever needed; Mark Costlow and his assistants who kept the Life Center and Garden of the Resurrection immaculate during Lent; the Thrift Shop for attending to the needs of the community and being a beacon of God's hospitality, especially during Lent; Airrior Norwood who does so much for all of us all the time; and the congregation of St. Paul's for being so caring, thoughtful and encouraging. God bless all of you and may you receive blessing after blessing this Eastertide. Thank

New Adult Sunday School Program

The Ten Commandments and Jesus' summary of the law were at one time near the very center of our culture and civilization. They teach us how we should act in our relationship with God and how to live as individuals and as a community. They were learned by heart and often repeated in public worship. They were inscribed in public places and often displayed in the home. For centuries, they were at the center of what Christians learned about their faith. Yet today they are little known and understood, let alone followed. Beginning May 7, we will study the Decalogue for four Sundays and learn again their importance to us as Christians. The classes will be held in Malone Hall at 9:20 a.m.



St. Paul's Spring Picnic

Our **SPRING Picnic** will be at **5 Rivers** on **May 7th** following the 10:30 service. Our St. Paul's Men's Group will be grilling burgers and hotdogs. Bring your own lawn chairs, a side dish, and anything else you might like to contribute! If you are planning to attend please try to let us know so we can get a headcount! A sign up sheet is now available in the narthex or you may call the office to add your name to the list.

**5 Rivers is located on the Causeway
at 30945 5 Rivers Blvd, Spanish Fort.**

**Take a left at the gate and
drive through to the back.**

BINGO: Your next opportunity to enjoy a delicious homemade spaghetti meal and play an exciting game of Bingo will be **Friday, April 28**. Your chances are better at winning at Bingo than buying a Lottery ticket! Dinner is only \$5 and is served at 6 pm. Bingo will begin at 6:30. 11 games of Bingo are \$20 for the packet of cards. Everyone is invited! We hope you will join us for this great time of fun and fellowship! Remember, all proceeds go to help pay for our wonderful Life Center!

GRADUATE RECOGNITION

Please let us know if you have a graduate that you would like to honor on May 14th during our services. Send a name and picture to ca.fst@hotmail.com by April 30th and we will honor your graduate with a decorative sign for our campus!



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5 Rivers is located on the causeway at 30945 5 Rivers Blvd, Spanish Fort. Take a left at the gate and drive through to the back.

***Last 8:00 Children's Chapel** will be May 7th. We will resume in August around school starting. We will still have 10:30 Chapel in McCann Hall every Sunday through the summer!

***MAD CAMP** (July 17, 19 and 21) for 6th graders and older who would like to participate in Vacation Bible School or even just help with set up. Counts as service hours for those who are earning!!!

***Vacation Bible School** will be July 24-27... **VOLUNTEERS NEEDED!!!!** Forms will be going out soon and we will be selling T-shirts this year!

Youth News

St. Paul's Youth has been busy the past few weeks. The SR High participated in the Maundy Thursday Night Watch with St. James at Beckwith, and our JR High just spent the weekend at JR High Retreat doing ropes course at Beckwith and a lock-in at church. If you're interested in getting your youth involved, contact the Rev. Mary Alice Mathison at mary-alice.mathison@gmail.com.

Coming up we have Youth Sunday on May 14. Hope you can all come and encourage our youth as they help lead the services at 8:00 and 10:30.



Platinum Treasures (Formerly No Age Limit Primetimers)

We are going on safari! Five Rivers Delta Safari, that is. On Monday, May 1, we will take the Delta Safari boat tour around the delta and a little way into the bay. It is a wonderful, well-narrated, smooth tour. The cost depends on the number of people, not to exceed \$20/person +tax. We will end the excursion with lunch at Bluegill. Leave St. Paul's at 10:30am. Sign up no later than Tuesday, April 25. Payment for the boat tour must be made in advance. Vivian Silliman, Cell (call or text): 315-727-2963, Email: sillimanv@gmail.com

platinum
treasures



ARTS & ENRICHMENT Camp

Ages 12 months - 6 years
(grouped by age)

CHILDREN OF THE KING
Create Treasures fit for Royalty!
June 5-9

MASTER CHEF COOKING & ART CAMP
The Art of Cooking,
Gardening and Creating
June 19-23

LITTLE DA VINCI SCIENCE & ART CAMP
Discovering the Wonders of
Science and Art
July 10-14

Camp is \$100 per week
from 7:00 am - 1:00 pm.
Water play-day included
in each week.
Extended hours are available
from 2:00 am - 5:30 p.m.
for an additional \$100.
\$15 non-refundable
registration fee.
Selling breakfasts available.



St Paul's
Episcopal Preschool
www.stpaulseasternshore.org

251-626-2774
287188 NORTH MAIN STREET • DAPHNE, AL 36626

PRAYER REQUESTS

Immediate prayer requests:

Ellie and Paul Anderson, Jim Blackwell, Sylvia Brown, Georgia Byrd, Connie Gonser, Mark Hale, Richard Harper, Bob Hillerby, Callie Hobbs, McLelland-Rae Johnson, Tyann Keown, Lance Monley, Dilana Norman, Grantham Lawrence Poole Reneau, Mike Sager, Robert Seale, Avos Stickney, Mary Lou Williams, Debbie Wilson

Ongoing prayer requests:

Glenn Addison, Allison Badurak, Marie Baggett, Blake Bauer, Jean Bolton, Lal Brown, Clare Castleman, Dawn Cort, Jim Council, Margaret Cummins, Jerry DeLoney, Trevor Hawkes, Theresa and David Johnson, Carol Keeney, Olen Lambert, Hunter Lee, Andy Lipps, Dick McBride, Janice Miles, Clare Moran, Donna Och, Sam Pace, Joey Pecarrere, Kaygan Pologruto, Loren Edward Rudolf, Ruth Skaggs, Cathy Slagle, Steven Stack, Gene Stealey, Jed Steber, Albert Thompson, Sally Thornton, Bill Waid, Jane Watkins, Caroline Yearly

For the departed:

For those serving in the military:

Matthew Cheatham, Sam D'Addio, Michael Duchesne, Christopher Dukarm, Chris Evans, Diana Evans, Landis Fouts, Deron Frailie, George Garner, Steven Grey, Matthew Harris, Rusty Henry, Karen Hubley, Daniel James, Matt Jones, Daniel Lambert, Chris Lessard, David McMillan, Patrick Mong, Bryan Quinn, Neil Quinn, Justin P. Ramsey, Taylor Santa Cruz, Neill A. Sevelius, Derek Siegel, Andy Tuttle, James Wallin

For those with birthdays:

May 1-31

(01) Henry Crawford, Bob McKnight, Ellen Bowman, John Baldock, (02) Anne Podgers, (05) Marguerita Riggall, (06) Shirley Couey, Vivian Silliman, Ben Turnipseed, Smith Hendricks, (08) Ginger Breau, (09) Cecile Nicolson, (10) Sahra El-Hamaki, (11) Jim Lonnergan, (12) David Nicolson, (13) Doug Stephens, (14) Lee Cummins, Will Martin, (15) Karen Collier, Chloe Dasinger, Christopher Dedrickson, (16) Dawn Cort, Houser Rigdon, (17) Sallie Thornton, Judy Ollinger, Sharon Hendrickson, (19) William Mullins, Caroline Pittman, Daniel James, (20) Frances Brueggemann, Carl Norman, Bennett Brown, (21) Ruth Skaggs, Lura Kauffman, Todd Ketchum, (22) Charleen Cabaniss, Sue Cody, (23) Phyllis Springen, Barbara Farmer, Margaret Evans, (25) Jeremy Bonds, Anne Daniel, (26) Dale Miley, Sally Wilson, Keelyn Klix, (28) Josie Segui, Sara Vance, (29) Mia El-Hamaki, (30) Pug Chapman, (31) Janet Brown

*We worship together as we seek God, serve God,
and share God with love and acceptance for all.*

ST. PAUL'S SERVICES:**Sunday Worship**

Holy Eucharist, Rite I
8:00 am

Christian Education
(Life Center and Malone Hall)
For Children and Adults
9:15 am

Holy Eucharist, Rite II
10:30 am

Wednesday Worship

Holy Eucharist, Rite I
7:00 am

Holy Eucharist, Rite II
with Healing Service
Wednesday
12:00 pm (Noon)

**3rd Thursday
of each month**

Taize Prayer
(Narthex)
7:00 pm

BIBLE STUDIES**Sunday**

Christian Education
(Life Center and
Malone Hall)
For Children and Adults
9:15 am

Tuesday

Men's Bible Study
(Malone Hall)
7:00 am

Wednesday

Morning Bible Study
(Library)
10:30 am

Great Wednesday

(Malone Hall)
6:00 pm
Potluck Supper and Study

**VESTRY AND
OFFICERS****Term Ending****December 31, 2017**

Donna Brown
Nancy Dziubakowski
Tim Michael,
Sr. Warden
Howard Wilson,
Jr. Warden

December 31, 2018

Roxanna Carpenter
Davis Daniel
Jim Jackson
Janet Norman

December 31, 2019

Sue Cody
Alice Frederick
Michael Koepp
Tom Walker
—
Walker Jackson,
Youth Representative

Martha Lathan,
Clerk of the Vestry

Airrior Norwood,
Treasurer

Church Website

www.stpaulseasternshore.com

Email Address

officestpaulsdaphne@gmail.com

Phone

251-626-2421

Fax

251-626-2456

Our website is now being updated.

Everything that was on our old site is being transferred to the new one. It is just taking our developer time to transfer everything over from the old site.

The site address is still:

www.stpaulseasternshore.com

One of the changes is that **Morning Prayer** is now available for you to listen to each day via the site. If you look in the left hand column and scroll down you will see where it says

Morning Prayer.

Click on the box that says **AUDIO** under the date you would like to hear.

If you are interested in reading and recording Morning Prayer please call the office to schedule a date and time.

Did you know that how much and how well you sleep are vital indicators of your overall health and well-being? And did you know that we spend up to one-third of our lives asleep?

April 23rd – 29th is National Sleep Awareness Week. This awareness campaign is aimed at helping people realize the importance of getting good sleep and making sleep a priority to improve our health.

We all know that getting a good night's sleep is important. But how many of us make it a priority? Chronic lack of sleep is termed "sleep debt". According to the National Sleep Foundation, the effects of insufficient sleep (health care expenses and lost productivity) equate to an annual cost in the U.S. of about \$66 billion! And just like a credit card, sleep debt eventually has to be repaid.

Americans tend to have some of the poorest sleep habits worldwide. Work / life imbalances, stress, and lack of exercise are major contributors. Other factors include stimulants like coffee and energy drinks, alarm clocks, and external lights (mainly from electronics) which interfere with our natural sleep / wake cycles.

How does chronic lack of sleep effect you? When you're awake, adenosine (a natural body chemical) builds up in your blood. When you are asleep, your body breaks it down. If you are sleep deprived, the chemical continues to build. Higher levels of adenosine slow your reaction times and decrease your concentration – making you more prone to accidents and mistakes. A shortage of sleep is to blame for approximately 100,000 traffic accidents, 76,000 injuries, and 1500 deaths each year nationwide. Getting just two or three hours too little sleep for a few nights in a row can have the same sleep debt effect as being up all night. However, it's something Americans do routinely.

To help set the stage for better sleep, here are some tips to help make the time you do sleep be quality time:

- Stick to a sleep schedule, even on the weekends

- Practice a relaxing bedtime ritual such as meditation or a bath

- Exercise daily

- Evaluate your bedroom to ensure ideal temperature, sound and light

- Sleep on a comfortable mattress and pillows

- Watch out for "sleep stealers" like alcohol and caffeine several hours before bedtime

- Turn off electronics before bed – read a good book (or The Good Book!) instead

- Make sleep a priority. Put it on your to-do list but don't make it the thing you do after everything else is done!

If you or a family member is experiencing symptoms such as excessive sleepiness during the day, snoring, leg cramps or tingling, difficulty breathing during sleep, or prolonged insomnia, please see your health care provider for an assessment of underlying health conditions that might be disrupting your sleep.

Peace and health...and sweet dreams!

Those Who Serve	May 7, 2017	May 14, 2017	May 21, 2017	May 28, 2017
Altar Guild	Barbara James, Tracie Knight, Marcie Morrow, Gaye Wilson, Sue Cody, Debi McClary			
TIME	8:00 AM	8:00 AM	8:00 AM	8:00 AM
Lector-Scripture	Bill Harrison	Court Hurst	Vivian Silliman	Arthur Oken
Lector-Prayers	Martha Lathan	SueAnn Turnipseed	Sophie Walker	Casey Zito
Chalice	Court Hurst	Mike Turnipseed	Arthur Oken	Gary Moore
	Elizabeth Kaye	Walker Jackson	Guy Lott	Jill Lott
Server/Crucifer	Bell Jackson	Esteban Morrow-Reece	Sophie Walker	Walker Jackson
Ushers	George Cotten	David Baldock	Jim Jackson	Tim Michael
	Walker Jackson	Pattie Lipps	Davis Daniel	Tina Erickson
Greeters	J-A Crawford	Judi Gullledge	Jim Jackson	J-A Crawford
	Henry Crawford	Jim Gullledge	Wendi Jackson	Henry Crawford
Prayer Team	John Strange	Susan Hurst	John Strange	Susan Hurst
Vestry	Tim Michael	Davis Daniel	Jim Jackson	Sue Cody
Verger	Megrez Rudolf	Susan Hurst	Megrez Rudolf	Susan Hurst
TIME	10:30 AM	10:30 AM	10:30 AM	10:30 AM
Verger	Janet Norman	Barry Taylor	Richard Foster	Avos Stickney
Lector-Scripture	Ansley Ahrendt	Janet Norman	Barry Taylor	Susan Whatley
Lector-Prayers	Alice Gordon	Beverly Koepf	Bill Organic	Ana Maria Carrera
Chalice	Clay Rankin	Alyson Jackson	Jim Lonnergan	Tootsie Bryant
	Becky Costlow	Eleanor Reeves	Janet Norman	Judy Hale
	Richard Foster	Terri McMillan	Avos Stickney	Rosemary Bing
Lay Eucharistic Ministers	Strange/Posey	Strange/Posey	Strange/Posey	Columbus Posey
	Gary Moore	G Wilson	Boom/Brown	Gary Moore/Clay Rankin
Ushers	George Warren	Howard Wilson	Darryl Bryant	Dean Mosher
	John Marron	Matt Cassity	Ford Taylor	Doug Stephens
	Mike Koepf	Mike Dasinger	John Teague	Richard Foster
Server	Noah Dasinger	Lauren Erdman	Joseph Cox	Jackson Chamberlain
Crucifer	Susannah Jackson	Emory Erdman	Jack Taylor	Jim Stephens
Torch	Camille Doyle	Andrew Erdman	Ford Turnipseed	Will Stephens
Torch	William Johnson	Liam Brown	Christopher Conger	Ben Stephens
Greeters	Meredith Portman	Richard Foster	Kit Caffey	N Dziubakowski
	A M Carrera	Eileen Head	D & M Miley	D McBride
Prayer Team	Jeanne Alton	Jeanne Alton	Alyson Jackson	Linda McNamara
	R Greene	Linda Organic	Ken McNamara	Janet Norman
Vestry	Michael Koepf	Tom Walker	Alice Frederick	Howard Wilson
Coffee	Lipps/Norwood	Robinson/Alton	Cody/Morrow	Shoults/Teague
Flowers	Strange/Gotser	Available	Available	Available
Donut Deacons	Breakfast	Joan McKnight	Donna Brown	Joan McKnight

St. Paul's Episcopal Church
28788 North Main Street
Daphne, Alabama 36526

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Return Service Requested

St. Paul's Episcopal Church

28788 North Main Street
Daphne, Alabama 36526

The Rev. Thack H. Dyson, *Rector*
The Rev. Mary Alice Mathison, *Curate*
Paul Anderson, *Church Musician*
Elizabeth Faust, *Christian Education*
Terri McMillan, *Administrative Assistant*
Joan McKnight, *Staff Assistant*
Mark Costlow, *Life Center Sexton*
Mary Haulard, *Preschool* — 251-626-2774

Office Hours 8:00 a.m.—4:30 p.m. (Monday-Thursday)
8:00 a.m. — Noon (Friday)

Church Telephone: 251-626-2421 Fax: 251-626-2456
E-mail: officestpaulsdaphne@gmail.com
Thrift Shop Telephone: 251-626-6102

*We worship together as we seek God, serve God,
and share God with love and acceptance for all.*