

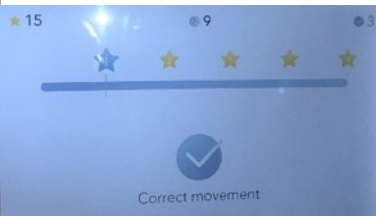


September 2021

Holy Apostles “Grapevine”

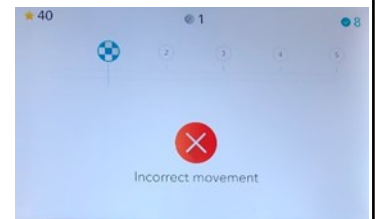
The Monthly Newsletter of Holy Apostles Episcopal Church
1730 18th Street, P. O. Box 188,
Mitchell, Nebraska, 69357

Earlier this summer I was having issues with low back pain that was radiating down into my glutes. Not bad enough to go see the doctor honestly, but bad enough that when my insurance company announced a virtual physical therapy program that was available to us for free, I decided to give it a try.



It began with a video consultation to determine the exact nature of the pain, etc. and then they sent me a tablet with my therapy sessions and some motion sensors that I strap on to my legs and chest. When I do an exercise, I get up to 5 stars for each exercise based on how good my range of motion is, how many repetitions I do correctly. Chris’

comment the first time he saw me do a session was it reminded him of a video game. Which it kind of does! All in all in pretty cool, EXCEPT that whenever I forget to keep my leg straight or bend too far forward or lose my balance, I get this ‘INCORRECT MOVEMENT’ message! And I don’t get my stars! And I don’t get a ‘do over’!



In other words, there is no grace! Which I have found extremely irritating, even maddening! And in some ways, I find it a dis-incentive. As in, after I mess up and get the ‘incorrect movement’ message, I feel like giving up, after all, what’s the point, I’m not going to get all my stars now anyway!

Which got me to thinking about how different my experience with the virtual therapist is from my experience of God. As the psalmist writes, *“The Lord is merciful and gracious, slow to anger and abounding in steadfast love.”* (Psalm 103:8) In other words, when we mess up, God is gracious, which means that we get another chance—we get a ‘do over’, often many ‘do overs’. That’s the way God works. Think about the people in the Bible. It wasn’t that they were perfect—far from it, in fact. They were human, just like you and I. They lied and cheated, lost their temper, turned away from God, had broken relationships, sometimes struggled to trust God especially when times got rough. But God doesn’t give up on them. God doesn’t give up on us. He doesn’t say, ‘sorry, incorrect movement!’ without any chance to try again. Rather, God says, “‘incorrect movement’ but I forgive you and here, let me help you get back up and try again!” That’s grace!

It’s not that God doesn’t take our sin seriously. He does. He took it so seriously that he sent Jesus to die on the cross for our sins. But God knew/knows that we will never be able to follow him perfectly, so he gives us a way, through Jesus, to put the ‘incorrect movements’ of our lives behind us (forgiveness) so that we might start anew. That’s grace!

Thank you, God, that we are not bound by the ‘incorrect movements’ of our lives. Thank you that you give us grace after grace after grace!

Pastor Sheryl





1730 18th Street/P.O. Box 188
 Mitchell, NE, 69357
 308/623-1969
 Email: holyapostlesne@gmail.com
 Sunday Worship@10:30 a.m.
 Office Hours: Mornings-MTW

**Mitchell Ministerial
 Association
 Food Pantry**
 Contact Number: 308/641-7326

Food Pantry Request :
 Soup

BackPack Program:
 Oatmeal packets
 Individual cereal pacs

*Thanks
 for
 Giving!!*

**Call to Annual
 Council in October**

Delegate needed to attend the
 Annual Council October 21-23
 at the Mariott Hotel in Lincoln.
 If you would like to represent
 Holy Apostles, please contact
 Pastors Sheryl or Chris

Recovery Sunday
 Recovery Sunday has been
 set for September 26th.
 Come celebrate lives re-
 stored from addiction and
 abuse.

ECW to Meet in September

The ECW will their Fall meeting on September 9th
 at 12:30 PM. Maryruth will provide lunch.

Also, if you received a wooden pen from
 Maryruth some time ago, refills are available.
 Contact Maryruth and she will show you how to
 refill them.

**Celebrate
 Generosity**

*An intergenerational event will begin in October
 for all ages. This event will be held on the third
 Sundays of the month, October, November,
 January, February and March.
 Come join us at 9:30 AM on the third Sunday to
 celebrate our generous God.*

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)6263-2491
Junior Warden :	Judy Kieler	(308)787-0191 (cell)
Holy Apostles Website:	www.holyapostlesmitchell.org	Facebook: Holy Apostles Mitchell NE

DIOCESE OF NEBRASKA - RESOURCE LIST

109 N 18th St	(855)-341-5373	
Omaha, NE 68102	(402)341-5373	
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

Servers

Sept 5th Jenny Hughson

Sept 12 Leann Sato

Sept 19 Maryruth Reed

Sept 26th Maryruth Reed

Altar Guild

Judy Kieler and Deb Yamamoto

Thank you to our new Altar Guild Members

Two members have agreed to join the Guild! A special thank you to Leann Sato and Cindy Yamamoto for their willingness to serve.

And to all our Altar Guild members thank you your commitment to the ministry and worship life of Holy Apostles!

September Birthdays

9/1 Sterling Cannon

9/16 Judy Kieler

9/9 Candace Sherfey

9/22 Christopher Cannon

9/9 Landra Sherfey

9/26 Helen Scott

September Anniversaries

9/29 Levi and Lucy Allbaugh

Flower Chart

No flowers listed for September at this time

*All Worship Services will be both In-Person and
on Online via Facebook Live*

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Pentecost 15 Worship @ 10:30 a.m.	6	7	8	9 ECW 12:30 PM lunch provided	10	11
12 Pentecost 16 Worship @ 10:30 a.m.	13	14	15	16	17	18
19 Pentecost 17 Worship@ 10:30 a.m.	20	21	22	23	24	25
26 Pentecost 18 Worship @ 10:30 AM Recovery Sunday	27	28	29	30		

On September 19th, (the 3rd Sunday of the Month)

any cash received will go to the Priest's Discretionary Fund. Thanks for your generosity!