



Paw Prints & WoolKlippings



November 2010

*The Joint Newsletter of St. Mark's Episcopal Church, Fort Dodge, Iowa
and the Episcopal Church of the Good Shepherd, Webster City, Iowa*

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A Little Guidance in Prayer

We, like those first disciples of Jesus, all know we should pray. This is something we have had drummed into us since



childhood. But few people know where to begin, especially when they think about praying privately, on their own, outside of the familiar Sunday church environment. So I want to spend a little time sharing how I pray and I hope what I have to relate is of use or benefit to those who are looking for a little guidance in prayer.

After I have found a quiet place (this is no small task, by the way!) I begin to settle down by paying attention to my breathing. In a world beset with glaring differences and competing interests, the breath is something we all

share and hold in common. When we come into this world, out of our mother's womb, we take in our first breath, and we are animated, alive! The moment we die, our breath leaves us, and our earthly life is no more. In this lifetime, breath is God's miraculous, moment-to-moment gift of life, always with us, always animating us.

I then move my attention in the center of my chest, where my heart is, and imagine it softening, relaxing. Our relationship to God is, after all, a thing of the heart; it is about our love for one another.

When I arrive to this place of intimacy of breath and heart, what then happens? What do I do? Well sometimes I just stay in that place of quiet for a long while, doing contemplative prayer, being with God in whatever mood I'm in - joy or pain or peace or distraction.

At other times, I begin to express what is on my heart. I share my concern about a loved one, a friend, who is struggling or my gratitude for the day, for the light that comes in the window, for health, for love. I pray to change, to become more of the person I and God want me to be. Often I share some wider concern, about peace in the world, less addiction among the poor on our streets, a greater sharing between the haves and the have-nots.



Whatever is on my heart I hold before God. I try not to use too many words, for I find that when I do it takes me out of my heart and into my head. I simply bring my prayer concern into that presence of breath

and heart, picture it, feel it, and give voice to it.

I have found it to be important to pray for the same thing repeatedly, persistently, even every day, until something shifts, until some kind of answer emerges.

Why?

Simply because I often discover that in the repetition, my prayer changes and I begin asking for something quite different than that which I initially began. My prayer deepens and matures, becomes less about what I may selfishly think I want

and more about what I may authentically need.

It is rare when I perceive an immediate answer to my prayers. What is more the case is that one day I notice that things moved around when I wasn't looking. I am suddenly more the person that I feel called to be.



Something that appeared to be a big problem just isn't that important anymore, or resolved without any apparent extra effort on my part. I discover a way to respond to the needs around me that I did not previously see. I find myself living with more gratitude and patience.

So prayer, for me, is a combination of my breath, my heart, and my persistence. My motivation to pray is rooted in my faith that God is always near, always listening, and always answers.

Love and Prayers,

Fr. Richard+

PLEDGE
Sunday

November 21, 2010

On this the last Sunday of the Christian Year, The Feast of Christ the King, members of both Good Shepherd and St. Mark's will have the opportunity to make their 2011 financial commitments to their respective congregations, and to the partnership in ministry the congregations share. As we prepare to make these commitments, may we all, first and foremost, acknowledge that all our blessings flow from God's grace. In response, we extend that grace beyond ourselves to one another in fellowship, care, and support. We broaden our horizons by participating with others in sharing our time, talent and treasure. ***This is the core of Stewardship.....to grow within and to reach out.*** So let your gifts and blessings flow. We all are strengthened when we support each other. And we accomplish for God things together that we could never do on our own. Make your commitment with a purpose, as a reflection of having faith in God's justice, love, and mercy. Soon you will receive in the mail a pledge card which you can use to indicate your gift for 2011. Please complete it and bring it to church with you on November 21st or mail it to the church office. Thank you for caring and sharing and believing!

Diocesan Convention Recap

The annual meeting of the Diocese, its 158th, was held in Des Moines at the Marriott Hotel on October 29th and 30th. **Fr. Richard and Holly Scherff, the delegate from St. Mark's, attended.** The Keynote speaker was **Tom Brackett, the *Missioner for Church Planting, Ministry Redevelopment and Fresh Expressions of Church*** for the national church. A once-upon-a-time Baptist, Tom challenged us to think of being church in new and creative ways, since we have lived well past the time when our old models for attracting new members and growing congregations have been effective. He invited us to be open to the spirit, ready to share in God's good news wherever we find it being proclaimed, even in unexpected places. **Always a highlight at convention is the Saturday morning Holy Eucharist at the Cathedral.** We always pack the place and lift the rafters with organ and song. **Holly was seen (and heard!) in the service procession as a member of the diocesan choir and Fr. Richard, carrying and playing a large Djembe drum, led the procession of convention worshippers and our mitred bishop from the hotel to the cathedral.** Good people were elected to assume various roles within our common life as a Diocese; of particular note, we elected St. Mark's member **Georgiana Meadows to serve a two-year term on the *Court For The Trial Of An Ordained Person Not Being A Bishop.*** Congratulations, Georgiana!



Paw Prints from St. Mark's

➡ **Clarence and Mary Beth Rice are on the move, literally.** After many years of enjoying their lovely condo at Friendship Haven, Bud and Mary Beth are becoming residents of **Heritage** within the Friendship Haven community, effective October 27th. Their new address is 420 Kenyon Place and their telephone remains unchanged: 573-6054. We all wish the Rice's every joy and grace in their new home!

➡ **Adult Education: On Sunday, October 10th, we enjoyed a second presentation by Christine Schiltz on Healing Touch Spiritual Ministry.** The session also included some hands on healing. The parish has thoroughly enjoyed Christine's talks and plans are underway to make this ministry a regular part of congregational life. **On Sunday, October 24th, St. Mark's hosted a presentation on Buddhism, given by Jon Shelness of the Zen Center of Des**

Moines. Jon, a former Christian, shared his search for a spiritual practice that made sense of the world for him, and Buddhism turned out to fit his needs. Using an effective example, Jon likened Zen Meditation to fishing. "You cast your line out, but you can't zone out," He said. "I've talked to fishermen about the same thing. They've said to me, 'I've caught nothing all day and it was the best day of fishing I've ever had.'" Jon acknowledged how foreign this approach of being satisfied with catching nothing can seem to Western ears, but he likes a spirituality that stops short of giving answers or providing rules or promising a hereafter, but stresses only the importance of the here and now. **The event was part of an ongoing Interfaith Series at St. Mark's that has previously included presentations on Islam and Native American Spirituality. The purpose of the Interfaith Series is to build and understanding of and appreciation**

for some of the great non-Christian religious traditions. The hope is that while there are acknowledged differences among the religions, there are also many shared areas of value and concern, which can be leveraged to create closer bonds of shared purpose and friendship among the world's faithful.

➡ **Altar Wine Ingathering: November 21st:** At the last supper, Jesus took bread and wine and infused them with new meaning, his very body and blood. We have been thankful, *Eucharistic*, ever since. If you would like to offer a gift of wine to be used in our Eucharistic celebrations in 2011, it is quite simple to do so. The brand is Sheffield Tawny Port Wine, available at Hy-Vee Wine and Spirits and Karen's Spirits and Wine. On the next few Sundays, there will be an insert with a label for you to use for the purpose of giving your gift of wine. Fill in the label, cut it out, tape it over the existing label on the bottle, and then bring your gift to church with you on Sunday.

➡ **The Fall Younkers Community Day Sale: Saturday, November 13th, 6:00 a.m.** St. Mark's parishioners are selling coupon booklets for the sale for \$5.00 each. The booklet purchaser receives \$10.00 off one individual item purchased on the sale day plus six 20% off coupons. The Baby's Room Account of the Human Needs Commission retains the \$5.00 from each booklet

sold. Purchases at Younkers with the \$10.00 off coupon or 20% off coupons, can be made the week before Community Day -- Sunday 11/7/10 through Friday 11/12/10 -- but you must charge your items and pick them up on Community Day 11/13/10. Plus, there is a 30% off Early Bird Coupon to be used through Saturday, Nov 13, 2010 until 10:00 AM. The 20% coupons can also be used for online purchases that day. Please contact Cheri Cerwick 408-6739 or Kris in the office 576-2019 if you wish to purchase booklets. **Support The Baby's Room!**

➡ **New To St. Mark's! Ellie and Ernie Finch have recently moved from Utah to Ft. Dodge with Ernie's field office assignment as a mining inspector.** Besides raising a 13 year old grandson, Ellie is trying for the 4th time to retire from her nursing career by joining water aerobics at the REC center, oil painting in Harcourt, and finding a place at St. Mark's through assisting with the Lord's Cupboard or a prayer shawl ministry. Traveling from home in Badger to church may be challenging in winter storms, but they feel up to the challenge! **Welcome Ellie and Ernie!**

➡ We were saddened to hear of the **death of Donald C. Hildreth, the father of Deb Hildreth O'Tool and grandfather to Brody O'Tool.** Donald died on October 23rd in Lake City, his birthplace, with his family at his bedside. He was 82. *May light perpetual shine upon him.*



WOOLKLIPPINGS FROM GOOD SHEPHERD

➡ **Pulpit Exchange a Success:** Sunday, October 3rd, was the **first time Fr. Richard had ever preached in a Church of Christ.** While the congregation would not let him wear his vestments, he managed to preach the word anyway and made some new friends in the process. **Pastor Ray Artrip** enjoyed his time with the Episcopalians of the town, who, by the way, did not require him to wear vestments. Ray preached on David and Goliath and passed out little black rocks to the congregation, reminders of God's ability to use small things to accomplish great things! We are grateful to **Holly Scherff** for serving as our officiant for the day.

➡ **Fall Fest is upon us** and we can hardly wait to gather at Good Shepherd for an evening of great food, even better music, lively dancing, and stand up joke sharing! **The date is Saturday, November 6th. We start at 6:00 p.m. with drink and appetizers and dinner is served at 6:30 p.m.** Brats, buns, sauerkraut and condiments will be provided, but please bring either a side dish or a dessert. Please bring your friends. . .the more the merrier! Music will be courtesy of Cathy and Dave Moklebust and Von Ketelsen. Additional entertainment will be provided by YOU! Please bring your jokes, monologues, songs, skits, or other amusements. Hope to see you there!

➡ **Good Shepherd Hosts Ministerial Association:** Once a month, from September through June, the **local ministers** meet to pray, eat, and plan at a participating member's church. **Good Shepherd played host to the group in October** and our congregation, as always, welcomed the clergy with warmth and hospitality. **Special thanks to Joan Haberman and Deb Leksell** for assisting with refreshments and other event details.

➡ **Hospital Blessing and Dedication:** On Friday, October 22nd, area clergy, hospital staff, community leaders, and residents of Webster City gathered for a special service of blessing and dedication of the **Van Deist Medical Center**. The service was held in the new chapel/meditation space, a marvelous box like structure graced with vaulted cement walls and clear light-filled windows. Attending with **Fr. Richard were Good Shepherd members Lynn Flowerday and Gus and Nancy Dermand**. After the ceremony, **Nancy** expressed her delight to see the new hospital, something she had worked so hard to bring about, open and serving the health needs of the community. **Certainly, we join the entire community in gratitude for the wonderful leadership Nancy has provided as a health care professional and her service as a member of the Hospital Board of Directors.**

➡ **Save this date, too! Good Shepherd Bazaar and Soup Luncheon, Saturday, December 4th.** Doors open at 10 a.m. All gifts of food and craft items are gratefully accepted. There will be a sign-up sheet at Church for soups. Tell all your friends to come for a good Saturday outing.

➡ **All Saints' Remembrance: Sunday, November 7th:** We will light candles of remembrance for those special people in our lives that we see no longer, but who dwell in perpetual light. The names of those to be remembered will be printed in the bulletin and read during the prayers of the people. Please give the names of those you would like to remember to Cathy Moklebust for inclusion in the bulletin.

➡ **Cathy and Dave Moklebust hosted a drum circle at their farm on the afternoon of Saturday, October 16th.** The weather was so incredible that they decided to do their drumming in the woods on the west edge of the property, near the Boone River. The sounds in the woods were enough to inspire some experimental sounds and rhythms from the group; then, Cathy told of the Lakota medicine wheel and the spirit-keepers of the four directions, and how these relate to our own life cycle. Drumming followed the description of each direction, and each of the four was very different, but it was noted that the last drumming ended in exactly the same style as the first. Friends from Pocahontas and Eagle Grove attended. The next circle will be on Saturday, November 20th, 2:00 p.m., in a location yet to be determined. Feel free to join! Bring an ethnic drum or other percussion instrument or flute if you have them, but instruments will also be provided. Drum circles are relaxing or energizing, depending on the style, and they can be used for meditation and healing, or just plain enjoyment. If you are interested, please call Cathy at 515-448-4051 or email at cmokle@yahoo.com.

➡ We pause with the Whaley family as they entrust **Nancy Whaley's grandmother, Dorothy Bennett, to God's never-failing care. Dorothy died Friday morning, October 29th, at the age of 93.** Nancy remembers fondly the frequent visits through the years to Dorothy's farm, her wonderful home cooking, and the warmth and care she had for her family, which always came first. Services for Dorothy were held on Tuesday, November 2nd, at the First United Methodist Church, 703 Arden St., Boone, IA. *May Dorothy rest in peace.*

➡ The Next Bishop's Committee meeting is set for Sunday, November 21st, following the 11 a.m. service.

ST. MARK'S
HOUSEKEEPING DUTIES

NOVEMBER 2010

| | Acolytes | LR/CB | Altar Guild | Coffee Servers |
|-------------|-----------------|----------------|---------------|--------------------------|
| November 7 | Brody O'Tool | John Daniel | Margo Daniel | Georgiana Meadows |
| November 14 | Kaelly Scherff | John Duro | *Mary Duro | Robert and Jennifer Zhai |
| November 21 | Callan Anderson | Mary Beth Rice | Holly Scherff | Ed and Joanne Tjelmeland |
| November 28 | Toddy Svoboda | Holly Scherff | Jane Martin | Deb O'Tool |

Funeral Committee: Margo Daniel, Chairman; Joyce Anderson, Cheri Cerwick, Volunteer

FLOWERS

SANCTUARY CANDLES

Esther Merrill – 14th

BIRTHDAYS

2 – Carl Wendland

9 – Cheri Cerwick

14 – Dianne Schoep

28– Donald Doran

HAPPY BIRTHDAY

GOOD SHEPHERD
HOUSEKEEPING DUTIES

NOVEMBER 2010

| | Acolytes | LR/CB | Lector | Greeters |
|-------------|---------------|-----------------|-----------------|-------------------|
| November 7 | Jake Haberman | Cathy Moglebust | Deb Leksell | Michelle Haberman |
| November 14 | Zac Katschke | Lynn Flowerday | Robbie Katschke | Kelly Ubben |
| November 21 | Zeb Katschke | Barb Flowerday | Nancy Dermand | Gus Dermand |
| November 28 | Joel Haberman | Judy McLaughlin | Nan Bucknam | Katie Haberman |

Altar Guild – Barb Flowerday

Coffee Servers -

BIRTHDAYS

| | | |
|----------------------|------------------------|---------------------|
| 2 – Kyle Leksell | 10 – Zebediah Katschke | 16 - Regan Anderson |
| 6 – Adrienne Hilts | 11 – Joan Haberman | 18 – Barbara Hosack |
| 9 – Aloura Sue Hilts | 12- Tim Wilaby | |
| 10 –Paula Milliken | 14–Erik Hoveland | |

HAPPY BIRTHDAY