

Paw Prints & WoolKlippings



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A Monthly Journal of St. Mark's Episcopal Church, Fort Dodge, Iowa
& Good Shepherd Episcopal Church, Webster City, Iowa

St. Mark's Web Site: stmarksfd.org
Fr. Richard Graves, Rector: stmarks50501@frontiernet.net

Good Shepherd's Web site: goodshepherdwc.org
Cathy Moklebus, Web Master: cmokle@yahoo.com

St. Mark's: 515-576-2019 St. Mark's Fax: 515-576-0632 Fr. Graves: 515-554-3633 Good Shepherd: 515-832-2707

~Day by Day~

Staying Connected to the Spirit

In the New Testament, we see Jesus the compassionate one and Jesus the detached one. We see a complete and balanced Jesus. How balanced, how complete do you feel right now?

For example, Mark tells us at the beginning of his Gospel (Mark 1:35-39) that after a long day and a long evening healing scores of people in the town of Capernaum, the crowds finally left Jesus alone and everyone went to bed. But in the darkness of the early morning before dawn, before they could come back with yet more sick and possessed people, Jesus snuck away to a deserted place, and there he prayed. The disciples hunted for Jesus, found him, and announced that back in town, everyone was searching for him. What did he do? He told them that they'd be moving on to other towns, for that is what he came out to do. Jesus walked away from many suffering people so that he could pray and spread the message further.

I suspect that Jesus was overwhelmed and depleted that morning. He was suffering from a compassion overload. He had so shared the sufferings of those around him, so identified with their pain, their anguish, their incompleteness, that he just felt spent. So he took care of himself and reconnected to the Spirit. Sure, the job was unfinished, but it would always be. Jesus couldn't heal everybody in Israel during his lifetime. From time to time he had to revitalize his soul. He had to be alone, to pray, to gaze out at the Galilean lake with nobody asking anything of him. And he had to move on as the apostle Paul did, to entrust the village and all its problems to God, so that he could refocus his view to the bigger picture.

There's always some demand to respond to, isn't there? Always someone who needs help, work to be done, responsibilities to meet. Without detachment, we become depleted, exhausted. Our capacity to care drains away and we become a shell, going through the motions. It is in times like this that I know I have to walk away from it all, lie down and stare out the window, get together with friends and insist on no church talk, go running somewhere or to the library, or just sit for an hour in the Blandon Museum and stare at the art covered walls. Or abandoning everything, I go away on vacation or retreat or study, spending time recharging my soul, re-softening my heart.

Detachment can also just be a matter of mentally stepping out of the little arena of our human dramas and remembering the bigger picture: the earth and sky, the wonder of God, and the miracle of life. As we detach for an evening or a day or even a moment, we remember that there is always more than this, that we are freer than we think.

How do you balance compassion and detachment? Do you notice when the idiot light on your personal dashboard lights up, when your compassion runs low and you stop caring, when you're just too tired or hardened to feel for others? Do you then step away, detach, and allow the Spirit to fill your emptiness? Do you find a way to soften your heart again?

As Christians, we are called to care about one another. But we are also called to care for ourselves. After all, you need a self in order to deny yourself. You can't give away what you don't have. And in order to be used as an instrument of God's grace in this world, we must remain connected to the Spirit. **Fr. Richard+**

LESSONS FOR OCTOBER

October 4, 2009 – 18 Pentecost

1st Lesson – Job 1:1; 2:1-10

Psalm – 26

2nd Lesson – Hebrews 1:1-4; 2:5-12

Gospel – Mark 10:2-16

October 11, 2009 – 19 Pentecost

1st Lesson – Job 23:1-9, 16-17

Psalm – 221:1-15

2nd Lesson – Hebrews 4:12-16

Gospel – Mark 10:17-31

October 18, 2009 – 20 Pentecost

1st Lesson – Job 38:1-7, (34-41)

Psalm – 104:1-9, 25, 37c

2nd Lesson – Hebrews 5:1-10

Gospel – Mark 10:35-45

October 25 – 21 Pentecost

1st Lesson – Job 42:1-6, 10-17

Psalm – 34:1-8, (19-22)

2nd Lesson – Hebrews 7:23-28

Gospel – Mark 10:46-52

Paw Prints For St. Mark's



Around the St Mark's

Stewardship and Swaziland: On Sunday, September 13th, we began a program designed to enrich and enlarge our notion of what it means to be stewards of God's creation. We are focusing our attention on the United Nations Millennium Development Goals and so far we have examined two of these benchmarks: the eradication of hunger and poverty and the achievement of universal primary education. Lydia Schmoker is the primary program presenter and we appreciate her efforts very much. ~ ~ ~ **Happening #27**, the diocesan youth conference St. Mark's hosted over Labor Day weekend was a huge success, with over 50 youth and adults participating. ~ ~ ~ St. Mark's and Grace Lutheran jointly sponsored a **Blessing of the Animals Service** on the afternoon of September 20th. While canines of every shape and size dominated the event, there was one lone skittish cat in attendance, safely segregated in a cat carrier. May such ceremonies always remind us to treat all animals with the kindness and respect they so richly deserve.

~ ~ ~ **Aaron Hudson and Holly Scherff** met with the Vestry on September 22nd to discuss their shared desire to pursue Holy Orders in the Episcopal Church. The next formal step in this process is a period of discernment followed by the submission of a nomination form which both the Rector and the Vestry St. Mark's must sign. We are excited about Aaron's and Holly's unfolding vocations. As part of the discernment process, both will become even more visible than they already have been in our liturgical life, as leaders of worship and occasional preachers, and assume other pastoral and leadership roles, as appropriate, in the life of the congregation. ~ ~ ~ The **CROP WALK FOR THE HUNGRY** is scheduled for Sunday, October 4th, at 1:30 p.m. in Reynold's Park. If you are interested in joining the walkers, you may pick up a registration form at church; if you are not planning to walk, but would like to sponsor Fr. Richard, his sign up sheet can be found on the small oak table just outside the main sanctuary doors.



Younkers Community Day Sale Means Clothes For Babies

The fall Younkers Community Day Sale will be held Saturday, November 14, 2009, starting at 6:00 a.m. St. Mark's parishioners are now selling booklets for the sale. The booklets are sold 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 11/08/09 through Friday 11/13/09 but you must charge your items and pick them up on Community Day (11/14/09). Plus, there is a 30% Early Bird Coupon to be used through Saturday 11/14/09 until 9:00 a.m. The 20% coupons can also be used for online purchases. Simply enter the discount code CMMDYFL1109.

This is one of the main fund-raisers for The Baby's Room. If you are able to sell booklets to friends, family or co-workers, or want to purchase booklets, please contact Cheri Crimmins 408-6739. Marilyn also has tickets in the office 576-2019. Please consider doing some shopping on Community Day and make your booklet purchases through St. Mark's.

“WOOLKLIPPINGS” FROM GOOD SHEPHERD



On Sunday, October 4th, all creatures great and small, those with two feet, and four feet, and no feet (yes, snakes can come), will gather at 11:00 a.m. for this annual sprinkling in memory of St. Francis. God inspired St. Francis to call all animals his

brothers and sisters. May we always live gently alongside other living creatures, caring for them and the whole creation. As our service will be on the lawn, weather permitting, please bring a lawn chair with you.

Oktoberfest 2009

Saturday, October 17th

With the arrival of fall, the routinely begin to dream of music, laughing and festivity, friends. Gladly, on one special come true! Plan to be at the social time. Dinner starts Please bring a salad, veggie, or you desire a beverage beyond bring it with you. Music is Moglebust German Duo, so be feet. There is no cost for the event, but a free will offering is encouraged. See you on the 17th.



people of Good Shepherd brats and buns and polka and being with dear evening, these dreams church by 6:00 pm for promptly at 6:30 p.m. dessert to share. And if coffee and water, please being provided by the prepared to move your

Around Good Shepherd

On Sunday, September 13th, we kicked off the fall schedule on the **Moglebust Eagle Grove farm**. Unlike last year's Gathering, the weather was sublime for our outdoor worship service and the pot luck feast that followed. The keyboard music provided by Dave was out of this world, as was the "hayride" tour around the farm he led. We are all grateful to Cathy and Dave for their great hospitality!~ ~ ~The **renewed sanctuary** is a wonder to behold and we are so grateful to everyone who has contributed to the effort. The plan for the **window over the altar** is unfolding; in fact, the window has been delivered and should be installed in a few weeks.~ ~ ~ **Sunday School** is off to a roaring start, with classes for both younger and older children. We are grateful for the ministry of our adult leaders -- Nan and Larry Bucknam, Barb Flowerday, Katie Vanderpool, Robbie Katschke, Kelly Ubben, Deb Leksell, and Amy Mechaelsen, our child care provider -- who do such a wonderful job

in assisting our younger members "to grow in their knowledge and love of the Lord." ~ ~ ~

The Webster City Transformation Council has been meeting regularly over the summer, attempting to build a grassroots movement to bring positive improvement to our community. Efforts are underway to publicize the Council's existence and mission and to get the word out about the good things that are happening in Webster City. The Council also has the goal of promoting positive, respectful community dialogue that will lead to a community vision and action plan. The latter will entail a series of small group dialogue sessions led by trained facilitators who understand how to help citizens go about the creative work of community transformation. Local clergy, including Fr. Richard, are active participants in this process. If any members of Good Shepherd have an interest in becoming a part of the Council's work, please speak to Fr. Richard.

Housekeeping Duties for October 2009

ST. MARK'S

| | October 4th | October 11th | October 18th | October 25th |
|--------------------------|--|----------------------|-----------------------|----------------------|
| Acolyte 9:00 a.m. | Brody O'Tool | Lydia Schmoker | Brody O'Tool | Lydia Schmoker |
| LR/CB 9:00 a.m. | Aaron Hudson | John Daniel | John Duro | Mary Beth Rice |
| Altar Guild | Margo Daniel | Sue Blanchard | Joanne Tjelmeland | Cheri Cerwick |
| Coffee Servers | Tom & Kathy Walters | Bud & Mary Beth Rice | Holly & Keith Scherff | Fred & Sue Blanchard |
| Altar Flowers | John & Margo Daniel | OPEN | John & Margo Daniel | John & Margo Daniel |
| Sanctuary Candle | OPEN | OPEN | OPEN | OPEN |
| Funeral Committee | Margo Daniel, Chairman, Joyce Anderson, Cheri Crimmins, Hilary Galey | | | |

GOOD SHEPHERD

| | October 4th | October 11th | October 18th | October 25th |
|---------------------------|-------------------|-----------------------|-------------------|-----------------------|
| Acolyte 10:45 a.m. | Joel Haberman | Dustin Conley | Antrez Conley | Jake Haberman |
| LR/CB 10:45 a.m. | Barbara Flowerday | Judy McLaughlin | Deb Leksell | Lynn Flowerday |
| Lector 10:45am | Tom McLaughlin | Angie Martin-Schwarze | Joan Haberman | Nan Bucknam |
| Altar Guild | Nancy Dermand | | | |
| Coffee Servers | Nancy Dermand | | | |
| Greeters | Katie Vanderpool | Lynn Flowerday | Michelle Haberman | Angie Martin-Schwarze |

Happy Birthday

| | | | | |
|----------------------|----------------------------|----------------------|---------------------|----------------------|
| 4th Gary Anderson | 4th James Marvel | 4th Mary Beth Rice | 6th Lynn Seaba | 7th Jeremy Ackerson |
| 7th Josh Ackerson | 7th Denise McCaleb | 9th Bethany Klooster | 10th Vicky Daniel | 10th Deb Leksell |
| 11th Dawson Johnson | 14th Angie Martin-Schwarze | 15th Sara Bucknam | 16th Thomas Conley | 16th Keith Scherff |
| 18th Sherrie Johnson | 19th Ursula Leksell | 21st Colleen Krantz | 21st Ann McLaughlin | 22nd Jessee Hedeem |
| 27th Judy McLaughlin | 28th John Daniel, III | 29th Austin Race | 30th Peg Jackson | 31st Jackson Bucknam |
| 31st Heidi Leksell | | | | |