



## *The Mentor*

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*September 2012*

### *Staff*

*Kay Sutton,*

*Organist/Choir Director*

*Abigail Wincek, Parish Administrator*

*Mary Weiser, Parish Secretary*

*Jeff Tyree, Facilities Manager*

*Lynn Heller, RN, Parish Nurse*

### *The Episcopal Diocese of Milwaukee, Wisconsin*

*The Rt. Rev. Steven A Miller,*

*Bishop of Milwaukee*

### *St. Matthew's Church*

*The Rev. Gary Paul Lambert, Interim Rector*

### *Worship Schedule*

*Sunday 7:30 AM Holy Eucharist  
10:30 AM Holy Eucharist*

*Wednesday 9:00 AM Holy Eucharist  
& Holy Unction*

*Saturday 9:00 AM Morning Prayer*

#### *Wardens*

*Karen Dubiel, Senior Warden*

*Jamie Cairo, Junior Warden*

*Jon Cushman, Treasurer*

#### *Vestry*

*Walter Breach*

*Michael Brooker*

*Guida Brown*

*Eve Hoey*

*Casey Kalicki*

*Steve Krzyzanowski*

*Jan Merkt*

*Cary Pallin*

*Debi Rengers*

## A Pastoral Letter from Fr. Gary Paul Lambert

*Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it. 12 Therefore lift your drooping hands and strengthen your weak knees, 13 and make straight paths for your feet...(Hebrews 12:11-13a)*

Dear Brothers and Sisters in Christ:

When I was a young boy my charge as a Christian was to learn my catechism, go to church on Sunday, and avoid the near occasion of sin. The idea of having anything resembling what is known as a spiritual discipline or a rule of life was a foreign concept. A spiritual discipline was something just not spoken about in the lives of the laity. There was no planning for spiritual growth other than what I mentioned above.

In our present time, we are at the time of the year when there is a lot of planning taking place. We are entering into another year of church and school activities. Vacations will be over, and noses will be back to the grindstone. We will mostly think and plan about all the fall activities that we will actively engage. In other words we will be planning our ‘doing’ for the months ahead to come. But, will you take some time to plan your ‘being’; will you take a good, hard look at your spiritual discipline?

When you hear this term “spiritual discipline”, and if it seems to be a strange term for your ears, perhaps it is time to learn something about it. We do live in a different church than what existed fifty years ago. The Apostle Paul instructs Timothy in his First Letter to him to “Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way...” A spiritual discipline, then, includes much more than gaining knowledge about God. It is about the experience of God found in the habitual behaviors that facilitate spiritual growth. A spiritual discipline is one’s rule of life designed to seek the goal of growth in relationship to God in Jesus Christ. It is much more than learning catechism lessons, going to church on Sundays, and avoiding the near occasion of sin.

Even though the days of the church of the 1950s and 1960s are long past, for many people the spiritual discipline this age represented is pretty much the same. Like anything worthwhile, however, the more attention one gives to creating a spiritual rule of life, the more learned and proficient one can become. Celebrating Holy Eucharist and worshipping with a church community on a regular basis is a keystone for starting a spiritual discipline.

The renewal of our understanding of baptism, as revealed by the 1979 Book of Common Prayer, reminds us that Christians are called to be people of faith at all times and in all places -- not merely on Sunday when people go to church. There was an understanding in those bygone years that when you came home from church and take off your good Sunday clothes, you could also take off your ‘churchy’ mindset and attitude. After all, didn’t one have to work in a brutal market-place or deal with very competitive people? A person needed to act differently to get ahead on the job. Those Christian values heard about from the pulpit on Sunday morning did not necessarily work in other places. What an ethically fragmented world we lived in during those days.

There is a great need for us to live out the baptismal promise to live out our faith at all times and in all places. Furthermore, we neglect to do so at our own peril. Everyone has a burning need to work a spiritual discipline. In an article written about an Anglican Rule of Life, the author writes this: “All Christians should have a rule of life, states the Book of Common Prayer. But many Christians have never heard of such a thing. What rules? Don’t we have the Ten Commandments and the great commandments? More rules? But a rule of life is not a collection of “thou shalt” and thou shalt not”. A Rule of Life is not just about how you live your life: It is about why you live your life.”

A rule of life is about loving God because God loved us first, and having a desire to be like God as we follow Jesus. A rule of life is about practicing good stewardship, having good order and routine in your life, following such practices as prayer, meditation, scripture study and Holy conversation. One should take pauses during the day to practice these acts of being present with and listening to God.

One way which will enhance the development of a spiritual discipline is to share this journey with another – a spiritual friend or a spiritual director. You may know one or more people, friends or family member, who might naturally fill this mutually supportive role. On the other hand, there are those who serve as spiritual directors specifically to help people with their spiritual disciplines and journeys. I would recommend you find one or the other. You need not do this alone. Indeed, I recommend that you do not even think along those lines.

What do you think works for you or with what you would like to experiment or try? As we begin a new year of activity, by taking the time to better put life in God’s perspective will make the year richer and more obviously full of grace. If you have any questions or wonderings about your spiritual discipline, I would be most happy to discuss it with you.

May your life in faith be rich with the promise of Christ, Jesus.

Your Brother in Christ,

Gary Paul Lambert +

***May his soul, and the souls of all the departed,  
through the mercy of God, rest in peace. Amen.***

The Rt. Rev. Roger J. White, 10th Bishop of Milwaukee (retired), died peacefully August 27th at Froedert Memorial Hospital with family at his side. Bishop White was hospitalized August 9th for treatment of a ruptured brain aneurysm.

The funeral service will be held at 7 PM on Thursday, September 6th at All Saints' Cathedral (818 East Juneau Avenue, Milwaukee). Visitation will be held from 4-7 PM in the Cathedral library. Interment in the Cathedral columbarium will follow the funeral service. Bishop Miller will preside at the service.

### **Opportunities for Service**

Fr. Gary, Wardens, and Vestry members welcome all who wish to be of service to the parish by serving on Sundays, by serving our community of Kenosha, and for personal growth in fellowship with other members of our church. A new *Ministry Brochure* has been developed and it is available at the back of the church. Please take time to pick up a copy after services. Carefully read and pray about the opportunities to be of service.

### **Ministry of the Month: Women's Book Club**

What does it mean to be a member of the Women's Book Club? Pretty much that you enjoy reading...and that you're a female, of course! Membership is open to every woman of the parish, young and old(er), and our roughly monthly meetings – always on Sunday nights – bring about much spirited conversation! Sometimes it's even about the book we've read!

The types of books read run the gamut from light and easy, such as John Grisham's *Skipping Christmas* to weighty and lofty, like William Makepeace's *Vanity Fair*. We read all genres of books: autobiographies, biographies, fiction, literature, memoirs, science, and, yes, even religion, and every member gets to choose the book we'll be reading when she hosts. Sometimes we even stray from books and check out a movie – based on a book!

Attendance at any meeting, held at the "host's" home, is generally 6 – 10 people. The host has light snacks and beverages available and usually a dessert, but the meeting is never about the food; it's about the fellowship and stimulating conversation about a common topic – the chosen book!

I distinctly remember my first book club meeting, though I admit I don't remember exactly WHEN it was. I had wanted to attend for months, but I am painfully, painfully shy. I didn't know anyone well, so I was afraid to just show up. However, the group was reading *Joshua* by Joseph F. Girzone. I OWNED that book! I LOVED that book! I READ that book again...and I took my scared, shy self to the meeting, probably some time in 1997...and I've been to almost all of the meetings since!

If you're considering attending a Women's Book Club meeting, you really should take the plunge! You may not be at it 15 years later, as I am, but you will feel a stronger connection to St. Matthew's and the women of the parish.

Submitted by Guida Brown



### **BOOK CLUB**

St. Matthew's Women's Book Club will meet on Sunday, October 21, at 7:00 p.m. at Cary Pallin's home at 6221 3<sup>rd</sup> Avenue to discuss *Home* by Toni Morrison.

"Frank Money was damaged emotionally as well as physically while fighting in Korea, then returns home to an America as racist as ever. What saves him from utter despair is the need to rescue his equally damaged sister and bring her back to their small Georgia town, a place he has always despised. But thinking over the past both near (the war) and far (his childhood) allows him to rediscover his sense of purpose. At 160 pages, this is not a big brass band of a novel but a chamber work, effectively telescoping Morrison's passion and lush language."

Please read the book and join the discussion on October 21.



## CHOIR NEWS

It's that time of year again! As soon as Labor Day and the Church Picnic are over, we can start Adult Choir! All voice parts are needed and new members are always welcome. Talk to Kay Sutton any Sunday after church about joining the choir. Adult choir rehearses downstairs in the choir room after the 10:30 Eucharist. We will perform our first anthem on St. Matthew's Day!

Fall Schedule: First Choir rehearsal: Sept. 16th after 10:30 service

Sing in Church: Sept. 23rd at 10:30 Eucharist  
(Warm-up at 10:00 in choir room)

I am excited about all the NEW music we will sing, as well as the opportunities for handbells and guest instrumentalists. The choir will sing, not only the traditional music of Rutter, Handel, Britten and others, but also contemporary Christian, spirituals and maybe..... a little jazz. Share your talent and join the choir this year!

Submitted by Kay Sutton  
Organist and Choir Director



ARE YOU CALLED TO BE  
A DAUGHTER OF THE KING?

The women of the parish are asked to prayerfully consider forming a chapter of Daughters of the King. For a little background; the Order was founded in 1885 and today about 28,000 women (National and International Chapters) observe a Rule of Life, fulfilling their vows of prayer and service to spread Christ's kingdom. A brochure and other detailed information is available on the table at the back of the church.



## Adult Forum



You are invited to join a two-part series about taking care of the physical and spiritual sides of yourself. The first session is *A Joyful Heart is Good Medicine* presented on Sunday, September 16<sup>th</sup>, from 9-10 AM in the Guild Hall. The second session is *It Is Well With My Soul* on Sunday, September 23<sup>rd</sup> also in the Guild Hall. The presenters will be Lynn Heller, Marsha Krzyzanowski and Jan Merkt. Childcare can be arranged by contacting Jan Merkt @ 878-1740 or Lynn Heller @ 697-0970. Come enjoy good fellowship along with learning!

## GIRL SCOUTS AT ST. MATTHEW'S



A Girl Scout parent meeting will be held on Thursday, September 13th, from 7 to 8 PM in the Guild Hall (Upper Level). If you have a young girl 9 or 10 years of age interested in joining Girl Scouts please attend this meeting to find out more about the Girl Scout Troop to begin at St. Matthew's Church. The girls are welcome to attend the meeting as well. If you are interested in the Girl Scout program and cannot attend the meeting, please contact Dawn Christiansen at 262-652-2067.