

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,

Well, we did it! About a month ago Chris and I signed up to run the half-marathon in the Monument Marathon in September. A year ago, we ran in our first 5K after which our daughter, Jennifer said, "I think we all should run the half marathon next year". Her suggestion planted a seed, and although our daughter's personal schedule will not allow her to run with us on that day, we signed up anyway.

Now the training begins; because there is NO WAY I/we can run 13.1 miles without training for it. So a couple weeks ago, Chris and I sat down and figured out how many weeks we have till the half-marathon and plotted out a training schedule including one longer run each week that will keep getting progressively longer until 13 miles is in our sights. This week our longer run was 5.25 miles and each week, until September, we will lengthen our longer run by a half mile. This will be in addition to some shorter runs each week, plus cross-training on the bicycle, some strength training and lots of stretching!

I'm not telling you all this because I want you to oooh and aaah over Chris and I, or commend us for our discipline or athleticism or anything like that. I'm really not! I'm telling you this, because I want you to think about your faith journey or your walk with Christ, as a marathon or a half-marathon. And by that I mean that if we want to be growing in our faith, growing deeper in our relationship with God, growing in love towards God and those God loves, growing stronger in Christ so that we can withstand all the trials and tribulations of this life, then, there are certain things (disciplines, practices, training, whatever you want to call them) that we need to be doing.

Just as we would not expect to be able to go from a 5K (3.1 miles) to a half-marathon without putting in the training, neither should we expect our faith to grow if we don't spend time in those practices which have been proven through the centuries to help people grow in their faith: worship, prayer, reading and meditating on scripture, confessing our sins to God, studying the Bible with others, loving and serving others, giving of our time, talents and money (and yes, that includes tithing).

Dear friends, if you are not regularly engaging in these practices, then you are sorely missing out on an opportunity to grow in your faith. It's not that God will stop loving you or that your salvation will be null and void if you don't do these things, but in not doing them, you are missing out on so much more that God longs to do for, in and with you.

So, to help you get started with your training, I'd like to share with you a type of prayer called a breath prayer which is a prayer you can use anywhere, anytime. It begins by taking in a deep breath and then releasing it; do this a couple of times to center yourself and then when you take your next deep breath pray these words silently, 'Lord, Jesus Christ'...and as you breath out pray, 'show me your way.' Do this a few more times or however long you wish and then go about your day.

Of course, there are many different phrases or scripture verses one can use for breath prayers. One of my favorites when I'm stressed is Psalm 46:10 "Be still...and know that I am God," but really you can take any scripture and turn it into a prayer in this manner. In fact, breath prayers are a great way to finish up a time of devotion, by taking a short phrase from the scripture or even the devotional itself and turning it into a breath prayer that you take with you throughout this day. So as we continue into this season of growing we call Pentecost, it is my hope and prayer that this letter might plant a seed in you, which when nourished by the Holy Spirit would grow and take root, inspiring you to greater commitment in your relationship with God and to those practices which can help our faith in God to grow.

Let the training begin!

Pastor Sheryl



Holy Apostles' Episcopal Church

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Mitchell, NE 69357
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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):

July- canned fruit

Your 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):

Granola, Fruit or Cereal Bars

Vacation Bible School

July is here, (and the heat too!), so that means we are gearing up for Vacation Bible School!

VBS begins on Sunday, July 22 and will conclude with a program on Thursday, July 26.

If you can help out with a donation of your time or some of needed supplies, please let one of Pastors know.

Thanks so much for all you do to support the youth of our church and the community.

A Prayer for our Parish

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. *Amen*

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	Judy Kieler	(308)225-4645
Junior Warden	Deb Yamamoto	(970)576-0644
Holy Apostles Website	www.holyapostlesmitchell.org	
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Canon to the Ordinary	The Reverend 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)

July Sunday Service Assignments

Dates	Lector/Server	Acolytes	Ushers	Gifts	Coffee
7/1	LeAnn/Jenny	Clancey	Steve J/Nick S	Chris & Steph	Andee & Jenny
7/8	Deb/Maryruth	Matthew	the Raneys	Steve & Sylvia	Chris & Steph
7/15	Marilyn J/Sister E-S	Bill R	LeAnn/Deb	LeAnn & Nancy	Fred & Nancy
7/22	Andee/Jenny	Clancey	Nick S/Chris C	Steve & Marilyn	Steve & Marilyn
7/29	Sylvia/Maryruth	Mary & Merrill	Matthew & Oren	Sharon	Deb
8/5	LeAnn/Sister E-S	Bill R	Steve J/Nick S	Pete	Nick & Katy
July Altar: Maryruth Reed					
July Coffee Hour snacks provider: Pete Okamoto					

July Birthdays and Anniversaries

Birthdays:

7/1	Nikki Rose	7/20	Sherry Miyahara
7/4	Chris Kester-Beyer	7/21	Cliff Symonds
7/16	Kristen Hotz	7/25	Jenny Hughson
7/18	Steve Dolberg	7/25	John Todd Plasencio

Anniversaries:

7/1	Chris & Steph Cannon	7/16	Pat & Sherry Miyahara
7/14	Cliff & Andee Symonds	7/29	Dave & Shelly Knutson

July Altar Flowers

Given by:

In memory of:

As of the time of publication, there were no flower memorials for July.

I have fought the good fight, I have finished the race, I have kept the faith.

2 Timothy 4:7

July 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Group Reunion@ Penny's 7 am	7
8 10:30 am Holy Eucharist Service	9	10	11	12	13 Group Reunion@ Penny's 7 am	14
15* 10:30 am Holy Eucharist Service	16	17	18	19	20 Group Reunion @ Penny's 7 am	21
22 10:30 am Holy Eucharist Service VBS	23 VBS	24 VBS	25 VBS	26 VBS Program	27 Group Reunion @ Penny's 7 am	28
29 10:30 am Holy Eucharist Service	30	31	1	2	3 Group Reunion @ Penny's 7 am	4

*As third Sunday, July 15 will be the Pastors' Discretionary Fund offering date. Any cash in offering plate will go to this fund.

Please note that Sunday School is not meeting throughout the summer months.

Our next vestry meeting will be on August 12.