



# JOURNAL

## July / August 2022

### A message from the Rector

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Hugh Webb  
(Fulfilling Rebecca Paluzzi's  
unexpired term effective August 2022)



THE EPISCOPAL DIOCESE IN EAST TENNESSEE  
WWW.DIOET.ORG

#### What We Hold in Common

Common. Sometimes we mean ordinary. Unremarkable. Common as mud, the saying goes. But for Christians, and Episcopalians especially, "common" has another great and beautiful meaning that we hold dear.

Common prayer. The Common Cup. Common means all that we share that binds us together and make us one body.

We share a life of prayer and worship. We drink deeply from a common cup, the cup of Life. We feast around a common table. We celebrate communion with God and one another.

When one member suffers, all suffer together. When one member rejoices, all rejoice together. Profound is the depth of our shared and common life.

#### We who are many are one body, for we share one bread and one cup.

On the eve of his death, Jesus gathered with his disciples to share a last supper with them. He identified the bread and wine as his body and blood. At the end of the meal, Jesus took the cup of wine and gave it to all his disciples to drink. He did not merely pour wine into the disciples' individual cups and tell them to take a drink; he invited them to drink and share from one common cup. The common cup is not about only the contents of the cup but also the act of sharing and drinking deeply of the same cup.

"Do this," Jesus said, "in remembrance of me." Since that time, the common cup has been a symbol of great significance – a piece of the ministry of reconciliation entrusted to us by Jesus, and part of the mission of the church "to restore all people to unity with God and each other." Our thirst is not for the wine only but for each other and God.

In September, after more than two years of special restrictions and protocols, we will resume the practice of drinking from the Common Cup. Worshipers can choose to receive communion in the traditional way, without the use of tweezers or eyedroppers to distribute the bread and wine. We resume this ancient practice afresh with much forethought, prudence, and care. And for those who are not comfortable drinking from the common cup at this time, receiving communion with Covid protocols intact will still be available as an option. (See article on Page 4 for more information.)

Today and every day I invite everyone to celebrate all that we hold in common as a body, the ministries of faith, hope, and love that we share. Here is one of my favorite prayers from the service of Compline in the Book of Common Prayer:

*O God, your unfailing providence sustains the world we live in and the life we live:  
Watch over those, both night and day, who work while others sleep, and grant that  
we may never forget that our **common life** depends upon each other's toil;  
through Jesus Christ our Lord. Amen.*

I also invite you to celebrate with me by sharing your favorite prayer from the Book of Common Prayer and send it to the Journal editor, Katy Pindzola. (Journal@stjohnstn.org) These will be printed in later editions of the Journal. Please include with your submission a short reflection about why this prayer has become important to you.

Faithfully,  
Laura

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An Episcopal Church in the Heart of Johnson City

## A message from the Senior Warden

In the many years that I have been a member of St John's parish (since 1978), I have always been impressed by our worship venues. As a person very interested in history, I tend to gravitate toward the Chapel or the "old church," since that is where Joy and I were confirmed and where I enjoy Rite One at 8 am on Sundays.

The Chapel has undergone numerous changes over the years yet remains a great example of the historical nature of the "Rock Church." I often wondered about the stained glass window to the right of the altar which is dedicated to David Lucas, who died in 1874 ... yet the church was constructed in 1905. In the process of developing the history portion of our profile during the recent search process, I discovered that David died in infancy in 1874, and his father later became an Episcopal priest. Ladies of the parish sent letters to the general public asking for \$1 donations to help fund the building of the church. Rev. Lucas, at the time serving a parish in Minnesota, responded by donating the window we now see.

Several items at the altar and in the bell tower are dedicated to parishioners who have gone before us. I encourage you all to peruse those areas sometime. At the same time, when I attend services in the Nave I am blown away by the beauty and serenity of that setting. How fortunate we are to have such diverse spaces in which to worship.

Peace.

Tom



## Faith Formation

"Faith Formation" as a parish endeavor is both essential and broad in scope. A Faith Formation Committee was formed by Rev. Laura in March 2021 and has been meeting monthly since then. It focuses on individual faith formation as well as our life in community, learning about each other, our church, the Episcopal tradition, our neighborhood, where we want to go, and how to move forward. The committee is now comprised of Rev. Laura, Lee Phillips (chair), Frances Jackson, Rucht Lilavivat, and Fred Mackara. The committee invites your feedback and ideas for faith formation programs and teachers for this Fall and beyond. Please don't be shy about sharing your thoughts. After all, we're all in this together!

**Centering Prayer** has added a Sunday morning "Sit" in the Prayer Room that starts at 9:55 am and ends before the 10:30 am service. The Tuesday evening gatherings (6 pm) are now being offered as a hybrid, both in-person and via Zoom – or as Frances Jackson refers to it, "Room and Zoom." For more information about Centering Prayer and/or to receive weekly readings, please contact Frances Jackson. (jxn621@gmail.com or 423-946-3345)

The **Adult Faith Forum** on Sunday mornings between services is slated to resume on August 28.

### Welcome to a new year of Sunday School!

**Children in kindergarten through the 6th grade** will be studying the "Chalice" lessons from the Episcopal Children's Curriculum. Chalice year begins with stories of people in the Old Testament. This class includes hearing and discussing Bible stories, singing, creating art, and discussing some more. Sometimes you will see us on a journey in the church to learn more about our topic for that day – and we'll be talking! Any elementary-age child is welcome to join us any Sunday.

**Youth in grades 7 through 12** follow a lectionary-based curriculum from The Educational Center called "Teen Text." It's a discussion-based curriculum that makes terrific use of fine art, video clips, songs, and poetry to illuminate the day's readings. All youth and their friends are welcome.

**Classes begin on August 7 at 9:15 am.** Please do not hesitate to contact Rae Grosserode (rae.grosserode@gmail.com) or the youth leader, Rucht Lilavivat (armana1404@hotmail.com) with any questions. We're looking forward to seeing all of our children and youth on the 7th!

## Coming soon: Rally Day

Save the date for this St. John's tradition: Sunday August 28, directly following the 10:30 am service. We'll have games and activities for all ages, potluck lunch, time to make new friends and visit with long-time friends. Information booths for programs and ministries will provide an opportunity to learn more about them and perhaps even decide to get involved in new ways. Watch for more information about Rally Day in the weekly e-news, *This Week @ St. John's*.

## Outreach News

### Hotel Amenities Ministry ~ A tangible expression of God's love in the world



Thank you for your steadfast and generous support of this ministry. The beauty of this ministry is that it provides a single collection point for us to donate a variety of items which are then distributed to several area agencies and organizations in our community. So whether it's food, household supplies, bedding, or clothing that you want to go to a worthy cause, everything is put to good use by those who need it the most.

A big thanks to Rebecca Paluzzi for getting this program off the ground three years ago, as well as the many volunteers who continue to sustain the program by helping receive, sort, and deliver donated items. Please let Rev. Laura know if you can assist with any particular aspect of the program. It's definitely a group effort, and everyone who participates in carrying out this ministry makes a difference. Our next Drop-Off is **Saturday August 20, Noon-1:15 pm.**



### 2nd Annual School Supplies Drive ~ There's still time to help!

Thank you to everyone who brought school supplies to the church. This year, donated school supplies are being split equally between Mountain View Elementary (Johnson City) and South Central Elementary School (Washington County). Both are "high needs" schools as determined by their Title I status or the percentage of students qualifying for free or reduced cost lunches. While the collection of supplies ended July 31, there's still time to help. Since it is quite common for teachers to buy supplies with their own money for their students, you can support this initiative through a financial gift, and Mark Merriman will ensure that the monies are provided to the schools without delay. If you have any questions or would like to make a contribution, please contact Mark at 423-202-4509.

### Caring Cabinet - Keeping the cupboard full for our neighbors!

The Caring Cabinet on the Fairview side of the church was installed as a cooperative effort with the local Girl Scout Council. Thank you to all who have helped keep it supplied. If you haven't had a chance to help yet, we'd love to have your support, whether through volunteering your time to help keep the cabinet stocked, donation of personal hygiene supplies, or financial support. Anything you can do will be greatly appreciated. For more information, please contact Jennifer Kinser at 612-388-0218 or email her at [jjkinser@comcast.net](mailto:jjkinser@comcast.net).



### Family Promise Update

As many of you know, area churches supporting this ministry have not been interacting directly with Family Promise families since the beginning of Covid restrictions. Instead of staying overnight in churches, the families have been staying in local motels. The Downtown Day Center serves as the "basecamp" for meals, job searches, teaching, and counseling as well as a place to stay during the day if needed. Additionally, each family receives a \$100 food gift card every week. While we have surely missed interacting with the families, we still have an important role to play, albeit in ways different from what we had been doing pre-pandemic. Staff members at Family Promise have developed a list of things we can do to support these families, such as delivering a meal or snacks to the Day Center, helping to move a family out of the program on moving day, providing kits of "essentials" to families who are new to the shelter program, and providing educational or playtime kits for children in the shelter program. We are encouraged to come up with additional ideas.

Our most recent service week was at the end of July; our next opportunity to serve is the **week of November 7-13**. If you'd like to help, please contact David Kalwinsky ([Kalwindsd@etsu.edu](mailto:Kalwindsd@etsu.edu)) or Mary Alice Fryar ([maryalice.fryar@yahoo.com](mailto:maryalice.fryar@yahoo.com)). Thank you for your assistance with this important ministry!

### Youth Mission Week 2022

Ten youth from our church, St. Paul's in Kingsport, and Holy Family in Fishers, Indiana "camped out" at St. John's for a week of service at the end of June. Their service included assisting The Salvation Army, Washington County Animal Shelter, Second Harvest Food Bank, Johnson City Parks & Recreation Department, One Acre Cafe, Good Samaritan, and Family Promise. (See photos on Page 7)

Thank you to everyone helped make the Youth Mission Week successful by providing food, guidance, and leadership: Rucht Lilavivat; Mike and Sandy Radford; Ellen Wallen; Marilyn Monin; the Rev. Laura Bryant and John Hutton; Heather Holland; Ted and Lissa Jackson; Mary Alice Fryar; Bill and Jean Archer; Emily and Lee Bidgood; Caroline Wood from the Diocese of East Tennessee; the Rev. Johnny Tuttle and the Rev. Chris Harpster, Deacon, from St. Paul's Episcopal in Kingsport; Jolene Johnston and Ruth Everette from Holy Family Episcopal in Fishers, Indiana.

By all accounts, everyone had a great time and meaningful experiences getting to know each other and serving together. Hopefully it's a new tradition in the making!



## Happy Birthdays!!!

### July

1 John Webb	8 Marianne Cox	18 Marty Woodward	26 Bo Benson
2 Eleanor Buerkle	9 Kate Beatty	19 Paul Pusateri	26 Joe Ripepi
2 Brenda McNenny	9 Linda Hipple	20 Amanda Osborne	26 John Thomas
2 Thelma Yoder	10 Hunter Hayden	21 Anna Miller	28 Randy McVeigh
3 John Pedersen	13 Dorothy Minor	23 Bill Browder	30 Rob Hungate
5 Andrew Carter	16 Benjamin Byrne	23 John Hutton	31 T. K. Story
6 Deborah Bryan	16 Rita Plemmons	23 Landon Tipton	31 Pat Thornton
6 Fred Mackara	18 Ryan Armstrong	24 Jackie Mabrey	31 Phyllis Wilson

### Aug

1 Banks Camak	9 Tom Monin	19 Gail Newman	26 Eddie Henson
4 Mitzi Cooper	11 Gayle Cox	21 George Winton	28 Marilyn Monin
5 JD Swartz	12 Lissa Jackson	25 Ken McCollum	29 Ann Brumback
6 Harper Huckaby	14 Lynne Fuller	26 Jill Channing	31 Andrew Davidson
8 Greg Van Tassell	14 Cheryl Plowden	26 Tina Collison	31 Harold Spross

### Good to know that...

The lovely floral arrangements that adorn the altar are rearranged into multiple vases after worship services to be delivered to homebound parishioners, assisted living facilities, hospitals, and such. So if you choose to provide for flowers any week to honor someone or in memory of a loved one, your gift brings much joy to many people long after they have graced St. John's premises. If you would like to help provide flowers for any coming weeks, please contact Harriet Cone at 423-928-8065.

## Questions about the Common Cup

### Why is the common cup an important part of our Eucharistic celebration?

In his 1981 book The Eucharistic Way, Bishop John Baycroft writes of the common cup, "We drink from a common cup as a strong symbol of unity and our willingness to accept each other. We share our love and lives as we share the cup."

Sharing the cup is an intimate action that may make us feel uncomfortable at the best of times. The common cup reminds us we are in relationship with those with whom we share it. The Eucharist calls us to remember the One Body into which we are brought at our baptism, and to act on that call through sharing the love of Christ in all aspects of our lives. The common cup calls us to the blessing and challenge of community.

### What is the risk of infection?

There have been numerous scientific studies to determine the risk of disease transmission through the common cup in Christian worship. In 1998 the Centers for Disease Control and Prevention reported that there had never been an outbreak of infection related to the communion cup and that while there is a theoretical risk of transmitting infectious diseases by using a common communion cup, that risk is so small that it is undetectable.

### What about intinction? Is it safer?

Intinction is the practice of dipping the communion wafer into the chalice of wine. While this option may seem a logical alternative, it carries its own risks and so has long been discouraged by medical authorities. This is due to the fact that fingertips and fingernails are a repository for pathogens not found in saliva. When individuals inadvertently dip their fingertips into the wine, which happens with some frequency, intinction becomes a higher risk activity than drinking from the chalice. Having the chalice administrator intinct for the worshiper is not an ideal solution either, since inadvertent contact with the mouth of the worshiper cannot be consistently avoided. For these reasons, we will not be offering intinction at this time.

### What if I choose not to drink from the Common Cup at this time?

We will have two communion stations. At one station, worshipers will drink from the chalice. At the other station, the wine will be administered with an eyedropper on the bread wafer in the hand, as has been the practice throughout the pandemic. You may choose to receive the sacrament whichever manner you choose.

## A Favorite Prayer

*From the Book of Common Prayer. the following prayer is intended for those struggling with illness, yet it speaks to me as a prayer for all manner of circumstances. Plus, it's just a great way to start the day! I hope you find it as beautiful and helpful as I do. ~ Katy Pindzola*

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly.

If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly.

Make these words more than words, and give me the Spirit of Jesus. Amen.

*If you're interested in exploring more about this prayer, I came across a lovely companion essay at <http://www.holy-trinity.com/our-blog/do-nothing-gallantly/>*

### News from the Diocese: Grace Point Day Returns ~ Saturday August 13

The Diocese of East Tennessee welcomes the return of the annual Grace Point Day, an East Tennessee tradition featuring fun activities for adults, youth, and young children alike. Activities will range from splashing in the pool, hiking on Grace Point's 280 acres, kayaking to the eagle's nest, arts and crafts in the art barn, and more.



The event is free. Lunch and drinks will be provided. Grace Point is in Kingston, Tennessee – about two hours from Johnson City. For more information visit <https://dioet.org/events/grace-point-day/>

### Would you like to receive updates directly from the Diocese of East Tennessee?

All you have to do is visit <https://dioet.org> and a form will pop up for you to submit your email address and indicate which emails you'd like to receive. Options include Becoming Beloved Community, ETN youth, Grace Point, News & Events, and Reconciling Thoughts from Bishop Brian Cole.

### Pipe Organ Campaign Progress Report



To date we have received commitments and pledges of \$418,000 toward our \$600,000 goal. As the capital campaign proceeds, please be assured that the Vestry remains dedicated to recognizing and responding to needs and hopes in our neighborhood, city, and parish that call out to us and demand our support. We are thankful for all gifts, both large and small, to this aspect of our music program.

### “This Week at St. John’s”

Are you receiving the weekly e-newsletter? It has all the latest news and updates about [special events, schedules / schedule changes, opportunities to participate in ministries, and the weekly prayer list](#). If you're not already receiving the e-newsletter, please call or email the church office so Nick can get you signed up to receive it directly to your email inbox.

## YTD Financial Report - Operating Budget

	June 2021 YTD Actual	June 2022 YTD Actual	June 2022 YTD Budget	Variance YTD Actual 2022 vs 2021	Variance YTD Actual vs YTD Budget	
Plate Offerings	\$ 824	\$ 3,167	\$ 3,150	\$ 2,343	\$ 17	The figures at left represent the halfway point of our fiscal year and indicate a favorable financial situation, with net operating income of \$12,719. (YTD expenses were lower than were budgeted, and revenues were higher than were budgeted, largely due to prepaid pledges.) The vestry and finance committee are working hard to be stewards of your gifts. Thank you for supporting the mission and ministry of St. John's.
Pledge Payments	142,333	137,796	151,800	(4,537)	(14,004)	
Prior Pledges	1,885	720	600	(1,165)	120	
Contributions	27,895	16,321	15,400	(11,574)	921	
Misc. Income	284	113	360	(171)	(247)	
Prepaid Pledges	6,000	18,500	-	12,500	18,500	
<b>Total Income</b>	<b>179,222</b>	<b>176,617</b>	<b>171,310</b>	<b>(2,605)</b>	<b>5,307</b>	
<b>Total Expense</b>	<b>152,657</b>	<b>163,898</b>	<b>168,345</b>	<b>11,241</b>	<b>(4,447)</b>	
<b>Net Income</b>	<b>\$ 26,564</b>	<b>\$ 12,719</b>	<b>\$ 2,965</b>	<b>\$ (13,845)</b>	<b>\$ 9,754</b>	

**Featured artist  
Brenda McNenny**

**Thank you for sharing your  
artwork with us!**



**The  
Coffee Shop  
& Gallery**  
“Come and sit a spell.”

*In addition to serving as a spot to chat with friends before and after worship services, the Coffee Shop is also a nice meeting space for other times. Just call the church office to check availability.*



## Newcomers Gathering

June 12, 2022

We couldn't have asked for a more perfect day or a better time among friends, both long-time and newfound. After a bountiful buffet, we gathered inside where everybody shared their personal stories about their connection to St. John's.

Thank you to all who helped put the event together, all who came to welcome our newcomers, and especially all who have chosen St. John's as their new church family!

*Photos courtesy of Ellen Wallen*

## Bishop Cole's Annual Visitation & Rite of Confirmation

June 19, 2022

Celebrating the confirmation of Emily Baker, Andrea Eads, Andrew Eads, Ray Fine, Blake Johnson, Caitlyn Pendleton and those received into the Church – Sara Allen, Katie Goad, Mike Grosserode, and Mark Merriman



*Photos courtesy of Ellen Wallen*

# Memories of Youth Mission Week "Bridging the Gap"

(See article on Page 3)



*Photos courtesy of Jolene Johnston, Ruth Everett, and Caroline Wood.*

## **Important Notice: Safeguarding God's Children Training ~ Sunday, August 14, 1 - 4 pm**

Safeguarding God's Children is an in-depth educational and training program for preventing and responding to child abuse in everyday life and in ministry. All Episcopal congregations are mandated to certify completion, which requires in-person training for **clergy, staff, vestry, as well as volunteers who interact with children and youth**. Individual recertification is required a minimum of every 3 years. If you haven't already signed up for this training or are unsure as to whether or not you need to attend this training, please call Jon Lau at the church office: 423-926-8141.



## **EfM (Education for Ministry)**

**Recognition of prior graduates in May 2022.**

EfM (Education for Ministry) is a four-year program developed by The University of the South, carried out in small groups with a mentor.

The next annual session begins in January 2023.

If you'd like to know more about EfM, please contact Lee Phillips (far left) at [Lee@wordmatters.com](mailto:Lee@wordmatters.com).



*Photos courtesy of Ellen Wallen*



### Worship Service Schedule

- Sundays..... 8:00 am Holy Eucharist Rite I
- 9:15 am Sunday School (Children & Youth)  
*(Resumes August 7)*
- 9:15 am Adult Faith Forum  
*(Resumes August 28)*
- 10:30 am Holy Eucharist Rite II  
*(Nave & Facebook Live)*
- Tuesdays ..... 5:30 pm Evening Prayer/Healing Service
- Thursdays ..... 10:00 am Morning Prayer
- ❖ *Nursery is available on Sundays, 8-11:30 am*

### Meetings & Special Events

- Sunday Aug 7 ..... Blessing of the Backpacks (@ 10:30 am svc)
- Sunday Aug 7 ..... Acolyte Training following the 10:30 am svc  
*(Emily Bidgood, epbidgood@gmail.com)*
- Saturday Aug 13 ..... Safeguarding Training, 1-4 pm, Great Hall
- Saturday Aug 13 ..... Grace Point Day (see Page 5)
- Tuesday Aug 16 ..... Vestry meeting, 7 pm
- Saturday Aug 20 ..... Hotel Amenities Drop-off, Noon-1:15 pm
- Saturday Aug 20 ..... Youth & Acolytes Gathering, 2-7 pm  
*(Email retp62@gmail.com for more info.)*
- Sunday Aug 28 ..... Rally Day (on the church grounds)

### Programs Recurring Weekly

- Tuesdays ..... Centering Prayer, 6 pm  
*In-person & via Zoom*
- Sundays ..... Centering Prayer, 9:55 am, in-person
- Sundays ..... EfM, 5-7:30 pm via Zoom  
*(Resumes August 21)*

### Want a closer look?

If you'd like to view this Journal or prior editions online, visit <https://stjohnstn.org/publications/>  
(The photos are in color, and you can make them bigger!)

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