

Holy Apostles "Grapevine"

The Monthly Newsletter of Holy Apostles Episcopal Church

FROM THE DESKS OF
PASTORS SHERYL AND CHRIS KESTER-BEYER

Dear Friends in Christ,

Over the past year, I have often been asked the question, "How are you doing?" For most of us, that is simply an invitation to conversation. I recall a time during my CPE days (Clinical Pastoral Education, a part of my seminary training where I was assigned to be a chaplain in a hospital). I was walking the hallway on the surgical unit and coming toward me was a patient I had gotten to know a couple days before. She was being supported by two nurses as she laboriously walked between them. I stopped and asked, "How are you doing?" To which the nurse replied, "Isn't it obvious?" She took offense at my question as being a shallow greeting. But really I wanted the patient to give her perspective; I wanted to know how she felt she was doing. I wanted to encourage her to voice her struggle.

I think a number of you have asked that question of me this past year in light of my Parkinson's diagnosis. It has not been a shallow greeting but real concern for my health, and I want to take this time at the beginning of a new year to answer that question.

Most of you have heard me simply say, "I am fine." Or more likely, "Pretty good." And that, for the most part, does sum things up. I get along with my medication. I continue to do probably 98% of what I have done in the past, more slowed by simply 'getting older' than by the Parkinson's disease.

One very annoying symptom that I struggle with is sleep. This leads to feeling exhausted by late morning and, as several of you have observed, falling asleep at my desk. If you find me that way, simply knock gently on the door. I will be embarrassed, but I am learning it's just part of the disease.

Other than that, I'm fine! Seriously, I have minor symptoms and fortunately at this point no major progression in any particular symptom. My neurologist told Sheryl that none of her other patients walk the hall as fast as I do. I do struggle a bit with low blood pressure and have to pay attention to sudden changes in elevation, but I still run and bicycle. One of the highlights of the past year was doing a tri-relay with my daughters. My eldest swam a mile, my youngest rode 12 miles, and I ran a 5K (3.1 miles). We came in 3rd (out of 5 teams). So far, so good!

Sheryl and I are thankful that at the moment progression is going very slowly. The only certainty is it will progress; what's uncertain is how fast. There is no predicting how I will be affected or when. What I might be writing to you next year is anyone's guess, but I can tell you as I write this, "I'm pretty good!"

Pastor Chris



Holy Apostles' Episcopal Church

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 Mitchell, NE 69357
 (308) 623-1969

Email: apostles@embarqmail.com

Sunday service: 10:30am
 Office hours: Mornings - MTW

Mitchell Ministerial

Association Food Pantry

The Food Pantry is asking for the following donation item(s):

January-Rice

our contributions are greatly appreciated.

Pantry coordinators:

Susan Weitzel-(308)623-2684 or

Karen French (308)623-188

Backpack Program

The Backpack Program is asking for the

Following donation item(s):

Fruit/granola breakfast bars

Annual Meeting

Holy Apostles will be holding its Annual Meeting on January 19 following services.

As usual, there will be a potluck dinner following church with the meeting following lunch.

There will NOT be either adult or children's Sunday School on that Sunday.

Landscaping Project

The Vestry would like to thank all the parishioners who have pledged to help out with the landscaping project for the bays beside Beecher Hall. All of the bays have been spoken for. The project is in its final planning stages so those who have made the commitment to help out should be hearing soon about the final costs. (It was estimated to be about \$100 without a plaque and \$125 with a plaque.)

Volunteer Needed

As many of you know, my schedule gets extremely busy once tax season starts and I have asked the pastors to be liberated from newsletter duty from January through April.

They have asked that I put out a call for someone with familiarity with Word's Publisher program to assume this task.

I should be able to complete the newsletter in December for January, but then will need some time off.

Please see the pastors for more information.

FYI- Names and Contact Information

Priests-in-charge:	The Reverend Chris Kester-Beyer	(402)694-9189 (cell)
	The Reverend Sheryl Kester-Beyer	(402)694-9182 (cell)
Deacon:	The Reverend Angela Jones	(308)631-1922 (cell)
Senior Warden	Maryruth Reed	(308)623-2491
Junior Warden	Leann Sato	(308)641-9083
Holy Apostles Website	www.holyapostlesmitchell.org	
Facebook	Holy Apostles Mitchell NE	

DIOCESE OF NEBRASKA - RESOURCE LIST

109 N 18 th St	855-341-5373
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www.episcopal-ne.org (website)	(402)341-8683 (fax)
dioadmin@episcopal-ne.org (e-mail)	

Bishop:	The Rt. Reverend J. Scott Barker	Sbarker@episcopal-ne.org
Canon to the Ordinary	The Revered Canon Elizabeth Easton	Leaston@episcopal-ne.org
Diocesan Administrator	Lachisha Baskin	Dioadmin@episcopal-ne.org
Director of Finance	Beth Byrne	Bbyrne@episcopal-ne.org
Archdeacon	The Reverend Betsy Bennett	Deaconbetsy@windstream.net

(Diocesan Environmental Ministries & Ministry of Diaconate)

January Sunday Service Assignments

Dates	Lector/Server	Acolytes	Ushers	Gifts	Coffee
1/5	Steph/Sister E-S	Bill	Deb	Deb	Nick & Katie
1/12	Sylvia/Maryruth	Matthew	Nick & Chris	Steve & Marilyn	Pete & Nancy
1/19	Leann/Jenny	Clancey	Steve J/ Mel	Nick & Katie	pot luck lunch
1/26	Marilyn/Leann	Merrill	the Raneys	Sharon	Jenny & Andee
2/2	Steph/Sister E-S	Bill	Leann & Merrill	Leann	Steph & Sylvia

January Altar: Maryruth Reed

January Coffee Hour snacks provider: Deb Yamamoto

January Birthdays and Anniversaries

Birthdays:

Jan 7	Michael John Kurtz	Jan 16	Rose Yamamoto
Jan 8	Leann Sato	Jan 19	Lee Hughson
Jan 9	Milo Newman	Jan 21	Kylie Lewis
Jan 15	Jerry Kurtz	Jan 30	Anne Lewis
Jan 15	Chad Propp		

Anniversaries:

Jan 1 Don & Nikki Rose

January Altar Flowers

Given by:

In memory of:

As of the time of publication, no flowers were donated in January.

2 Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

3 John 1:2

January 2020						
Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
5 10:30 am Holy Eucharist Service	6	7	8	9	10	11
12 9:30 am Sunday School 10:30 am Holy Eucharist Service VESTRY meeting	13	14	15	16	17	18
19* 10:30 am Holy Eucharist Service Annual Meeting & Pot Luck	20	21	22	23	24	25
26 9:30 am Sunday School 10:30 am Holy Eucharist Service	27	28	29	30	31	

*As third Sunday, January 19 will be the Pastors' Discretionary Fund Collection Day. Any cash in offering plate will be deposited in that fund.

Note: ECW has moved to quarterly meetings, first meeting for 2020 will be in March.