



ST. JOHN'S
EPISCOPAL CHURCH
LAFAYETTE

The Eagle

St. John's Episcopal Church | Lafayette, Ind. | Summer 2021

From the Rector

Adam Grant, an organizational psychologist, writes that many of us are experiencing what he calls “languishing.” Languishing is somewhere between flourishing (that feeling that we have a strong sense of meaning, purpose and mattering to others) and depression (when we feel despondent, aimless or worthless). When we languish, we lose focus and motivation, we drop balls, we disconnect from projects and (more importantly) from other people. Languishing can easily slide into major depression (and we have seen plenty of that during the pandemic). Grant explains that we can transcend this sense of languishing by regaining what psychologists call “flow” — by working for “small wins,” on specific, meaningful challenges, or on important conversations. After a year living in pandemic, the point isn't to jump back into the deep end of life (that would likely lead to disaster for most of us). Rather, the idea is to find small, concrete ways to reengage.

As I said, Grant is an organizational psychologist, so he is focused on people's work and social habits. But I think this is relevant to our “spiritual” lives, to our religious faith, to what it means to be a disciple. In John's Gospel, Jesus tells his disciples that he is “the true vine” and that, to bear fruit, they must abide in him. This passage is complicated, and we could say a lot more about it, but it's a lovely metaphor for the Christian faith and life. Jesus is the true vine, the life source, the grounding of life and love. Without connection to the true vine, we will wither and die; we will, in a word, languish. Jesus goes on to tell his disciples that if they keep his commandments — namely, loving God, loving their neighbor, loving one another as he has loved them — they will abide in him. Indeed, that's just what it means to abide in Jesus, in his love, in his life.

But here's at least part of what that means. Christian faith is about practice. Being a disciple is about practice and about practices — practices like worship, prayer,



study, generosity and service. Being a disciple is about coming together as a community with others who are walking the way of Jesus. It isn't primarily about feeling a certain way or even believing certain things (we can't separate feeling, believing and doing that easily). Without the practices that have been constitutive of the Christian faith and life since the very beginning, we can start to lose touch with the true vine, with the life and love of God. (I'll be honest, this has been particularly hard for me during the pandemic. I connect to God most directly through you, through the community gathered in worship. And so, this article about languishing really resonated with me. Maybe you also know something of what I mean.)

If you know what I mean, I invite you to take Grant's advice and apply it to your “spiritual” life. Many of you have been staying connected through Zoom worship or other gatherings. That's a great way to stay connected. Now, try looking for a “small win” by setting aside some time for prayer or quiet time (*continued on page 2*)

(continued from page 1) listening to God (five minutes is perfect). Maybe volunteer with Family Promise the next time it comes around at St. John's, or help with the Senior Food Delivery at Fowler Apartments. Maybe you could designate some time to talk with a friend about where God might be calling you or where you see God at work in the world. The key here is to start small.

Remember, don't try to do everything at once. That's a recipe for burnout and for frustration. The point isn't usually the "doing" anyway, it's about making and maintaining connections. Christian practice helps us connect to God and to our neighbors, to the true vine, to the source of love and of life, and to all those God has set on our paths. If we do that, if we make and maintain those connections, if we abide in Jesus, we can flourish. Or, as Jesus puts it, we can share in his joy so that our joy may be complete. — Bradley Pace, bradleypace@stjohns-laf.org

Thank You

I want to say a special "thank you" to everyone who continues to make our community life possible.

- Thanks to everyone who has helped with Family Promise and the Senior Food Program at Fowler House.
- Thanks to everyone who registered for in-person services and to those who helped lead worship.
- Thanks to the altar guild and to Sue Bracey and Carl Taylor for picking up their table and flower ministries right where they left off.
- Thanks to the Vestry and other leadership for continuing to steer the ship carefully and faithfully.

As always, it takes many, many people to support our worship, sharing and formation ministries. I want to thank all of you for your prayers, patience and dedication as we continue to "reopen" and regather. — Bradley Pace, bradleypace@stjohns-laf.org

**'Round the Fountain
Art Fair Strawberry
Shortcake Booth
Saturday, May 29**

St. John's homemade strawberry shortcakes has been a staple of the annual 'Round the Fountain Art Fair for decades, and this year, we plan to get back in the baking business!

Please go to <https://forms.gle/UoA13yrDmn2NgV5w6> and sign up to volunteer (people who are fully vaccinated are especially encouraged). We have redesigned berry and shortcake preparation so that there are more shifts, i.e., fewer people in the building at the same time. Additionally, we will not be selling whipped cream so there will be one fewer person each shift at this outdoor fair.

Please email questions to Michael Bennett at michael@stjohns-laf.org. More information about the fair itself is available at www.roundthefountain.org.

Save the Dates

Summer 2021 at St. John's, Lafayette

Summer Worship, June-August

Beginning June 6, our worship schedule will change. Sunday services will be 9 a.m. via Zoom and 10:30 a.m. Holy Eucharist.

Senior Program at Food Finders

12:30 p.m. second Fridays of each month

St. John's will partner with Food Finders on the 2nd Friday of each month to help deliver food at the Fowler Apartments on Ferry Street. We will be at Fowler Apartments on June 11th, July 9th, and August 13th. If you would like to help, please contact Mother Andrea at andrea@stjohns-laf.org or 765-742-4079.

Picnic and Holy Eucharist at Good Shepherd

6 p.m. Saturday, June 12

We will share a picnic and worship on the lawn at Good Shepherd, West Lafayette. More information coming soon.

Worship in the Street

10 a.m. Sunday, July 4

St. John's will join with members from other neighborhood churches for Worship in the Street. Each year, more than 200 people join in this wonderful service celebrating our shared ministry in Greater Lafayette. Come and let us join our friends in *worship!*

Please note: There will be a 9 a.m. Zoom service that day as well.

Bon Voyage and Best Wishes to the Rev. Dr. Rebekah Sims

Rebekah Sims came to St. John's in 2016 while working on her Ph.D. at Purdue University. She soon became actively involved in the community: singing in the choir, helping with the youth group, serving as a vestry member and engaging in several other capacities. During that time, Rebekah also began discerning a call to ordained ministry and started the process to become a deacon. After at least two years of continued discernment and intense training, Rebekah was ordained to the diaconate at St. John's in January of this year.

Since January, Rebekah has been serving at the Chapel of the Good Shepherd. At the end of May, Rebekah will be graduated from Purdue University with a Ph.D. in Rhetoric and will be taking a position at the University of Strathclyde in Glasgow, Scotland. Please keep Rebekah in your prayers as we celebrate what she has accomplished and what God has made possible in her ministry and as she makes this incredible transition into her professional career. — *Bradley Pace, bradleypace@stjohns-laf.org*



Remembering Pat Annis

Pat Annis, a parishioner of St. John's, died on March 18. A few of us have organized a project in her memory, and we hope some of you will join us.

Pat had an amazing range of avid interests: horses, dogs, birds (especially poultry), opera, gardening, Mexican folk art, fashion, home decorating (including feng shui), antique/second-hand, Bible study, theology and reading. She was a voracious reader, and I had the pleasure of finding the books she wanted and suggesting a few more in the last weeks of her life.

She had a particular love of well-written mystery/detective fiction. I have worked with the director of the West Lafayette Public Library to set up a fund to buy books in her memory in this genre. When books are purchased from this fund, a bookplate will be placed in each book to the effect, "Donated by Friends of Pat Annis in her memory."

If you would like to participate, here is how to do it. Send a check made out to "West Lafayette Public Library" to
Nick Schenkel, Director
West Lafayette Public Library
208 W Columbia Street
West Lafayette, IN 47906

Be sure to write "Pat Annis Memorial" on the check or in an accompanying letter. Gifts are usually tax deductible as a donation to a local government unit under Section 170(c)1.

Please contact me with comments or questions. — *Mary Campbell, mlauracampbell@gmail.com, 765-426-5541*

Bread for the World Offering of Letters

St. John's is once again participating in the "Offering of Letters" for Bread for the World. Writing letters to our representatives is an opportunity to advocate for programs to help keep all our children fed. This year we are especially focusing on ending childhood hunger through the Child Tax Credit. A full explanation of the Offering of Letters can be found on the Bread for the World website: ol.bread.org.

Our goal at St. John's is to send 100 or more letters before the end of June 2021. Once you have written your letters or called your representatives, please contact Becky Dick by email at beckydick.wl@gmail.com. Becky needs to know who has been contacted and how (by phone, email or letter).

You can find information about the Child Tax Credit and other talking points at www.stjohns-laf.org/rectorsblog to help you craft your personalized letter. Your letter must be personalized to be counted as unique! Please change at least 20 percent of the wording to make it your own.

Feel free to contact your representatives by letter, email or phone. You may send a letter electronically or hand-write/type a personalized letter. If you would like to send an electronic letter, use the link for "Email Letter" on the Bread for the World website: ol.bread.org. If you prefer to call or to send a handwritten/typed a letter directly, phone numbers and addresses are as follows:

Senator Mike Braun
115 N Pennsylvania St
Indianapolis, IN 46204
(317) 822-8240

Email address: <http://www.braun.senate.gov/contact-mike>

Website: www.braun.senate.gov

Senator Todd Young
251 N Illinois St, Ste 120
Indianapolis, IN 46204
(317) 226-6700

Email Address: <https://www.young.senate.gov/content/>

Website: www.young.senate.gov

Representative Jim Baird, 4th District
355 S Washington St, Ste 210
Danville, IN 46122
(317) 563-5567

Email Address: <https://baird.house.gov/contact>

Website: www.baird.house.gov

That You May Be In Good Health

Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul. — III John 2

As we gradually emerge from near isolation into a world similar, yet very different from the springs and summers we once knew, we are faced with hopes and challenges of being together in closer spaces. A once-simple trip anywhere is now complicated. We evaluate its necessity, and the search for keys expands to include masks and hand sanitizer. Have you also experienced that frantic mask hunt upon arrival to your destination?

This has caused me to reflect on the passage of Scripture that opens up this column. I “discovered” this verse as a teenage science nerd. I was passionate about God and about science, caught in the cross-fire of salvos the church and the school lobbied at each other. “I pray ... that you may be in good health ...” Such a tiny phrase tucked into a miniscule New Testament book that is skipped in our Lectionary. But this tiny bit of Scripture allowed me to see that faith and facts could co-exist, and indeed, still do.

As a priest with a career in nursing, I have a deep commitment to the welfare of the Church — that is, the Body of Christ. I am encouraging each of us to recommit to good health. We may have adopted patterns in the middle of the pandemic that served us well to survive. For the season of chips, ice-cream, Netflix, comfy clothes, XXX Root Beer and staying up too late, we give thanks. And now, perhaps as the seasons change, as spring morphs into summer, that season has ended as well. It’s time for their reevaluation or removal if they don’t help us thrive.

For the next few months, I’ll be writing to you about simple practices that support our health as we recover from the effects of the pandemic together. These are things most of us already know, yet, could benefit from a gentle reminder as we journey forward as St. John’s community. I’ll add a recipe or suggestions to increase our enjoyment, and a “What was I thinking?”

From this summer issue of the Eagle until the next one arrives, let’s work on hydration together. First, free yourself from the 64 ounces a day myth. There is no solid evidence that everyone needs eight 8-ounce glasses of water daily. The idea was popularized by a diet program. Instead, set a reasonable goal. If you are thirsty or hungry, a glass of water is a great first choice. Using filtered water and adding fruits or herbs adds variety.

Here are some of my favorites:

- Sprigs of fresh mint & a squeeze of lime
- Slices of blood orange
- Slices of cucumber & fresh basil
- A tablespoon of raw apple cider vinegar and apple slices
- Raspberries and orange slices
- Pineapple cubes with or without frozen mango
- Lemon and ginger root slices

Biggest mistake: Sliced frozen bananas. What was I thinking??

Disclaimer: None of this information should be construed as medical advice. Please always check with your health care provider for what is best for you. — *Andrea Arsene, andrea@stjohns-laf.org*

Death

Richard J. (Dick) Barman
April 27, 2021
Father of Cathy Barman
Grandfather of Stuart Barman



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 Baskerville-Burrows

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Associate Rector

The Rev. Dr. Gretchen Freese

Curate

The Rev. Andrea Arsene

Parish Administrator

Teresa Lohrman

Director of Music

Michael Bennett

Building Use Coordinator

Bill McInerney

Treasurer

Bill McInerney

Assistant Treasurer

Jim Hess

Vestry

Greg McClure, *Senior Warden*
 Charlie Shook, *Junior Warden*
 Kathryn Nielsen, *Finance Chair*
 Vicki Bower, *Clerk*

Ashley Bigelow, Anna Burman,
 Molly DePue, Becky Dick,
 Mary Kay McCauley, Tom Melville,
 Aaron Sims, Emily Umulis

Eagle Editor

Cindy Gerlach

Deadline for the August Eagle is
Monday, July 12. Submit items to
 eagle@stjohns-laf.org.

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www.stjohns-laf.org

Worshipping • Sharing • Making Christ Known

St. John's Financial Summary April 2021

INCOME

	Apr-21	Total 2021	Annual Budget	% of Budget
Pledge Income	\$38,542	\$142,657	\$391,080	36.5%
Operating Income	\$5,091	\$7,889	\$91,101	8.7%
Non-Operating Income	\$3,101	\$12,403	\$51,270	24.2%
Transfer Income	\$300	\$300	\$0	
TOTAL INCOME	\$47,034	\$163,249	\$533,451	30.6%

EXPENSES

	Apr-21	Total 2021	Annual Budget	% of Budget
Outreach	\$5,486	\$28,418	\$91,998	30.9%
Program	\$552	\$1,529	\$13,650	11.2%
Administration	\$0	\$868	\$4,400	19.7%
Personnel	\$24,398	\$97,219	\$312,519	31.1%
Office	\$912	\$4,091	\$23,950	17.1%
Property	\$4,612	\$25,588	\$86,935	29.4%
TOTAL EXPENSES	\$35,960	\$157,713	\$533,451	29.6%

Net Income (Loss) \$11,074 \$5,536 \$0