

The Briefly

September 2011

The monthly newsletter for the community of
Grace St. Paul's Episcopal Church
2331 E. Adams • Tucson, AZ 85719
520-327-6857 • www.gsptucson.org

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Rector's Letter

It has been an extremely eventful summer at Grace St. Paul's, more eventful than we would have preferred. We were successful in creating a new kind of summer atmosphere of fun and spiritual activities that both fed us and brought us closer together as a community. Those activities included reaching out to the world in ways that allowed others to experience the love and care of this beloved community. What a gift that has been to so many. I want to thank each of you for your efforts in making this happen. Even the tragedies that we endured have brought us closer together and allowed us to feel God's love as strongly as I have ever felt.

It says much about who we are and the depth of our love for one another and the world. I am so proud to be a part of what we become together.

Some of the many new activities that grew us as a community included our exciting July 4th weekend picnic sponsored by The Community of Hope, beautiful Sunday night Compline services under the stars, our new one room schoolhouse for children's

Even the tragedies that we endured have brought us closer together and allowed us to feel God's love...

Sunday school, the summer movie series, our fantastic summer camp, and our first annual baseball adventure with the Tucson Padres.

The picnic was a blast for adults and even more fun for kids. Culinary delights were abundant and the water activities created lots of fun for youth and those who wanted to act like youth. Our Compline services added a new meditative piece to our worship agenda and connected us in a new way with God through Creation. Our one room schoolhouse was a big hit with the kids; rumors are that they were having way too much fun each week to also be learning. Movie night continues to offer a great, cheap

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GSP's Arts for Summer Camp was a tremendous success! More than 30 campers enjoyed the fun activities, delicious meals, opportunities to make new friends, artistic creativity, and spiritual exploration. Thanks to everyone who made it so wonderful! **See more photos, Page 9.**

Rector's Letter

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social evening for us. Grace St. Paul's night at the stadium, had 50 people (count 'em - 50!) We had a great time together, and I also heard one of the great quotations of the year. Chris LaBour's eight year old grandson, Alexander, and I were talking about spirituality and baseball, I explained to him that for me there was a very fine line between being in church and being at a baseball game. "Sometimes," I said, "I can hardly tell the difference between the two." Whereupon Alexander noted, "Sometimes, I think I can tell the difference."

The Bishop is Coming!

The Bishop is Coming!

We start off the program year this month with a big bang. On Sunday, Sept. 11, Bishop Kirk Smith will be at Grace St. Paul's for his official annual visitation. The purpose of the Bishop's visitation, as he describes it, is to give us an opportunity to share with him the good news of what is going on at GSP, as well as for him to share with us the work of the Diocese. In addition, this time is for us to be in fellowship with one another and to "preach and celebrate the sacraments as a representative of the larger church."

Traditionally, this has meant that the Bishop will offer Confirmations, Reception and Reaffirmation of vows to the congregation. **Confirmation** is presently going through a bit of an identity crisis in the Episcopal Church, as those of you who took our *Episcopal 101* class may remember. But for the purposes of the Bishop's visit, we will use the following definitions of the three. Confirmation will be for those who have been baptized in any Christian tradition at an early age who would like to make an adult commitment to their faith. Typically, this is the rite that teenagers participate in who were baptized before they remember. This year, our teenagers have not yet finished their preparation for Confirmation, so we will not be confirming them at this service.

Reception is for *all* individuals who have been baptized in any Christian tradition that want to be a member of the Episcopal Church. We have many people in this category this

year. If you have come to GSP from any other faith tradition or denomination and want to officially become a member, this is for *you*. This applies not only to all of you who have come here in the last year or two, but everyone who has never been anointed by a Bishop. My guess is there are many of you who have attended here or another Episcopal church for years and never become official. This is the time and place. There are no initiation rites involved other than the Bishop marking your forehead with chrism and reciting these words: "We recognize you as a member of the one holy catholic and apostolic church, and we receive you into the fellowship of this Communion. God, the Father, Son and Holy Spirit, bless, preserve, and keep you. Amen." ('Catholic' in this sense refers to the universal church). That's it. Our hope is that we will totally blow the Bishop away with the number of people being received this year. Please prayerfully consider joining us.

Reaffirmation of Vows is for those who have previously been confirmed or received, but would like to publicly reaffirm their commitment to the church. This year, we have many people who have transferred their membership from other Episcopal congregations to GSP. This is the category that we will use to formally recognize you as a member of Grace St. Paul's on Sept.11.

If you are ready to be Received or Reaffirmed and have not yet called or emailed the office, please do so as soon as you can, no later than Sept. 6. We need the following information from each of you, full name, mailing address, the date of your baptism (as close as you know it—the year is okay), the geographical place of your baptism and the church or denomination where you were baptized. If you email, please do directly to Steve+ since KiKi will be out of the office. If you have any questions about the process or want to discuss this in further detail, please contact Steve+ as soon as possible.

In the case of those who want to be Received into the church and are not yet baptized, please contact Steve+ immediately.

Sept. 11 will be a hugely exciting day for all of us. Don't miss it.

Steve+

Editor's Note

The editor has returned from the steamy jungles of Florida, where even though she did not find Dr. Livingston, she had many harrowing adventures. I am delighted to be back and excited to jump into the new issue.

Heads up! A significant change has been made to make life easier for both the staff and the contributors. To lessen the confusion as to where to send what, all articles will come directly to real_canfield@yahoo.com. Please do not copy your articles to anyone else. Everything except calendar entries will be sent to the editor only as "gatekeeper" for all articles great and small, and parcelled out from one home base to the associated editors to review. The exception, calendar entries, will continue to go to calendar guru Wendy Pipentacos at wendypipe@yahoo.com.

The next deadline is Monday, Sept. 19, for the October issue. Again, I can't say enough about the wonderful editors, Angel Wang and Martha Whitaker, who stood in for me in my absence, and the terrific August issue they helped our regulars, Wendy, Craig and John, turn out. Also, Angel Wang has decided to become a regular associate editor for the *Briefly*.

The good news just keeps on keepin' on!



Equinox Liturgy

One of our goals at Grace St. Paul's is to utilize liturgy to help us understand and feel the connections among God, people and all of Creation. We have done well through much of church history linking the first two together. However, for centuries the third part was nearly excluded. The notion that God is also experienced through the natural world was dropped from much of Christian theology, perhaps in a desperate attempt to protect us from pantheism, the understanding that the earth is God. Only our Celtic tradition was able to preserve some of our ancient Christian roots and the knowledge that one of the most effective ways to experience God was through the natural world.

What we lost as a result was our own deep connection to the earth and the connection between the cycles of the universe and the reality of God. In an attempt to alleviate this loss and help us reconnect with God through the natural world, we have instituted the season

of Creation, which will begin this year on Oct. 9. Last year we added special liturgies to mark the turning of the seasons and each of our equinox and solstice services were big hits. We have now come full circle in our seasonal liturgies.

Come join us this year as we continue our new tradition. Let us link again those Celtic roots and rediscover the experience of God through the change of the seasons. This year's celebration of the Fall Equinox will be on Thursday, Sept. 22 at 6 p.m. in the same slot as our regular *Spirit Now* service. Please join us as we gather on the labyrinth for this short, informal, but meaningful liturgy. The service will include a walking meditation for those who are able and is designed to help us reestablish our relationship to God through creation and each other.

Come check it out, and let us know what you think.

Steve+

Greeting Ministry

Caring for and loving one another is obviously a central part of the mission of Grace St. Paul's. In some way, all of our ministries are built around this component. Two of our ministries though, are especially focused on hospitality. Ushering offers an opportunity to meet and greet with people attending a service and to make sure that everyone feels welcomed, comfortable and oriented. Our Welcome Table volunteers are also all about hospitality. Their job is to specifically care for visitors.

Mainline church studies suggest that people who are greeted sincerely, with love and in an unobtrusive manner are more likely to return to that church. However, if the visitors are also contacted individually in the week following their visit, the odds of their returning go up exponentially. That has also been my personal experience both here at GSP and in other congregations. Our return visit ratio is over

70 percent when we are able to send a thank you note.

The issue that we presently have is that the only people we can greet in church and send thank you notes to are those that voluntarily go to the Welcome Table. Once there, the staff does a great job in caring for them and getting the information needed to contact them. But as we all know, mainline Christians are not often over the top extroverts. People left to their own, will for the most part avoid making such contact.

Presently, our ushers have too many other responsibilities to have time to identify a visitor and care for them. Our Welcome Table staff also cannot "leave their post" to do such identification. What this means is that if we are to care for people to the maximum extent and make them feel as welcomed as possible, we need an in-between group. We need folks who feel called to identify visitors as they

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Parish Wellness Meeting Sept. 18

*By Martha Whitaker,
Senior Warden*

The next Parish Wellness Meeting is scheduled for Sept. 18 at 11:30 a.m. in McBride Hall, following the 10 a.m. Sunday service.

Please plan to attend to learn about the exciting things that have happened since the last Parish Wellness meeting, what's in store for GSP's future, and how the congregation will work together to articulate a vision of GSP's future!



Notes from the Choir Stalls

By Christina Jarvis, Director of Music

The new choir season commenceth, hallelujah, amen. We start on Sept. 11, on the occasion of the Bishop's visitation and the reception of new members. It is also registration day for children and youth activities. There's a lot going on.

I am delighted to report that the choir has gained weight. We have a significant number of new and returning members, and at least three of them are first tenors. Does that rock or what? Let me tell you, I've been doing my chicken dance all over the place. Of course, we don't have enough books or vestments to accommodate them, but what a problem to have, eh? I think we can cope.

In order to take advantage of the augmented men's section (after all, everyone likes an augmented men's section), we will begin the season with the Tchesnokoff "Salvation is Created" for the offertory. It's more often done on Christmas or Easter, but I think it works well for baptism and reception, and hey, we have all those men for divided tenor and bass parts. We have to do a Russian piece; it's the law.

The music program at Grace St. Paul's is growing, as well. Joan Brundage and Jane Click have been steadily building the St. Cecelia's Choir for the grade school age children, and I am organizing an ensemble for high school and college age persons. What shall we call it? To be really contemporary, we'd need to put a zombie in it. How about St. Zeno's Zombie Choir? Who wouldn't want to join that?

All interested parties will have a chance to sign up for these and other children and youth activities on Sept. 11. Joan, Jane, and I will provide various kinds of musical instruction.

You must provide your own zombification, although as any parent of an adolescent child can tell you, zombification usually takes care of itself on school mornings. We are hoping that the youth zombies will be able to provide music about once a month, occasionally for the 10:00 service but also for the new bi-weekly Sunday night Complaine service.

The adult zombies will be singing the usual GSP mix of styles and centuries. A little gospel here, a little Anglican verse anthem there. Last year I held off, because the poor thing is nearly beaten to death, but this year we are reprising the William Byrd "Teach me, O Lord, the way of thy statutes." I love it, and I'm hoping that Ari and/or Minda Dettman will sing the solos.

Although you may note a repeat here and there, we will also be doing a lot of music we haven't done before. Some of it is brand new. For All Saints', we will sing a work by Dr. Pamela Decker, the Grace St. Paul's organist, entitled "Taste and See," which was just premiered this year. I'm also working to bring Paul Amiel, the neh player, back for the first Sunday in the Season of Creation. We may do an anthem in Turkish. You never know. For the last Sunday in the season of creation, we're doing one in Hebrew—*Mizmor le toda* (Psalm 100), by the Baroque composer Salamone Rossi.

So stay tuned to this station for further announcements. With prayer and medication, we will have a great year!

Peace,

Christina



Our Spiritual Gifts

By Tricia Galvin, Co-Chair,
Giving & Receiving Ministry

Spiritual gifts are funny things. A few months ago I took a spiritual gift survey that was a series of random questions. For example, one question was, “I have spoken in tongues”. Assuming that “speaking in tongues” wasn’t referring to my French classes, I answered, “No.” Another question was, “I am able to make a stranger feel comfortable in my home, or at meetings, or at church.” I rated myself a little higher on that one. At the end, the survey ranked my responses and correlated them to 25 different gifts, including such diverse options as apostleship, giving/generosity, prayer, proclamation and martyrdom (on which I admit I scored very low.)

I can’t say I was surprised at the results. Administration was deemed my main spiritual gift. After more than 20 years in business administration that makes sense. The surprise was that administration was considered a spiritual gift. I thought of spiritual gifts as healing touch or pastoral care. Administration seems like a skill, not a gift. The survey results made me examine what a gift really is.

I think of gifts as natural abilities. I’d guess that most of us know what would be our top ranked gift. Do you know what might be your second or third ranked gift? How many gifts are we graced with? Plus, what are we supposed to do with our natural abilities? Just because we have a natural ability, we may not enjoy that particular pursuit. Our gifts may be from God, but it’s up to each of us to decide what to do with them. Do we hide them from the world or share them freely? These are all questions we have to answer for ourselves.

One of the best opportunities available to you as you explore your spiritual path is coming up on Oct. 2. This is our Annual Ministry Fair. All the different ministries at Grace St. Paul’s will be showcasing themselves in McBride Hall after both the 8 a.m. and 10 a.m. services. I encourage everyone to attend. The ministry fair is a great time to talk to the

ministry leaders about two very important things. First, you may find we have people who can support you in your pastoral needs. Second, this is where you can find your niche in serving others in this community.

I’d like to encourage you to seriously think about sharing your gifts freely with all those around you. One of the amazing things in life is that we are all blessed in different ways. Only when we share those blessings with others are we whole as individuals and as a community. For example, another less obvious spiritual gift identified was financial support of the church. Without contributions from all of us, the church can’t function—it can’t be whole. Without the church, all of the ministries that we practice wouldn’t exist. This gift rises up and flows out into our wider community. That’s also true of the investments of time we gift to all the ministries here at Grace St. Paul’s. Opening yourself up can bring innumerable gifts back to you. I hope that is something you are able to experience on a daily basis.

Our New Deacon-in-Formation

by Rev. Nadine Martin

We welcome to our Grace St. Paul family Brigid Waszczak, who is serving her deacon-in-formation internship here through January 2012. Brigid comes to us from St. Philip's in the Hills and, God willing, she will be ordained as a deacon on May 5, 2012.

Brigid is married to John Waszczak. They moved to Tucson 18 years ago with four grown children, three grandchildren, and a rescue dog named Harley. Both were raised in Pittsburgh, PA. Brigid graduated from West Virginia University (Morgantown) with degrees in foreign languages and education. She has taught both elementary and secondary school and has worked in public

relations, marketing, and fundraising.

Though she grew up in the Roman Catholic tradition, after many years of discernment she joined the Episcopal Church and soon responded to God's invitation to become an ordained deacon. She's also a spiritual director with a practice in contemplative and sand tray spiritual direction.

Brigid will be serving in different roles during her internship, including lector, Spanish Gospel reader, subdeacon and chalice bearer. She will also serve as a member of the Pastoral Care team and lead an adult ed class in January 2012.

If you haven't already met Brigid, please do so and make her feel welcome in the GSP tradition.



Brigid Waszczak

Greeting Ministry

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enter church, welcome them with open arms, make them feel comfortable with our order of worship and then usher them to the Welcome Table at the end of the service.

The Welcome Table staff is the centralized location for hospitality. However, we really need people to get them there. This is a critical ministry to growing this church and for bringing God's love to as many as we can. The task is simple. Your most important

attribute is a smile. There is definitely an art form to this form of hospitality and we will train everyone with a script.

If you feel you might be called to this critical ministry, please contact Steve+ or Anna Grace Misenhimer, or just call the office. We will set up training as soon as a critical mass of volunteers is available. Thanks for considering this new and vital ministry.

Steve+



Warm Welcomes Everywhere My Newcomer's Experience

By Kitt Cordero

The first time I heard of Grace St Paul's, Eric Carr invited a group I was in to the Tohono O'odham Nation for a special saguaro harvest class led by Stella Tucker. Having recently started going through a divorce, and needing to schedule some activities, I thought it sounded really neat and decided to go. On the Tuesday before the harvest, Eric mentioned that GSP had a great labyrinth where there would be a Summer Solstice service. My son and I attended. Eric was there and introduced us to people who were all very welcoming.

The morning of the harvest arrived, and I met everyone in the GSP parking lot. I was a bit nervous going with people that I did not know, however the group treated me like I was their friend from the beginning. The harvest was an amazing experience, and the people made me feel like I was truly part of the group.

Then I saw that GSP held a Healing Touch clinic. Next was an invite to attend Spirit Now. Each time I went to the church, I was greeting warmly with hello's and hugs, and everyone was so genuine and caring. It was then I looked online for weekly activities, which ended up helping me out again. I brought my papers to shred for \$5 donation, attended a free movie night, and signed up my daughters for the Art Camp. The same experience happened again and again with the warm welcome. I had a HUGE box of shredding and was embarrassed when I saw the smaller boxes other people left. There was no reason to worry, another warm welcome by James White. At the movie night I could not find the room; no worries, Dyan Duggins introduced herself in the hall and accompanied me. For the Art Camp, I was concerned that my daughters would have trouble meeting people. Again there were no worries. Right away, Rosalind Garcia found ways to include them.

Then we decided to try out a Sunday service. My daughters and I went to church together as a family for the first time in years. It was wonderful! Both of them were astounded that everyone was invited to share in the Holy Eucharist, and pointed it out to me in the Bulletin. We went up together as a family to share together the Holy Eucharist for the first time ever, and Father Steve made sure we knew we could participate in whatever way was meaningful to us. I can't even begin to describe how monumentally important this was for us as a family.

The sermon was incredible and spoke right to me. I cried... the girls were worried, and it made for such healing conversations on the way home. I was not looking for a church, but am eternally grateful that I found one.

We are already planning for future services so we can bake something to bring to fellowship afterward, and my daughter, Kelsea, and I have even signed up to lead a Spirit Now service in September, and here I am writing an article for the church newsletter already! The welcome we received gave us the courage to jump in with both feet, and we are so thankful for our new spiritual home, and our new church family.

Thanks for Prayers



What an incredible group of blessings you all are at Grace Saint Paul's! Thank you for your prayers, they definitely work!
Blessings, Toni Sue



God Is Present Here

Joan Cooney, Joseph's Pantry

For I was hungry and ye gave me to eat;
I was thirsty and ye gave me drink; I
was a stranger and ye took me in.”—

Matthew 25:35.

Barbara is a tiny 5-foot-tall lady of about 80 who lives solely on her meager social security check. On her first visit to the pantry, she told me that she had not eaten for three days. She now receives a Community Food Bank box every month and a few supplemental cans of chili, soup, and fruit along with bread another time in the month. We have vowed to her that she is never again to spend a day without food.

Barbara is not alone in her need. Last winter one of our many struggling families arrived with children in tow. Fortunately we had just received a large selection of girl scout cookies. I suggested to the 8 year old boy that as a treat he choose his favorite box. He took several minutes to select a box of chocolate cookies; then looked up at me with tears of disbelief and joy in his eyes.

Our volunteers give food, showers, socks,

bus passes, clothing vouchers and pet food to 250-300 people like Barbara and this little boy every week. The need has become so much greater as the elderly, working families and homeless are stretched to make ends meet. The poverty level for a family of four is \$22,350. 24% of families and 30% of children in Tucson live below this level.

Indeed Joseph's Pantry is also stretched as we continue to feed the hungry and provide a safe haven and sense of community to those who are most neglected and discriminated against in our community.

Every can or dollar we receive allows us to help one more person get through the day without hunger. And the gratitude and tears that we observe when we distribute food and other items are a constant reminder that God is truly present at Grace St. Paul's. Perhaps Barbara said it best recently when she told a volunteer, "Other places make you feel as though you are taking their time. You bless my whole week."

"Inasmuch as ye did it unto one of these my brethren, even these least, ye did it unto me."—
Matthew 25:40

Is Spiritual Direction for You?

Are you looking for a place to talk about your experience of God? ... a place to voice questions about your spiritual journey? Spiritual direction offers you the opportunity and a sacred space. A director can help you uncover and respond to God's work in the events of your life.

If you have wondered about spiritual direction or would like to explore direction, Brigid Waszczak (a certified spiritual director & GSP Deacon-in-Training Intern) will be in the Julian Chapel Wednesday mornings from 10 a.m. to noon. Drop in. No appointment necessary. No cost.



Congratulations to Phoebe Goodwin!

Her daughter, Julia Elizabeth Goodwin, was born on Aug. 9 at 9:44 p.m. She was a healthy 8 lbs. 9 oz. Mother and daughter are both doing well!



Exploring Creation!

Arts for Summer Camp was a wonderful week of good times and laughter, fun learning and lots of mess! Camp offered visual arts, dramatic arts and music and explored the theme of Creation. The last day featured musical performances and an art show for parents and families, complete with gallery opening party fare. Thanks to all those who helped make camp possible this year!



Adult Spiritual Formation

September, as the beginning of the fall season, seems to bring renewed energy into our lives and our community. We have many exciting offerings and events this year, and hope you will find new ways to grow spiritually.

Spirit Players—A Play Reading Experience

**1st Fridays: Oct. 7, Nov. 4, Dec. 2, & Jan. 6
6:30-8 p.m., Bloom Education Center**

The theme for these readings is “Touching the Untouchable.” Plays will include: *The Normal Heart*, *The Living*, and *Angels in America*. The specific plays will be determined from the prior month and will be announced in the Sunday Bulletin. Everyone is invited to attend and participate in “cold” readings of each play. No theatre or public speaking experience is necessary; parts will be randomly assigned to anyone who shows up. Non-readers are welcome as well and can participate as an “audience”. All the plays are appropriate for all ages.

Facilitated by Eric Rau and Nanalee Raphael, Grace St. Paul’s Spirit Players, who like to play with others and are avid theater practitioners.

‘The Bishop is coming, the Bishop is coming’ Sunday, Sept. 11

9-9:45 a.m. in McBride Hall

Join Bishop Kirk Smith for an informal chat about issues that currently affect the Diocese of Arizona, the Episcopal Church and the Anglican Communion.

Hosted by Martha Whitaker, Senior Warden, and Fr. Steven Keplinger, Rector.

Soul Feast—An Invitation to Spiritual Life

**2nd Wednesdays: Sept. 14, Oct. 12, Nov. 9, Dec. 14 &
Jan. 11 (pre-registration required)
6:30-8 p.m., Weeks Education Room**

Ever wonder about different practices and disciplines of the Christian Life? We have already seen new practices birthed at Grace St. Paul’s in the last year: an ongoing meditation group, and Evening Prayer, for example. In Marjorie Thompson’s *Soul Feast, An Invitation to the Christian Spiritual Life*, she says “By themselves the Spiritual Disciplines can do nothing; they can only get us to the place where something can be done. [They are] the means by which we place ourselves where [God] can bless us.” If you have a spiritual practice, come and share your wisdom; if you would like to learn more about different spiritual practices, join us as we ‘practice’ together. We will meet to explore spiritual reading, praying, worship, fasting, examination of conscience, spiritual guidance, hospitality and development of a “rule of life”. The book will be available at the Rector’s Bookshelf, and please plan to read through chapter

one if possible before the start of the class.

Be sure to pre-register at the church office as the class size is limited.

Facilitated by Linda Hutson, Spiritual Director at Grace St. Paul’s.

Film Festival & Fellowship

**3rd Fridays: Sept. 16, Oct. 21, Nov. 18, Dec. 16 &
Jan. 20**

7-9 p.m., Bloom Education Center

You’re invited to come enjoy a film viewing and discussion at Grace St. Paul’s. The movie will be selected by the group attendees each prior month, with themes ranging from social justice to romance. Following the film, expect food and a lively discussion on the various elements of the film as it relates to one’s life journey—from the humorous to the serious.

Coordinated by Rev. Kate Baird and Eric Carr, facilitators and/or contributors of the successful Lenten film series earlier this year.

Food Preparation 101

**Saturday, Sept. 17 (pre-registration required)
9 a.m.-Noon, Weeks Education Room & Kitchen**

Learn basic food handling techniques to ensure compliance with city and county health and safety regulations. This training is highly encouraged for Joseph’s Pantry volunteers as well as all other volunteers and staff who provide hospitality through the kitchen. *Be sure to call the church office to pre-register for this class.*

Facilitated by Phyllis and Charlie Denison, Grace St. Paul’s members.

Neurolinguistic Programming: Principles & Applications—A Revisit and Further Study

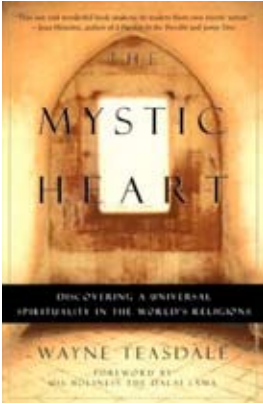
Sundays, Sept. 18 & 25

9-9:45 a.m., Bloom Education Center

**Tuesdays, Oct. 4, 11 & 18 (pre-registration required by
Oct. 3)**

10-11:30 a.m., Bloom Education Center

Some people claim that NLP can help clear the mind of that which hinders your focus on the Divine. This class is a brief introduction to NLP, how it can benefit you and others, and its applications to issues like PTSD, allergies, personal relationships, and others. The class will also teach you how NLP helps you understand body language. *The Tuesday classes require a minimum of 5 students; you may register through the church office at 327-6857.*



Presented by Patricia Williams, a certified Master NLP practitioner who studied NLP in California and Salt Lake City from 1994-2005. She has taught classes in NLP and has worked with many people using NLP processes to help make changes.

Pastoral Care—What It Is & How It Works for You Sunday, Sept. 18

11:45 a.m.-12:45 p.m., Bloom Education Center

This class will provide an in-depth explanation of what Pastoral Care is at GSP, how it works, who is involved, how privacy and confidentiality work, and how people can get involved both as recipients of pastoral care or as volunteers in Community of Hope or the other Pastoral Care functions.

Facilitated by Linda Hutson and Kay Bigglestone, members of the Pastoral Care teams at Grace St. Paul's.

Transgender 101

Sunday, Sept. 25

11:45 a.m.-12:45 p.m., Bloom Education Center

"We are all made in the image of God." Creation is expressed in a diverse manner through one's core identity including the difference between sexual identity and gender identity. Learn the basics of this new arena of social justice throughout the world.

Coordinated by the Rev. Kate Baird, Priest Associate, and presented by Erin Russ, Development Volunteer Coordinator for Wingspan.

Good Grief: A Journey of Healing

Saturdays, Oct. 1-Nov. 12 (*pre-registration required*)

10 a.m.-Noon, Bloom Education Center

This is a seven-week, process-oriented group for people who have lost a loved one. It is based on Alan Wolfelt's "needs of mourning": acknowledging the reality of the death, embracing the pain and loss, remembering the person who has died, developing a new self identity, searching for meaning and receiving ongoing support from others. The group will include sharing, meditation, prayer and simple assignments. The group will be a safe place to fully express your feelings.

Note: Pre-registration is required along with a commitment to attending most or all of the sessions. Be sure to check with facilitators for the times.

Facilitated by the Rev. Nancy Meister Book and Cameron Sutton. Rev. Nancy is a deacon and

retired social worker, has facilitated grief groups at GSP and has been through the Mourner's Path training. Cameron is special needs teacher as well as having had the Mourner's Path training.

Ministry Fair

Sunday, Oct. 2

9 a.m. & 11:30 a.m., throughout the church campus

Discover or reconnect with the many vital ministries coordinated by lay leaders at Grace St. Paul's. You may want to join one or more after discovering they fit your interests, skills, and/or abilities, and time schedule.

Coordinated by Martha Whitaker and Linda Hutson.

Exploring Inter-Spirituality through The Mystic Heart

Thursday evenings, Oct. 6-27

7:30-9 p.m., Bloom Education Center

Inter-spirituality is considered by some as the genuine and comprehensive spirituality that draws on the world's diverse great traditions. While "rooting" the exploration within Christianity, this class will draw upon sister traditions to enhance solidarity with all life, moral capacity, nonviolence, self-knowledge, selfless service, simplicity of lifestyle, daily spiritual practice, and serve as a prophetic witness in the causes of peace, justice, and protecting creation. Reading of Brother Wayne Teasdale's, *The Mystic Heart: Discovering a Universal Spirituality in the World's Religions* is highly recommended, as it will provide a guide to our discussions. This book may be purchased through the Rector's Bookshelf.

Facilitated by Ana Teresa Ortiz, a member of Grace St. Paul's and an ordained interfaith minister.



Grace St. Paul's

EPISCOPAL CHURCH

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Grace St. Paul's: A Progressive Community—Loving God, Serving Others, Journeying Together

What's Happening In September

7th	7 a.m., Holy Eucharist 6 p.m., Global Chant 7 p.m., EfM—Education for Ministry	20th	6 p.m., Evening Prayer & Eucharist 7 p.m., Interfaith Meditation Group	3rd	7:30 p.m., Healing Touch Clinic	9 a.m., <i>Care of Creation—Green Church Committee</i>	
8th	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i>	21st	7 a.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 6 p.m., Global Chant 7 p.m., EfM—Education for Ministry	4th	10 a.m., <i>NLP: Revisit & Further Study</i> 6 p.m., Evening Prayer & Eucharist 7 p.m., Interfaith Meditation Group	10 a.m., Holy Eucharist 11:15 a.m., Coffee Hour 11:30 a.m., Youth Groups 8 p.m., Candlelight Compline	
9th	9 a.m., Qigong Class	22nd	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i>	5th	7 a.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 7 p.m., EfM—Education for Ministry	17th	7:30 p.m., Healing Touch Clinic
10th	1 p.m., Celebration of Life for Dyan Duggins 2 p.m., Reception	23rd	9 a.m., Qigong Class	6th	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i>	18th	10 a.m., <i>NLP: Revisit & Further Study</i> 6 p.m., Evening Prayer & Eucharist 7 p.m., Interfaith Meditation Group
11th	8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care 9 a.m., The Bishop is Coming! 10 a.m., Holy Eucharist 11:15 a.m., Coffee Hour 11:30 a.m., Youth Groups	25th	Food Ministries Sunday 8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care 9 a.m., <i>NLP: Revisit & Further Study</i> 10 a.m., Holy Eucharist 10 a.m., Children's Eucharistic Worship Service 11:15 a.m., Coffee Hour 11:30 a.m., Youth Groups 11:45 a.m., <i>Transgender 101</i>	7th	7:30 p.m., <i>Exploring Inter-Spirituality Through the Mystic Heart</i> 9 a.m., Qigong Class 7 p.m., <i>Spirit Players—A Play Reading Experience</i>	19th	7 a.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 7 p.m., EfM—Education for Ministry
12th	7:30 p.m., Healing Touch Clinic	26th	7:30 p.m., Healing Touch Clinic	8th	10 a.m., <i>Good Grief—A Journey of Healing</i>	20th	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i> 7:30 p.m., <i>Exploring Inter-Spirituality Through the Mystic Heart</i>
13th	6 p.m., Evening Prayer & Eucharist 6:30 p.m., EfM Year 12 Group 7 p.m., Interfaith Meditation Group	27th	6 p.m., Evening Prayer & Eucharist 6:30 p.m., EfM Year 12 Group 7 p.m., Interfaith Meditation Group	9th	8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care 9 a.m., <i>Woofs, Meows, & God</i>	21st	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i> 7:30 p.m., <i>Exploring Inter-Spirituality Through the Mystic Heart</i>
14th	7 a.m., Holy Eucharist 6 p.m., Global Chant 6:30 p.m., <i>Soul Feast: An Invitation to Spiritual Life</i> 7 p.m., EfM—Education for Ministry	28th	7 a.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 6 p.m., Global Chant 7 p.m., EfM—Education for Ministry	10th	7:30 p.m., Healing Touch Clinic	22nd	9 a.m., Qigong Class 7 p.m., <i>Film Festival & Fellowship</i>
15th	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i>	29th	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i>	11th	10 a.m., <i>NLP: Revisit & Further Study</i> 6 p.m., Evening Prayer & Eucharist 6:30 p.m., EfM Year 12 Group 7 p.m., Interfaith Meditation Group	23rd	Food Ministries Sunday 8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care 9 a.m., <i>Comfort with Uncertainty</i> 10 a.m., Holy Eucharist 11:15 a.m., Coffee Hour 11:30 a.m., Youth Groups 7:30pm Healing Touch Clinic
16th	9 a.m., Qigong Class 7 p.m., Film Festival & Fellowship	30th	9 a.m., Qigong Class	12th	7 a.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 6:30 p.m., <i>Soul Feast—An Invitation To Spiritual Life</i> 7 p.m., EfM—Education for Ministry	24th	7:30pm Healing Touch Clinic
18th	8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care 9 a.m., <i>Food Preparation 101</i> 9 a.m., <i>NLP: Revisit & Further Study</i> 10 a.m., Holy Eucharist 11:15 a.m., Coffee Hour 11:30 a.m., Parish Wellness Meeting 11:30 a.m., Youth Groups 11:45 a.m., <i>Pastoral Care—What It Is & How It Works for You</i> 8 p.m., Candlelight Compline	Looking Ahead to October		13th	7:30 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i> 7:30 p.m., <i>Exploring Inter-Spirituality Through the Mystic Heart</i>	25th	6 p.m., Evening Prayer & Eucharist 6:30 p.m., EfM Year 12 Group 7 p.m., Interfaith Meditation Group 7 p.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 7 p.m., EfM—Education for Ministry
19th	7:30 p.m., Healing Touch Clinic	1st	10 a.m., <i>Good Grief—A Journey of Healing</i> 5:30 p.m., GSP 20's and 30's	14th	9 a.m., Conversational French Class 3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i> 7:30 p.m., <i>Exploring Inter-Spirituality Through the Mystic Heart</i>	26th	7 a.m., Holy Eucharist 9 a.m., EfM—Education for Ministry 7 p.m., EfM—Education for Ministry
		2nd	8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care 9 a.m., Ministry Fair 10 a.m., Holy Eucharist 11:15 a.m., Coffee Hour 11:30 a.m., Youth Groups 11:30 a.m., Ministry Fair	15th	10 a.m., <i>Good Grief—A Journey of Healing</i>	27th	3 p.m., Healing Touch Clinic 6 p.m., <i>Spirit Now: An Interactive, Inclusive Communion Celebration</i> 7:30 p.m., <i>Exploring Inter-Spirituality Through the Mystic Heart</i>
			8 p.m., Candlelight Compline	16th	8 a.m., Coffee & Conversation 8 a.m., Holy Eucharist 9 a.m., Child Care	28th	9 a.m., Qigong Class
						29th	10 a.m., <i>Good Grief—A Journey of Healing</i>