

## Holy Apostles "Grapevine"

The Monthly Newsletter of Holy Apostles Episcopal Church

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### FROM THE DESKS OF PASTORS SHERYL AND CHRIS KESTER-BEYER

Dear Friends,

Are you running on empty? As many of you know, Pastor Chris and I spend a lot of time during the summer bicycling (in fact, we have planned a bicycling vacation this summer to Northern Wisconsin which will average approximately 50 miles per day). One of the things you quickly discover when you do those kinds of miles on a bicycle is that fueling is very important, just as it is for a car or motorcycle. In bicycle lingo, when you run out of fuel, it's known as 'bonking' and the tell-tale signs are loss of energy and increased irritability (at least in me!). But despite the fact that I know better, there have been times on previous bike trips when I didn't eat properly and found myself running low on fuel; running on empty.

When you're bicycling it's a pretty easy thing to refuel—at least as long as you're smart enough to carry food with you on the bike or take advantage of the convenience store or restaurants strategically placed about every 5 to 10 miles along the way.

But what kind of surprises me, is how quickly I can 'bonk' spiritually. Life gets busy, meetings run late, I don't sleep well a few nights in a row and soon I'm talking myself out of getting up early to spend time with God, and before I know it, I'm running on empty.

To be honest, this happened to me just this past Lent and that's when God helped me see that I had been forgetting to take the time to refuel spiritually. Just as my body needs to be recharged through regular and frequent meals to be able to function at its best, so too my soul needs regular infusions of God's grace and power for my spiritual life to function at its best. And even though I knew better, I had been neglecting to stop at God's refuel station and fill up. As a result, I was running on empty.

So, what about you? Are you running on empty? Have you been neglecting to stop at God's refuel station and fill up? Are you taking the time to get regular infusions of God's grace and power in your life? Do you even know how? In reality, just as in bicycling, it's a pretty easy thing to refuel—we simply need to learn to take advantage of the gifts God has given to us for that purpose—gifts like prayer and meditation, worship and devotions, or small group study.

So are you running on empty? Then schedule time into your day and week to be with God. Use a devotion to guide your prayer time. Make weekly worship attendance a priority, even during the summer. And feel free to stop in and talk with Pastor Chris or me about your spiritual journey if you feel like you need some direction and guidance in that area. After all, helping you to connect to God and grow in your faith is what we are here for.

Renewing in Christ,  
Pastor Sheryl

*"He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."*

(Isaiah 40:29-31)



**Holy Apostles' Episcopal Church**

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Mitchell, NE 69357  
(308) 623-1969

Email: [apostles@embarqmail.com](mailto:apostles@embarqmail.com)

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

**Mitchell Ministerial  
Association Food Pantry**

The Food Pantry is asking for the following  
donations:

**June-tuna or Tuna Helper**

Your contributions are greatly appreciated.

Pantry coordinators:

Susan Weitzel-(308)623-2684 or

Karen French

**Vacation Bible School**

**Vacation Bible School is coming up  
quickly.**

**Registration is July 25 from 5.30-  
6.00 pm**

**Vacation Bible School will begin  
right after registration on July 25-27  
from 6.00-8.00 pm**

**Altar Flowers-June**

**June 12 Given by: Nick & Katy Sakurada**

**In memory of: Marianne & Shiz, Sue Sakurada, Tom & Lena  
Mori, Gib Konishi**

**June 19 Given by: Deb Yamamoto**

**In memory of: Paul, Millie and Fr. Jack Yamamoto**

**Just a few reminders.**

- As you probably noted, we were able to turn our Main Street Market receipts in earlier this year. Please be sure to bring all those receipts to Holy Apostles and leave in the basket on the shelves in the narthex, just outside the church doors.
- Please make sure your name gets on the flowers list before the end of the prior month so we can get the dedication in the monthly newsletter.
- Please contact Deb Yamamoto at [deborah.yamamoto@yahoo.com](mailto:deborah.yamamoto@yahoo.com) with any information you would like to see in the newsletter.

**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)
		(308)631-7656 (Rector)
Deacon:	The Reverend Angela Jones	(308)631-1922 (cell)
Senior Warden	Lee Hughson	(308)623-2004
Junior Warden	Judy Kieler	(308)787-0191
Holy Apostles Website	<a href="http://www.holyapostlesmitchell.org">www.holyapostlesmitchell.org</a>	
Facebook	Holy Apostles Mitchell NE	

**DIOCESE OF NEBRASKA - RESOURCE LIST**

109 N 18 <sup>th</sup> St	855-341-5373
Omaha, NE 68102	(402)341-5373
<a href="http://www.episcopal-ne.org">www.episcopal-ne.org</a> (website)	(402)341-8683 (fax)
<a href="mailto:dioadmin@episcopal-ne.org">dioadmin@episcopal-ne.org</a> (e-mail)	

Bishop:	The Rt. Reverend J. Scott Barker	<a href="mailto:Sbarker@episcopal-ne.org">Sbarker@episcopal-ne.org</a>
Canon to the Ordinary	The Revered Canon Elizabeth Easton	<a href="mailto:Leaston@episcopal-ne.org">Leaston@episcopal-ne.org</a>
Diocesan Administrator	Lindsey Rowe	<a href="mailto:Dioadmin@episcopal-ne.org">Dioadmin@episcopal-ne.org</a>
Director of Finance	Beth Byrne	<a href="mailto:Bbyrne@episcopal-ne.org">Bbyrne@episcopal-ne.org</a>
Archdeacon	The Reverend Betsy Bennett	<a href="mailto:Deaconbetsy@windstream.net">Deaconbetsy@windstream.net</a>
<i>(Diocesan Environmental Ministries &amp; Ministry of Diaconate)</i>		

## June Sunday Service Assignments

Dates	Lector/Server	Acolytes	Ushers	Gifts	Coffee
6/5	Steph/Maryruth	Matt	Nick S/Mel F	Steve & Marilyn	Steve & Sylvia
6/12	Andee/Jenny	Clancey	Lee H/Tyler P	Sharon F	Lee & Jenny
6/19	Deb/Maryruth	Matt	Mel F/Larry W	Nikki R	Fred & Nancy
6/26	Amber/Jenny	Mary & Merrill	Lee H/John P	Steve & Sylvia	Pete, Nick & Katy
7/3	Sylvia/Maryruth	Matt	Nick S/Gilbert K	Nancy & Pete	Steph & Chris C

## June Birthdays and Anniversaries

### Birthdays:

6/1 Jim Elliott	6/10 Quincey Johnson	6/20 Sylvia Dolberg
6/1 Andee Symonds	6/12 Amber Plasencio	6/24 George Flaherty
6/4 Cindy Yamamoto	6/14 Philip Hatch	6/28 Philip Dolberg
6/10 Carlye Johnson	6/18 Wil Hettinger	

### Anniversaries:

6/1 Bill & Sandi Raney
6/4 Jake & Becky Allbaugh
6/11 Larry & Marilyn Wagner
6/16 Scott & Julie Lane
6/20 Fred & Nancy Sakurada
6/21 Nick & Katy Sakurada
6/23 Gilbert & Patty Kurtz
6/27 Dennis & Judy Kieler

*Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself.*

**Matthew 6.34**

# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Group Reunion Penny's 7 am	4
5  10:30 am Holy Eucharist Service  Vestry meeting	6	7	8	9	10 Group Reunion@ Penny's 7 am	11
12  10:30 am Holy Eucharist Service	13	14	15	16	17 Group Reunion @ Penny's 7 am	18
19  10:30 am Holy Eucharist Service	20	21	22	23	24 Group Reunion @ Penny's 7 am	25
26  10:30 am Holy Eucharist Service	27	28	29	30		
<p>Some things of note for next few months:</p> <ul style="list-style-type: none"> <li>• Vacation Bible School registration July 25 5:30-6:00 pm</li> <li>• Vacation Bible School July 25-27 6:00-8:00 pm</li> <li>• ECW will resume meeting in September</li> <li>• Adult and Children will resume Sunday School after summer break, note last day for Children's Sunday School is May 15</li> <li>• Holy Apostles will host August Deanery on the 20th</li> </ul>						