

THE Epistle FROM St. Paul's

VOLUME 58 | NUMBER 6 | JULY/AUGUST 2016

Letter from the Senior Pastor

My dear friends:

Honest ingredients and patience. This, in my opinion, is what makes a good **soup**.

Even though we generally avoid placing steaming bowls of potage on the dinner menu in the heat of summer, I had soup on my mind the other day. I was talking with **Tom Bickford** on his birthday in mid-July, and he shared with me a quote he admired from Ludwig van **Beethoven**. "Anyone who tells a lie has not a pure heart," Beethoven once remarked to an acquaintance, "and cannot make a good soup."

I chuckled when I heard this, for it seemed trivial to connect the transcendent qualities of a pure heart with the temporal benefits of a bowl of chicken noodle soup. But Beethoven may have been on to something.



I interpret his remark to be less about the exalted nature of soup and more about how our actions reveal the true nature of our hearts. The lies we tell do reveal much about us. The father who lies about his child's age in order to save \$3 on admission at the movie theater has merely illustrated to the child that the price of his integrity is \$3. It is ironic that the lie we use to deceive others ultimately reveals the ugly truth about us to everyone.

Beethoven's point is also that what we can achieve is limited by the purity of our heart. A good soup requires quality ingredients, carefully prepared. It also requires time and patience. One must begin preparing soup long before one is hungry for it, and must resist the temptation to remove it from the fire before it is finished.

The ingredients we put into a good soup are simply metaphors for what we put into our own work. Salting our lives with anger or pride or lust or envy makes a foul stew. Beethoven simply recognizes what Jesus taught: that what comes out of the mouth comes from the heart (Matthew 15:18).

The cooler temperatures of the looming autumn already have me anticipating the comfort foods of the next season. If you need a recipe, try this: honest ingredients, patience, and a pure heart. These make a pretty good soup.

Light and peace in Jesus Christ,
A.B. Snell

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THE PURPOSE of St. Paul's United Methodist Church is to invite and welcome all:

- To worship God
- To grow as disciples of Jesus Christ
- To love and support one another
- To do justice and serve compassionately in the world

"You will receive power when the Holy Spirit has come upon you; and you will be my witnesses."

ACTS 1:8A

ST. PAUL'S UNITED
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"Claire's Corner" will return in the September *Epistle*!

Congregational *Care*



Thank You

► Dear St. Paul's family,
Thank you so much for all of the wonderful support after the birth of my daughter Iris. The meals that were provided were amazing and very appreciated, as were the cards, gifts, calls, emails, and hugs. Iris and I are so fortunate to have such a wonderful church home.

With love,
Alison Clark

► Dear St. Paul's,
Thank you for presenting me with the Educational Award. I will put it to good use on books and materials for my time at Elon. I cherish my relationship with St. Paul's and look forward to visiting on my breaks from school.

Thank you!
Anna Longsworth

► Dear St. Paul's,
I want to thank everyone for the cards and prayers you have sent me and my family. My brother Tom's eye surgery was a success and he has regained full sight! I also want to thank (belatedly) Virginia Bickford for visiting me and bringing the beautiful flowers! And I want to thank the St. Paul's Middle High schoolers (now Senior High) for the beautiful cards as well! God bless everyone at St. Paul's.

Sincerely,
Susan Propes

► Dear Adam, Claire and all at St. Paul's,
Thank you so much for your prayers and kind words with the passing of my mom, Jeananne. I believe with all my heart that my mom opened her heart for Christ's purifying love at the end of her illness. Again, thank you.

With sincere appreciation,
Terry Mitchell

Epistle Deadline Friday, Aug. 12

Email (preferred) your article (approx. 250 words) to: stpaulsunited@stpaulsk.org

STAY CONNECTED

If you are not receiving our emails weekly please send an email to the address below.

E MAIL: stpaulsunited@stpaulsk.org

WEB SITE: www.stpaulsk.org



Check us out on facebook!

► Dear St. Paul's friends:

Just a note to thank you for all the cards and prayers sent my way. They are surely working. After only one chemoembolization treatment 80% of the liver tumor is done with. Will have another treatment later in June on another area, and I am sure it will be taken care of, too.

Will get back to K-town one of these Sundays as I can't wait to see my "St. Paul's family."

Love and blessings to all,

Jayne Sigman

(p.s. – Tell Deanna Hodgson her card was beautiful and so original.)

► Dear Members,

My many thank yous for your concerns during my two recent visits to the hospital. The flowers were beautiful and I enjoyed meeting Ginny Hagberg. Rev. Snell was at the hospital both times to encourage me on, and all the beautiful cards and prayers helped me tremendously. I am grateful and feel blessed and honored to be a member of a caring church.

Thank you,

Christine King

► Dear St. Paul's:

My Mother, Kathleen Sturtevant (Kathleen Cochran prior to her second marriage) passed away on July 7, 2016 at 4:30 a.m. I was very fortunate to have spent a few hours with her the day before at Westminster Canterbury in Richmond, VA (WCR). She had Alzheimer's the past few years, but always knew who my sister and I were, so we were very lucky. She joined St. Paul's UMC Kensington in the early '50s and was an active member until we moved the summer of 1975 to Indiana. Her name (Mrs. Lee D. Cochran) is on a plaque near the main door going into the sanctuary as she was an integral part of the Building Committee after the 1966 fire. My Father passed away in 1979 at which time she moved back to Kensington, into her 4th Kensington house (I had lived in 3 growing up). She remarried (to Bill Sturtevant) in 1982 at St. Paul's with Charles Kirkley ministering, and she moved into Bill's house, her 5th Kensington home. Soon thereafter she and Bill moved to Richmond. In 2000 Bill passed away and soon after she moved to WCR. About 5 years ago she was diagnosed with Alzheimer's and moved into the memory support unit. Most of you have met her, many knew her fairly well. She was a beautiful unique, talented lady.

Kind Regards,

Clark Cochran



Send a Card or Note

Listed are members who would appreciate your thoughts and expressions of care:

Mrs. Dorothea Depenbrock

1709 Luzerne Avenue
Silver Spring, MD 20910

Mrs. Grace Lawson

8413 Nunley Drive, Apt. D
Baltimore, MD 21234

Mrs. Ruth Sylvester

333 Russell Avenue #303
Gaithersburg, MD 20877

Mrs. Mae Miles

3701 Woodridge Avenue
Silver Spring, MD 20902

Mrs. Margaret Thayer

3160 Gracefield Rd.
Apt. 1122 RC
Silver Spring, MD 20904

Mrs. Lois Baker

333 Russell Ave.
Kindley Bldg. Rm. 318
Gaithersburg, MD 20877

Mrs. Gerry Hobbs

c/o Carriage Hill
5215 West Cedar Lane
Room 207
Bethesda, MD 20814

By Steve Lillie

Fall into Action! Soon the weather will begin to cool, and 100 degree days will be just a memory. Our first **Pancake Breakfast** of the season on **September 3** is only a month away, and will benefit the St. Paul's Hunger Ministry and the Baltimore/Washington Conference Camping Ministry. Attendance was down during the spring, so maybe you and your family could join us to bolster the numbers and enjoy some great food and fun! Remember, UMC pancakes nourish the soul and have little effect on the waistline. Our October 1 breakfast will benefit the Hunger Ministry and the Society of St. Andrew (www.endhunger.org).

Men's Supper and Meeting. Our next Men's Supper will be on October 5. We look forward to seeing you there for Continental subs, pizza, cake from Jenny's, and camaraderie!

When is the next Yard Sale? We are tentatively planning the Fall Yard Sale and Apple Sale for October 20-22 – it looks like building renovations may start after that. Please watch the September Epistle for further news of this, but, for now, please mark your calendars!



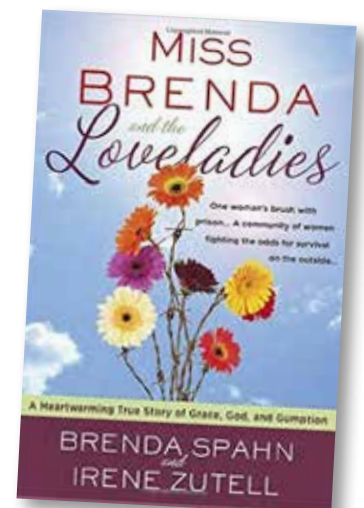
Don't forget: We include all male members and friends of St. Paul's as members of The United Methodist Men. There are no dues or fees to join – so come and be with us!

"The purpose of the United Methodist Men is to engage in a variety of Christ-centered activities for the benefit of the ministries, programs and activities of the church and its members."

For more information on the **UMM**, please contact Steve Lillie at stevelillie@verizon.net 301-942-6130

UMW Book Club

Join the UMW Book Club on **September 11, 2016** as they discuss the book, *Miss Brenda and the Loveladies*. Amazon states: "For Brenda Spahn, entrepreneur and businesswoman, wealth was a lifestyle—until a brush with the law threatened to send her to prison. In those dark moments, Brenda made a promise to God. Spared incarceration, a renewed Brenda glimpsed into the lives of women serving time in one of the worst places in America—the Julia Tutwiler Prison for Women in Wetumpka, Alabama. What she saw prompted a God-inspired vision. With a heart to help and a will that couldn't be crushed, Brenda fought the system and overcame tremendous obstacles to take ex-cons into her own home and help them navigate the alien world of life on the outside. This is the story of Brenda's journey from rags to riches to redemption. It's the story of the first unlikely year of her "Whole Way House" and of the extraordinary lives of the first seven women who came to call her "Miss Brenda." It's a story that testifies to the power of faith and how God changes hearts every day." We will meet in Room 109 at noon for what promises to be a very interesting discussion.



Keep Crafting!

for St. Paul's Fall Craft Fair!

Due to the success of and enthusiasm for last Fall's craft fair, St. Paul's will hold its **fourth annual craft fair** this November. Please consider contributing to this worthy ministry by creating one or more items to donate to this year's craft fair. All types of crafts (**photos, art work, glass work, jewelry, pottery, sewing, knitting, etc.,**) will be gratefully accepted. The money raised by the craft fair sales will bring wonderful blessings to others as all proceeds will be donated to a great cause. If you have any questions or you have a suggestion for the charity to receive the funds, please contact Mary Revenis mrevenis@cnmc.org or Helen Quave hquave@yahoo.com.

Save the Date Backpack Build 2016

Once again Justice & Compassion is partnering with Interfaith Works to get backpacks and supplies to needy children in time for the start of school. Items needed are:

2-inch 3-ring binders	blue pens
pencil boxes	black pens
pencil pouches	backpacks for all ages

Financial contributions are also welcome. Collection begins **Sunday, July 31** and ends **Wednesday, August 17**. We will build the backpacks after the 10:30 service on **Sunday, August 21**, in Heavener Hall. If you have questions, contact Angela Harvey, aeharvey1007@hotmail.com or Leigha Gordillo, leighamj@gmail.com.



(2x4) Ministries (20s and 40s)

Third Thursday Book Club will resume August 18 with a discussion of *Just Mercy*, by Bryan Stevenson. First-timers welcome!

Second Sunday Lunch for the 2x4s (20s-40s) young adult group will be a Potluck in the Park on **Sunday, August 14**. Bring your favorite fruit, veggie, or surprise to share with friends in Reinhardt Park (right across the street from the Sanctuary) after 10:30 worship. This will be a great chance to reconnect and hear about the trails and trips of the summer!

Youth News

2016 An Active Summer for our Youth and Young Adults!

This has been a great summer for youth activities at St. Paul's. In mid-June, many youth served as helpers in our very successful **Vacation Bible School**, "Camp Friendship." The following week, seven Senior Highers and three adults worked to maintain the homes of elderly or disabled home-owners during our **Group Work Camp** in Virginia Beach, Virginia. Our sponsored Boy Scout Troop #439 sent a sizable contingent to their annual encampment at **Goshen Scout Camp** in Virginia in late June. In mid-July five Senior Highers, five young adults and three adults traveled with Rev. Rick Buckingham on his eighth group tour to **The Holy Land**. The following week saw our annual **Musical Theatre Camp**, which presented the musical "A Technicolor Promise" with a cast of thirty-five children and youth. In late July and early August nine youth and John Seabreeze trekked 45 miles along the **Wilderness Trail**. Others attended conference summer camps at **West River or Manidokan**. Finally, six Senior Highers and one college student participated in our eighth **Volunteers-In-Mission trip** to Ciudad Sandino, Nicaragua in early August.

We are especially thankful for our adult volunteers, including **Meg Baker, Jay Codner, Shari Connor, Athena Gaalswyk, Jackie Hartmann, Ellen Hill, Robin Mayhew, John Seabreeze and Micah Smartt**, who gave much time, energy and leadership in making these events possible.



YOUTH MINISTRY PROGRAMMING

MH UMYF begins on Friday, August 26

SH UMYF begins on Sunday, September 11

Welcome/ Welcome Back Parties in the Multipurpose Room

ALL YOUTH entering 6th through 12th grades are invited to participate in our Middle High or Senior High Youth Fellowships. The schedule for all of our meetings and activities is mailed monthly in the newsletter, "Just For YOUTH."

Our Middle High UMYF meets in a Friday time slot (7:00-8:30 p.m.), and our Senior High UMYF meets on Sunday evenings, (also 7:00-8:30 p.m.), including recreation and a program. Parents are asked to drop off and pick up youth from the Multipurpose Room or the Armory Avenue parking lot. The program includes several weekend retreats and other off-campus events during the course of the year. All parents are asked to sign up to chaperone and provide refreshments during the calendar year. The sign-up sheet will be available at the first youth meetings of the school year.

What does it mean to "love one another" as Jesus taught?

What does it mean to be "church?"

*Leave the pressures and baggage of school behind,
and find a place to be yourself.*

*UMYF is a safe, welcoming community where young
people learn how to be God's people!*

~ Rick Buckingham and Micah Smartt



NEW ACOLYTE AND CRUCIFER TRAINING **11:45 a.m. Sunday, September 18, 2016 in the Sanctuary**

Youth entering 6th-12th grades are eligible to be trained as acolytes. Youth entering 9th-12th grades with sufficient upper-body strength are eligible to be trained as crucifers. Please contact Laura Simpson at lsimpson44@gmail.com or Rick Buckingham at rbuckingham@stpaulsk.org to register your interest.

For more information on Youth Activities, please contact **Rick Buckingham** at rbuckingham@stpaulsk.org 301-933-7933.

YOUTH MINISTRY ASSISTANT
Micah Smartt
msmartt@stpaulsk.org

Fall 2016 Adult Education

Check out the variety of offerings. Save the Dates!

This fall, St. Paul's Adult Education Committee will again sponsor our popular program of short-term classes for adults. Due to expected building renovations, Heavener Hall will not be available, so we will be temporarily suspending the supper we have enjoyed for several years. The absence of the meal does mean that we have additional flexibility in scheduling classes. Beginning the week of September 18 we will offer **one class on Monday evenings** and **four classes on Tuesday evenings**, beginning on September 19 and September 20 respectively. Most classes will run consecutively for six weeks. *Please see the individual class schedule for details.*

Participants will meet in their respective classrooms for discussion/study groups. Registration for all classes will begin on the St. Paul's website, and in the church narthex, on Sunday mornings, August 21 and 28, and September 4, 11 and 18. The fee for each course is \$12.00, payable to "St. Paul's United Methodist Church."

Please consider signing up for one of the following courses:

1 The Psalms ~ Bob Nordstrom (Tuesdays)

Israel in the time of David and beyond was a territory of great joy and also great strife.

The minor prophets spoke for God against Israel and Judah as well as against surrounding countries when His word was not obeyed. We have already studied these messages from God and the men who delivered them. Now it is time to study the people to whom the messages were sent. If the heart is the seat of human emotions, then the Psalms is the heart of the Bible. Emotions of great joy and intense depression, along with feelings of fear, retaliation and fear are expressed in the 150 Psalms. We will not have time to study all of them, but we will look at enough of them to learn why these emotions were expressed, and we will learn how the Psalms live and inspire us today.

Dr. Robert J. Nordstrom is Branch Chief, Image Guided Interventions, Cancer Imaging Program at the National Cancer Institute, National Institutes of Health. A student of The Bible for many years, Bob taught a course on the Gospel of Mark in 2015 and a course on the minor prophets in 2016.

2 Interpreting a 1st Century Gospel for a 21st Century Faith ~ Rev. Rick Buckingham (Tuesdays)

The Gospels of the New Testament were inspired by the Holy Spirit, but written by faithful

Christians with a pre-scientific world view, and with a lexicon of metaphor and symbolism not readily noticed in the post-modern world. We will learn to use the "Wesleyan Quadrilateral" as a tool for interpreting scripture stories in a new light, bringing unexpected insight and meaning.

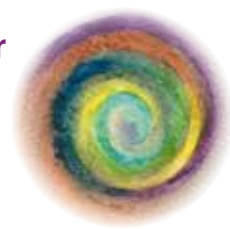
Rick Buckingham has an M.R.E. from Wesley Seminary and has served as St. Paul's Minister of Education and Youth since 1985. He is an ordained United Methodist deacon.

3 Contemplative Prayer ~ Kenzie Raulin (Tuesdays)

"Want to turn down the volume in your head and turn up the volume of your heart?"

Interested in enriching your prayer life? Our initial gathering will be an introduction to each other and to the ancient Christian practice of contemplative prayer. The following 6 gatherings will offer a variety of prayer forms such as lectio-divina, poetry, visualization, icons, etc. No text is required but please bring a journal to each gathering. We will meet until November 1 (total of 7 classes).

Kenzie Raulin is enrolled in the Leading Contemplative Prayer Groups Program with The Shalem Institute for Spiritual Formation.



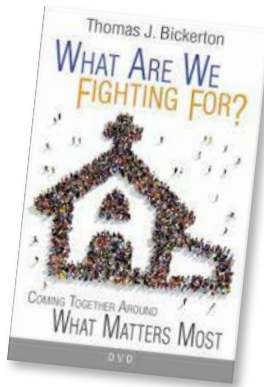
4

"What Are We Fighting For?" by Bishop Thomas J. Bickerton ~ Micah Smartt (Mondays)

United Methodists need a breath of fresh air.

Don't worry. This is NOT another book full of theories and opinions about what we should do concerning all the issues facing our denomination—quite the opposite. Thomas J. Bickerton offers a way to move beyond all the discord to a hope-filled future by exploring how we can come together around what matters most so that the gospel of Jesus Christ becomes a vibrant part of our lives and witness.

Micah Smartt is a candidate for the M.Div. degree at the Wesley Theological Seminary in Washington, DC, and St. Paul's Youth Ministry Assistant. He is also performing his PMM program at St. Paul's as part of his seminary requirement.

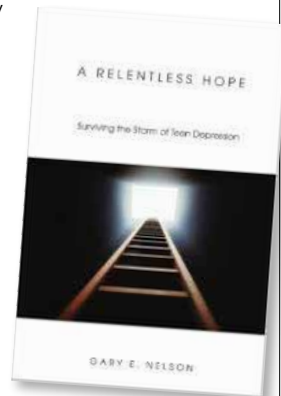


5

"A Relentless Hope – Surviving the Storm of Teen Depression" by Rev. Gary E. Nelson ~ Jim Mollenauer (Tuesdays)

Teenage depression is an increasingly common issue for families in our congregation and community. Jim will help us understand and discuss how we can recognize and deal with the effects of adolescent depression.

Jim Mollenauer is a member of St. Paul's with personal experience in successfully dealing with the topic under discussion.



More Adult Education Opportunities

Disciple I Tuesday evenings

A new **Disciple I class** is also forming, and will meet on Tuesday evenings throughout the school year, beginning on **September 13, meeting 7-9 p.m.** and led by our senior pastor, the **Rev. Adam Snell**. This year-long survey of The Bible will reveal to you the major themes of our faith which connect the Old and New Testaments, culminating in a clearer understanding of who Jesus truly is.

Christian Believer Tuesday evenings

A new Christian Believer class is also forming, and will meet on Monday evenings throughout the school year, beginning on **September 26, meeting 7-9 p.m.** and led by Vern Schinski and James Holland.

John Wesley taught about four guides to faith:

1. First and foremost the BIBLE as God's revelation
2. TRADITION of respected believers who have gone before
3. EXPERIENCE from our own lives
4. REASON as we worship God with our minds

Lectionary Bible Study Tuesday mornings

Our weekly Lectionary Bible Studies will again take place on **Tuesday mornings at 10:30 a.m.** in the Cleveland Library. No pre-registration or fee is required.

Adult Sunday School Class Sunday Mornings

Our Adult Sunday School Class led by **Carson Rocker** and **Michael Gibson**, meets in the Church Parlor (Room 208) on Sunday mornings, 9:30-10:15 a.m. They will begin studying the Letter to the Hebrews in September.

Biblical Archaeology Forum Monthly

Finally, St. Paul's Adult Education Committee encourages the ongoing educational opportunities provided through the Biblical Archaeology Forum. Look for a monthly announcement and description of the current offering in The Epistle.

JUSTICE & *Compassion*

St. Paul's Justice and Compassion team is excited to announce a new initiative for our Hunger Ministry families and other preschool children residing in the 20895 ZIP Code. We are beginning a **partnership with Imagination Library of Montgomery County, MD.**

This is a nonprofit that provides age-appropriate books to preschool children from birth to age five. The books are selected through a national program, Dolly Parton's Imagination Library, and will be mailed in the child's name directly to his or her home. Each child will receive one book a month and two of the books over the course of the year will be bilingual. To be eligible for the program as it expands, the child must be a resident of Montgomery County ZIP code 20895. We will work with families during our monthly Communion Collect food distribution to help them understand the FREE program and submit a registration form.

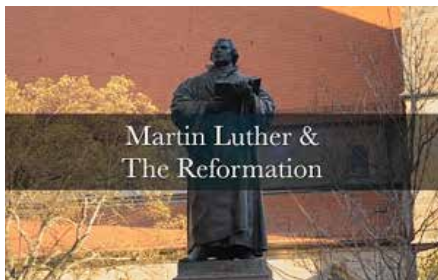


St. Paul's members and friends can donate to help a child receive free books. The cost is **\$27 to provide books for one child for one year.** Or a commitment can be made to pay for the enrollment of a child from birth through age five at a cost of \$135. Please consider making a tax deductible donation and supporting this initiative to provide a free home library for children in an effort to improve early literacy skills and kindergarten readiness. Look for Imagination Library of Montgomery County representatives in the Narthex after church services on **September 11 and 18.** This will be an opportunity to learn more and to sign up to help preschool children receive free books. For more information, contact Kim Longworth at 301-320-3684 or klongworth3@verizon.net.

Rev. Rick Buckingham's Last Trip for St. Paul's:

In The Footsteps of Martin Luther & The Reformation

October 4-12, 2017



October of 2017 will mark the 500th anniversary of the Protestant Reformation, one of the seminal events in the history of Christianity. Much of our theological thinking, worship practice, and western culture today have been influenced and shaped by the words and acts of Martin Luther, John Calvin, Huldreich Zwingli and the other founders of Protestantism. This tour will visit the major sites related to Luther's life – Eiselben, where he was born and died, Eisenach, where Luther was a student, Erfurt, where he was an Augustinian monk, Wittenberg, where he lived and taught, and posted his famous 95 theses, Worms, where he was put on trial, and Wartburg Castle, where Luther translated the New Testament into German while in hiding. The tour will also visit Berlin, Halle, Heidelberg and Mainz, and include a day cruise on the Rhine. In addition, an optional 5-day post tour to Strasbourg, France and Switzerland, visiting sites associated with Calvin and Zwingli, can be added on.

Brochures are now available in the church narthex and office, and from Rev. Buckingham. This special tour is expected to be extremely popular, so early registration is strongly advised!

~~movies~~ **THAT** *move US*

A 2nd Friday film series to encourage conversations about race and build the beloved community

Friday, August 12 • 6:30pm • St. Paul's UMC

In the Octagon, 10401 Armory Avenue, Kensington, MD 20895

You are welcome to bring a brown bag dinner. *We'll supply the popcorn!*

Join members of St. Paul's and the broader community for an evening of film and conversation about race. We'll begin by watching the movie *White Man's Burden* and follow with conversation hosted by Ernest Crosby. Ernest has led similar conversations in Washington DC, and provided inspiration and guidance for St. Paul's six-week course last spring, *Exploring Race: The Importance and Difficulty of Talking about Race to Foster Beloved Community*.



For more information about the movie, [click here](#).

PLEASE RSVP

Beth Pierce at eapierce@verizon.net or Ernest Crosby at coachcrozz@gmail.com

And, if you fail to RSVP, come anyway!

 **St. Paul's**
United Methodist Church
10401 Armory Ave., Kensington, MD 20895

This event is just one of many activities sponsored by the Justice and Compassion Committee to foster a "Beloved Community" within St. Paul's and to share that joy with our neighbors and friends outside St. Paul's.

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 10am Prayer Lift 10:45am Lectionary Bible Study 7pm Journey Group	3 6:30pm Bell Rehearsal	4	5	6
7 9 & 10:30am Worship with Communion 9:30am Adult Sunday School 10:30am Summer Sunday School 11:45am Food Sorting	8 6:30pm Comm. Collect 7pm Stephen Ministry Where: Warner Presbyterian	9 10am Prayer Lift 10:45am Lectionary Bible Study 7pm Journey Group	10 6:30pm Bell Rehearsal	11	12 7pm J&C Movie Where: Octagon	13
14 9am Worship with Communion 9:30am Adult Sun. School 10:30am Worship 10:30am Summer Sunday School	15	16 10am Prayer Lift 10:45am Lectionary Bible Study 12pm Tuesdays Together 7pm Journey Group	17 6:30pm Bell Rehearsal	18	19	20
21 9am Worship with Communion 9am Bell Rehearsal 9:30am Adult Sunday School 10:30am Worship 10:30am Summer Sunday School 11:30am Backpack Build	22 1pm Staff Meeting 7pm Stephen Ministry Where: St. Paul's	23 10am Prayer Lift 10:45am Lectionary Bible Study 7pm Journey Group	24	25	26 7pm Middle High Youth Group	27
28 9am Worship with Communion 9:30am Adult Sunday School 10:30am Worship 10:30am Summer Sunday School 11:40am Crucifer Training	29	30 10am Prayer Lift 10:45am Lectionary Bible Study 7pm Journey Group	31			

Sunday School

Believe it or not, the 2016-2017 Sunday School year begins in just a matter of weeks (September 11th, to be exact!). That means it's time once again to recruit Sunday School teachers. We are currently seeking teachers for all grade levels: preschool, elementary school, and high school.

Here are a few FAQs that may help you decide if Sunday School teaching is for you:

Do I need teaching experience?

Nope! We make this volunteer gig as easy as possible by providing all of the curriculum, craft materials, and snacks that you need. No previous teaching experience or arts and crafts experience required!

I don't have children of Sunday School age. Can I still teach?

Definitely! While we love when parents of Sunday School children volunteer to teach their children's classes, we also think it's terrific when other members of our St. Paul's congregation feel called to teach the young people in our community.

I don't think I can make it to the 9 a.m. service. If I teach Sunday School at 10:30, will I ever be able to worship in the sanctuary on Sunday mornings?

Absolutely! Teachers are part of a team and typically teach about twice a month. You have the flexibility to work with your teaching partner(s) and set a schedule that works for you, allowing you to attend the 10:30 service, travel, etc.



I enjoy working with children and teens, but I don't feel like I am an expert on the Bible or theology. Won't that be a problem?

No! The provided curriculum has guidelines for leaders that help you to understand each week's lesson before teaching it to your class. As you spend time preparing your lesson and praying for guidance in leading the children, you may find that you learn and grow in your faith just as much as they do!

If you're feeling called to help out but aren't available to teach at this time, we can always use volunteers. You could help us coordinate snacks or craft supplies, decorate bulletin boards, or substitute teach a few times a year. **All help is welcome!**

Please e-mail ashleyderr11@gmail.com if you are interested in teaching or volunteering in some other capacity. I look forward to telling you more about this fulfilling volunteer opportunity.

"Remember not the former things, nor consider the things of old.
Behold, I am doing a new thing; now it springs forth, do you not
perceive it? I will make a way in the wilderness and rivers in the desert.

ISAIAH 43:18-19

Stephen Ministry

Stephen Minister Training Starts September 15

There is a need to add a few women to the Stephen Ministry group this year. This is a heart-felt ministry where those who participate in it get a lot in return. If it's been on your heart to reach out to the St. Paul's congregation and the Kensington community to provide spiritual care to those who need it, contact Rev. Matheny or Virginia Bickford at (301) 598-5496 for more information. Also, you can also speak to any of the 18 Stephen Ministers to find out more.



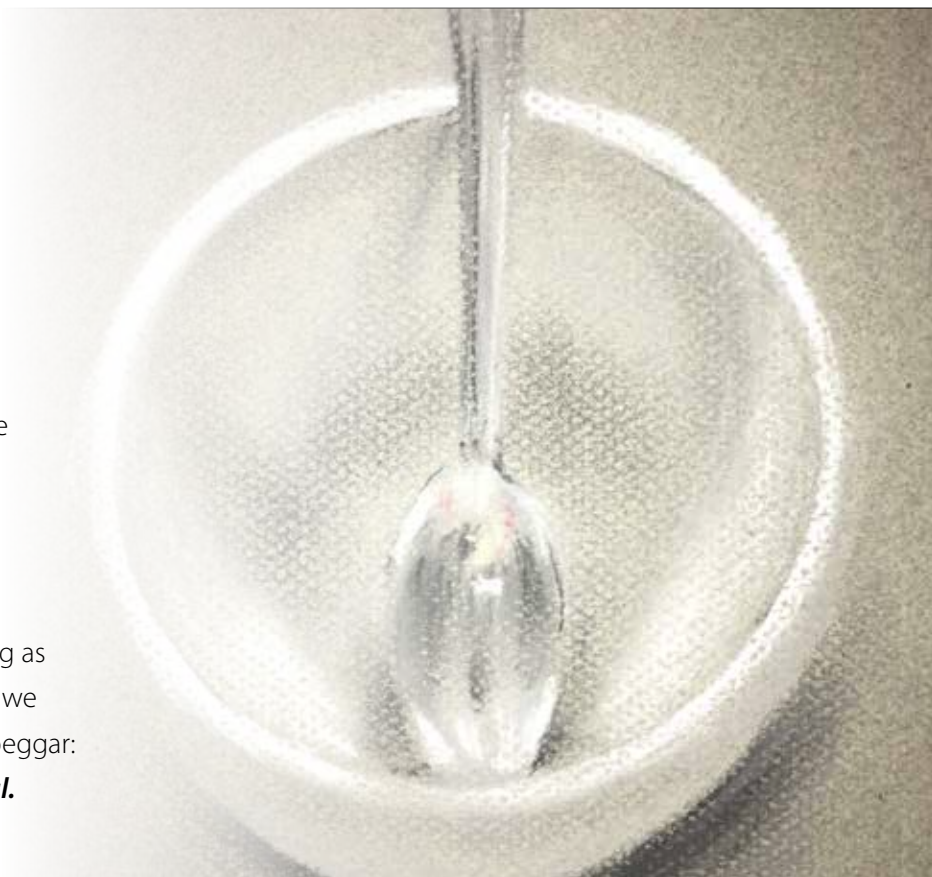
"The Best 50 Hours of Training You'll Ever Experience!"

Here's why Stephen Ministers frequently say that about their training:

- Stephen Minister training teaches principles and skills that equip you to provide high-quality, Christ-centered emotional and spiritual care to others.
- You gain insight into the thoughts, feelings, and actions of people who are hurting.
- You develop relational and caring skills you can apply to all aspects of your life.
- You deepen your faith as the Holy Spirit fashions you into a Christ-centered caregiver.
- You feel a special bond with those in your class—experiencing real Christian community.
- Stephen Minister training is a lot of fun!

Notes from the Journey

A monastic tradition of many religions is to go begging in the morning with an empty bowl. Whatever will be placed in the bowl, whether it is a little or a lot, will be **enough** for the day's nourishment. Even the Japanese word for a begging bowl is "oroko"... meaning "just enough". Although we no longer have the discipline of begging as an honorable sign of dependence on God, we can practice being of the same mind as a beggar: ***Spiritually hungry, receptive, and grateful.***



Bits of History

By JACK LIPSCOMB

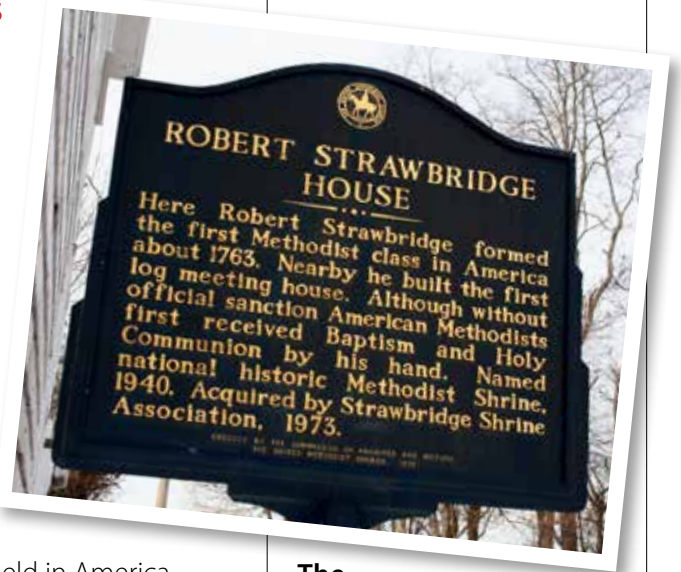
Asbury and Strawbridge, American Missionaries

The Strawbridge Shrine, known as “The First Home of American Methodism,” is located in New Windsor, Maryland. It preserves the home where Robert and Elizabeth Strawbridge lived. He rode the circuit from here and planted the seeds of Methodism in America. The site also contains a log meeting house replica, an authentic re-creation of the first Methodist house of worship in the New World.

Robert Strawbridge and Elizabeth had heard the message of John Wesley in Ireland and came to America as dedicated Wesleyans. He began his preaching about 1761, spreading the word throughout the area. Francis Asbury had been sent to America by John Wesley in 1771. In the first Annual Conference held in America in 1772, Asbury and Strawbridge and two other preachers were appointed to the Baltimore Circuit. Following is an excerpt from an article in the May 2016 issue of Exhortation! News Bulletin of the Strawbridge Shrine, published twice yearly.

“Almost three years after Robert Strawbridge’s death in 1781, the Methodist movement in America was at the edge of an abyss. With the conclusion of the Revolutionary War by treaty in 1783, it was unthinkable for Methodists to remain a part of the Anglican Church, whose official head was the King of England. And so John Wesley agreed that for the people ‘whom God has so strangely made free,’ a new denomination and new leadership was called for. He ordained Dr. Thomas Coke, and sent him to America with letters directing that Coke and the lay minister Francis Asbury be set aside as Superintendents of the church to be organized. But Asbury, more experienced in the ‘don’t tell me what to do’ American mind set, determined that he should be elected. So on the first day of the Christmas Conference at the Lovely Lane Meeting House in 1784, Asbury was elected Deacon; on the second, elected Elder; and on the third day, Superintendent (a title which would soon be changed to Bishop).”

Strawbridge would die in 1783, just a year before the Christmas Conference in Baltimore, the beginning of the Methodist Episcopal Church. Asbury would live for another 33 years, spreading the message of John Wesley throughout America.



**The
sale price for the
History Book is now \$10!**

Contact Jack Lipscomb at
301-774-2761 or [jlipscomb@
verizon.net](mailto:jlipscomb@verizon.net) for more
information on this article
and on the committee, or to
purchase the history book.



Missed Church? Sermons are online!

www.stpaulsk.org/sermons

The 10:30 a.m. service is recorded on CD. Copies are available. Sign up in the church office and indicate how you wish to receive and return the CD – a voluntary donation of \$2 for CD is suggested.



Four options to receive the Epistle!

EMAIL (color)

Send an email to: stpaulsunited@stpaulsk.org and write 'email the epistle' in the subject line.

DOWNLOAD (color)

Go to the St. Paul's web site www.stpaulsk.org and download your own pdf version.

MAIL (B+W)

If you don't receive an Epistle in the mail and would prefer this, contact the church office at 301-933-7933.

PICK UP (B+W)

Copies of the current Epistle are available in the Narthex and in the church office.

Lectionary

August 7	Luke 12:22-31
August 14	Luke 12:32-40
August 21	Luke 16:10-15
August 28	Luke 21:1-4

Worship Schedule

9:00 a.m. Worship with
Communion in the Sanctuary
(Nursery available)

10:30 a.m. Worship
in the Sanctuary
(Nursery available)
Sunday School

