

## St. Tim's Family Camp 2016

Join us for our sixth St. Timothy's Family Camp the weekend of October 14 - 16, 2016 at Trout Lodge in Potosi, Missouri.

After a scenic drive, you arrive after dinner on Friday night and leave after lunch on Sunday. This is a wonderful opportunity to relax, enjoy the beautiful scenery and facilities at Trout Lodge, while spending time with other St. Timothy's families. This camp is open to everyone with school-age children. There is lots to do for all ages: arts & crafts, paintball, archery, mini-golf, sand volleyball, riflery, horseback riding and zip lining. We also have our group campfire on Saturday night and a lovely Sunday morning service on the deck by the lake. All meals are included, as are many of the activities.

Please sign up today on the sheet on the bulletin board in the Gathering Space. The cost for the weekend is \$250 per family. Space is limited and can be reserved with a \$50 deposit. Scholarships are available; please contact Father Marvin or Heidi Clark for more info.

## News & Notes

- ♦ St. Tim's is updating church records—this is required by the Diocese—and we need everyone's birth date, including the year, as well as baptism and confirmation dates if you know them. If someone from the Vestry or a staff member contacts you, please give them the information. Rest assured, it is not shared with anyone, just put into the records.
- ♦ In August, the Vestry approved Marvin's request to begin searching for a half-time Youth. We want to improve the offerings for our Children and Youth and their families, and this was the best way we found to address those needs. Please pray for our success!
- ♦ Our HVAC repair company discovered that a critter chewed through the wiring of the A/C, and that is what caused the outage several weeks ago. We have repaired the damage, taken steps to prevent it from happening again, and are making strategic repairs to the system to keep it running smoothly. Many thanks to those who answered the call and donated to this cause!

## Events in September

### Sunday, Sept. 11

- Fall Program Year Kick-off, 9:40a.m.: Sunday School and Bible Study
- Women's Book Group (6 pm Tue, 9 pm Wed)

### Wednesday, Sept. 21

- Daytimers Trip to Laumeier Sculpture Park
- Family Ministries Trivia Night, 5:30 p.m. in Parish Hall

### Sunday, Sept. 25

- First Speaker Series Fall event, 4:00 p.m. Sat/Sun, Sept. 24-25
- Rice Bagging Tuesday, Sept. 27
- Women's Dinner, 6 p.m. in Parish Hall

Saint Timothy's Episcopal Church  
808 North Mason Road  
Creve Coeur, Mo 63141-6306

### Address Service Requested

The Rev. Marvin Lee Foltz, Rector  
Church Office: (314) 434-5906  
Fax: (314) 434-4103  
Web Site: <http://www.saint-tims.org>

The Rev. Dr. Paul A. Metzler, Clergy Associate  
Heidi Carter Clark, Lay Associate for Ministry  
Mark R. Scholtz, Director of Music  
Alice McLaughlin, Parish Administrator  
Mitzi Uyemura, Angler Editor

Dated Church Material  
Prompt Delivery Appreciated



St. Timothy's Episcopal Church

Creve Coeur, MO

## From the Rector



Recently I was given the gift of a sourdough starter from my friend and yours, our dear Fr. Nathaniel. The starter has been active and intact for 143 years. I passed around a loaf that I made from his recipe at the 10:45am Eucharist on a recent Sunday. Its aroma permeated the church, so much so that a few complained that I wasn't offering to share it. I have been making this bread often mostly sharing it with others lately. It's not really part of my regular diet. When I eat it I am very intentional, tearing off chunks and eating it with butter or jam, or just for the raw, unembellished experience of it.

Bread is really not that complicated. Wheat seeds gathered, threshed, cleaned, crushed, wetted, flavored sometimes, leavened sometimes, fermenting, rising, baking. It is called the staff of life, but also, we are told on good authority that we cannot live by it alone. To me it smells great.

I find myself wondering about Jesus watching his mother grinding the flour, adding the leaven, kneading the dough, baking. Daily he must have been witness to this ancient and wonderful ritual. Daily he witnessed its life giving power.

He also knew those who were without daily bread; and those who had too much and threw the precious dry crusts to the dogs. He knew the struggle to get it, to make it and joy of eating it.

The Jewish blessing over the bread of the table was a part of his life as well:

"Baruch ata Adonai,  
Eloheinu melech ha-olam,  
ha-motzi lechem min ha-aretz."

Blessed are you, Lord our God,  
King of the Universe,  
Who brings forth bread from the earth

As he found his unique identity as the Human One, Ben Adam, Jesus lived into a new reality. In human form he was the Divine Wisdom, the holy bread that gives life to world. He lived into a new humanity and on the night before he died, he made the offering there at the table that prefigured the offering he would make upon the cross.

So day by day and week by week, we eat of this same bread. We take it in with all of our senses. We surrender completely to Jesus in accepting the bread. He withholds nothing from us in giving it. We receive bread from heaven, the bread of angels, the medicine of immortality. We come together to receive it and find God's strength; nourishment to love and to serve from it.

The treasure of partaking in the sacrament is part and parcel of loving Jesus, believing in him in such a way that we place our entire life within him, and partaking of his life as our spiritual sustenance. In receiving the sacrament, our lives become bread for the world. How can we stay away from the Lord's Table? Can other things be more important?

I pledge to you that if the circumstances of your life keep you from receiving the sacrament at the regular services of the church, St. Timothy's will do anything reasonably possible to get the sacrament to you. I don't want your work or illness or sin or sadness to keep you from God's holy table. Call and set an appointment. Ask for this blessing. It is yours for the asking.

Love,  
Marvin +

# St. Timothy's Trivia Night!

## Saturday, September 24, 2016

### Family Friendly Event--Questions for kids of ALL ages!

Doors open at 5:30 p.m., Trivia starts at 6:00 p.m.

\$15 per person or \$100 for a table of 8

Kids are not required at your table, but highly encouraged!

Proceeds benefit St. Timothy's Family Camp and other Family Ministry Events.

**Games and Prizes!**

#### Table Themes:

Do you like camping, sightseeing or playing at the beach? Decorate your table as your favorite family vacation!

#### Registration:

Sign up on the sheet on the bulletin board in the Gathering Space or online at [www.saint-tims.org/trivia-night.html](http://www.saint-tims.org/trivia-night.html)

#### Childcare:

For those too young to play, there will be free professional childcare available.

#### Food & Refreshments:

Soda, lemonade, and water will be provided. Please bring your own snacks.

#### Help Needed!

We are looking for volunteers to assist with Trivia Night before and during the event. Please sign up on the Trivia Night Volunteer Sign-up Sheet on the bulletin board in the Gathering Space.

We are also looking for themed baskets and gift certificates for family friendly activities for our silent auction.

Suggested themes are:

- Fun in St. Louis – Gift certificates to activities around St. Louis
- Arts & Crafts
- Movie Night
- Halloween Theme (Ex: Charlie Brown Halloween DVD, glow sticks, decoration, Halloween stickers, pencils)
- Legos/Pokemon/Toys
- Gift Card Bouquet
- Cooking/Sweet Treats
- Afternoon Tea
- Family Game Night

We would also love to hear from parishioners who would be willing to have their talents auctioned off. Could you give someone a guitar lesson, personal training session, or cooking lesson? If you would like to donate or sponsor a basket or have a talent to share, please contact Sarah Johnson at [sjohnson926@yahoo.com](mailto:sjohnson926@yahoo.com) Thank you!



**Silent Auction!**

## Financial Snapshot, July 2016

For the first seven months of 2016:

|   |     |
|---|-----|
| Target revenues and expenses (Budget %) | 58% |
| Actual plate receipts                   | 58% |
| Actual pledge receipts                  | 55% |
| Actual expenses                         | 58% |



2016 financials are short of budget. For the year so far we have a \$7,280 deficit, but for the month of July, we had a \$19,017 surplus. With 58% of the budget year over, pledge income is less than budget at 55%. During July, however, we had a major improvement in the year-to-date results, and we would like to thank everyone that helped us reduce the deficit. Please continue to review your pledge commitments and help us stay on budget.

Thanks in advance for your help and enjoy the rest of your summer!

--The Finance Committee

(Ginni Campbell, Steve Cameron, The Rev. Marvin Foltz, Alice Fritsch, Norm Moenkhaus, John O'Bryan, Rick Sharp, Mike Wyland, Kurt Zwickelmaier)



## September Dates to Remember

|                            |                    |                    |                 |                 |                        |
|----------------------------|--------------------|--------------------|-----------------|-----------------|------------------------|
| <b>September Birthdays</b> | 14                 | Dick Gold          | 27              | William Crock   |                        |
|                            |                    | Carl Foltz         |                 | Caroline Kelsey |                        |
| 1                          | Patrick McCullough | Elise Zwickelmaier |                 | Leah McCay      |                        |
|                            | Peter McCullough   | 15                 | Adam Barnes     | Robin Turner    |                        |
| 2                          | Becky Porter       |                    | Marin Moenkhaus | 28              | Jimmy Aldrich          |
| 4                          | Bob Rouse          |                    | Tina Warhover   | 30              | Nick Mason             |
|                            | Mary Wrausmann     | 16                 | Gretchen McCay  |                 |                        |
| 5                          | Jack Danforth      | 17                 | Joan Dewey      |                 |                        |
| 6                          | Jon Hotra          |                    | Jessalyn Kohn   |                 |                        |
|                            | Sonia Spencer      | 19                 | Amelia Thake    | 5               | Peggy & Keith Boyd     |
| 8                          | Milton Duckworth   | 20                 | Teresa McDowell | 7               | Sally & Jack Danforth  |
|                            | Jim Hinrichs       | 23                 | Larry Thomas    | 10              | Robin & Chuck Turner   |
|                            | Caitlin Hotra      | 24                 | Clark Loechner  |                 | Rita & George Podolsky |
|                            | Connor Smith       |                    | Ryan Warren     | 14              | Jane & Michael Wyland  |
| 9                          | Lance Kramer       | 25                 | Bud Bosanquet   |                 | Hopey Gardner & Vishal |
|                            | Dee Dee Stone      |                    | Mike Cummins    |                 | Viswambharan           |
| 11                         | Maxine Sharp       |                    | Percy Vanacht   | 20              | Linda & Larry Lawless  |
| 13                         | Lenene Andre       | 26                 | Sarah Johnson   | 30              | Jennifer & Brad Barnes |

### September Anniversaries



# Women's Business Center of the Grace Hill Settlement House

## I Intend to Be The Boss of Me

By Florrie Kohn

Women in North St. Louis County are learning to call themselves "Boss" with confidence, thanks to what they are learning at the Women's Business Center of the Grace Hill Settlement House (GHSB). St. Timothy's provides funding support and two of its parishioners, Ginni Campbell and Andrea Johnson, serve on the GHSB board of directors.

Campbell is a co-founder of the Women's Business Center, started in 1999 as a public/private partnership of GHSB and the U.S. Small Business Administration. The mission of the GHSB is to provide opportunities for individuals, families and communities to be stronger, healthier and more self-reliant.

The Women's Business Center hones in specifically on women and what they can provide to the economic vitality of their community. It provides one-on-one business counseling, mentoring and a 16-week Workshop in Business Opportunities for women seeking to start their own businesses. Campbell notes that the center's programs are open to everybody, although most of its clients are women heading up households.

"Not everybody wants to work for someone else," says Campbell, who is a consultant to small businesses. "The workshop is for women who have a good idea of what they want to do, but no concept of what's involved in operating a business."

The workshop lasts 16 weeks, meets once a week and accommodates about 30 participants. Each session covers a different aspect of business start-up, management and/or marketing. Business professionals teach the classes. And in addition to understanding the subject matter, it is important that the teachers understand the obstacles of poverty, says Campbell. The women who come to the workshop may have a limited education. They may be the sole financial supporter of their children. And often, they are planning to establish their business within their own community, which has limited spendable income.

"Every step of the way is much harder for them than it would be for someone with education and financial

resources to open a business in an area with lots of expendable income," says Campbell.

The workshop comes with a \$275 fee. "It's intentional," says Campbell. "We want everyone to have skin in the game—to have a financial stake in participating. However, sometimes a person can't pay \$275. That's where St. Tim's outreach dollars come in—our funding enables Grace Hill to provide partial scholarships."

Whether or not they start a business, everyone who completes the workshop leaves empowered with what they've learned. "These women flourish," says Campbell. "Their self-esteem grows. They find ways to support their family, and some start businesses. It's good for them and for their communities."



Recent graduates and teachers at the Women's Business Center at Grace Hill Settlement House

This year, the goal of the Women's Business Center is to help 30 North St. Louis County residents write complete, detailed business plans. Already six new businesses have started and four businesses have expanded. Grace Hill's track record is impressive. More than half of the businesses started by its clients remain open five years later. And, notes Campbell, the Women's Business Center is always looking for business professionals who want to help. It's a great way to get your own skin in the game, says Campbell.

### If you'd like to help, you can:

- Volunteer to teach a 1½ hour class (all materials are provided)
- Provide ongoing business counseling
- Make a contribution to "Grace Hill Settlement House," directed to Women's Business Center
- Contact Ginni Campbell for more information (gincamp@swbell.net)

## Fall Kick Off on September 11

### No, not Football! St. Tim's Fall Program Year!

September 11 is the day we're "Kicking Off" many of our yearly programs!

- This will be our first day back for Sunday School for Children and Youth and Bible Study, both starting at 9:40 a.m. Bible Study will be in the South Parish Hall, and Sunday School will be in the "Education Wing" at the south end of the building. (Adult Forum will begin the next Sunday, September 18 and will be held in the North Parish Hall.)
- Our wonderful choir returns this day, as well! If you are interested in joining the choir, please contact Music Director Mark Scholtz. Rehearsals are every Thursday at 7:30 p.m., beginning September 8.
- To help say farewell to Summer and to welcome the cooler, crisp days of Fall, the Ice Cream Truck will be at St. Tim's for everyone to enjoy!

Please join us on this festive day!

## St. Timothy's Speaker Series

This fall, we have the privilege to present the first of what we hope will be a wonderful line-up of interesting and informative speakers. Each event will be held on Sunday afternoon at 4 p.m.

On **Sunday, Sept. 25**, Professor Marie Griffith, the Director of the John C. Danforth Institute for Religion and Politics at Washington University will be our speaker. She will discuss "The Danforth Institute's mission to deepen academic and public understanding of religion and politics in the United States."

On **Sunday Oct. 16**, the Rev. Michael Kinman, former Dean of Christ Church Cathedral in St. Louis will be our speaker, and the topic will be "Deep Listening."

There is no charge for these events, but we need participants to register so we can accommodate seating. You can register at [www.saint-tims.org/speaker-series.html](http://www.saint-tims.org/speaker-series.html). Contact Jim Clark or Betsy Gee with questions. We are planning more events with other very interesting speakers, so stay tuned!

## St. Timothy's Fellowship Calendar 2016 - 2017

The St. Timothy's Fellowship Committee has been working on putting together a wonderful calendar of events for our parishioners and friends for the next 12 months at St. Timothy's. The list below allows you to "Save the Date" on your personal calendar. Please look for more specific event information and sign-up sheets on the Gathering Space bulletin board very soon!

### September 2016

|    |          |                                 |
|----|----------|---------------------------------|
| 11 | Sunday   | Fall Kick Off—Church Activities |
| 24 | Saturday | Trivia Night                    |
| 27 | Tuesday  | Women's Dinner                  |

### October 2016

|    |          |                            |
|----|----------|----------------------------|
| 23 | Sunday   | Family & Friends Breakfast |
| 29 | Saturday | Chili Cook-off             |

### November 2016

|    |          |   |
|----|----------|---|
| 5  | Saturday | Harvest of Hope Gala  |
| 6  | Sunday   | Evensong  |
| 18 | Friday   | Movie sponsored by Ministry on Racial Reconciliation (MORR) |
| 24 | Thursday | Thanksgiving Dinner   |
| 27 | Sunday   | Advent Event  |

### December 2016

|       |           |                              |
|-------|-----------|------------------------------|
| 3 - 4 | Sat - Sun | Holiday Pantry & Cookie Walk |
|-------|-----------|------------------------------|

## 2017

### January 2017

|    |          |                    |
|----|----------|--------------------|
| 14 | Saturday | Progressive Dinner |
| 29 | Sunday   | Annual Meeting     |
| 29 | Sunday   | Evensong           |

### February 2017

|    |        |                   |
|----|--------|-------------------|
| 26 | Sunday | Pancake Breakfast |
|----|--------|-------------------|

### March 2017

|    |        |             |
|----|--------|-------------|
| 17 | Friday | Cod for God |
| 26 | Sunday | Evensong    |

### April 2017

|    |         |                |
|----|---------|----------------|
| 11 | Tuesday | Women's Dinner |
| 16 | Sunday  | Easter Brunch  |

### May 2017

|    |          |   |
|----|----------|---|
| 20 | Saturday | "Spring Fling" in Columbarium/<br>Prayer Garden |
|----|----------|---|

### June 2017

|    |        |          |
|----|--------|----------|
| 11 | Sunday | Evensong |
|----|--------|----------|

## And At The Last

### An End-of-Life Planning Seminar October 29, 2016

A three-hour seminar on end-of-life planning for faithful adults (young, old, older) will be held at St. Timothy's Episcopal Church in Creve Coeur on Saturday morning, October 29, 2016, 9:00 a.m. - 12:00 noon. Coffee, tea and light pastries will be provided.

The program will include a presentation on "Important Legal Documents for Everyone" by Martha C. Brown, CELA, who has been practicing for over 25 years as a certified elder law attorney in the St. Louis area. Katherine Ziegler, BSN, MPH, a parish nurse serving at Emmanuel Episcopal Church in Webster Groves will lead a discussion of common questions and misperceptions in end of life planning. The Rev. Paul A. Metzler, D. Min., Clergy Associate of St. Timothy's will present on "The Gift of a Spiritual/Ethical Will." Sample copies of St. Timothy's "Pre-Planning Funeral Form" regarding personal wishes for hymns, scriptures and service participants will be available to take home for future planning.

Sponsored by St. Timothy's Episcopal Church and offered free-of-charge, the program is open to anyone in the greater St. Louis area age 18 or above (the age when parents no longer have legal authority in a medical crisis). Please register in advance with Alice McLaughlin, the Parish Administrator, by calling (314) 434-5906 or emailing [office.at.saint.tims@gmail.com](mailto:office.at.saint.tims@gmail.com). Participants will be sent a pre-seminar questionnaire to complete in advance and bring to the session.



*Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. 1 Cor. 15:52*

## Harvest of Hope Gala

Saturday, November 5, 2016 from 7:00 - 10:00 P.M.

Mark your calendars now for this grand event! The *Gateway City Big Band* will perform, and all proceeds will go to Outreach, with 70% going to the Trinity Food Pantry.

This indoor concert and fundraiser will feature decadent desserts, champagne and sparkling fruit juice, and a specialty coffee bar.

There will be a silent auction, a range of sponsorships available, and many other giving opportunities.

Ticket sales will begin October 7, with single tickets \$35 each, or a package of six tickets for \$190. For more information, please call (314) 218-3441.

## St. Timothy's Discipleship Bible Study 2016 - 2017



During the Christian Formation Hour starting at 9:40 a.m. on Sundays, **Discipleship Bible Study** meets in the **South Parish Hall**. This is a discussion-based study open to everyone and is led by the Rev. Sue Eastes, Chuck Agne, and Linda Lawless. Join us beginning September 11, 2016 as we start our new year of compelling Bible Study. In the Fall we'll discuss readings from the Old Testament; in the Spring, we'll be studying in the New Testament.

Our program features passages that speak to both mind and heart. We'll listen to particular voices from various people of God, as they hear, and interpret, words from God. And we'll look at responses evoked by those voices – responses that can be useful for us today – as invitations to our own discipleship. Our **Fall 2016** readings are from the Old Testament Writings: Ruth, Chronicles, Ezra, Nehemiah, Esther, Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon, Lamentations, and Daniel. Our **Spring 2017** readings are from: John; 1, 2, 3 John, James, Jude, and Revelation.

Everyone is welcome to attend these stimulating discussions. You may come to all sessions, or drop in as you desire.

### The 2016 Fall - Winter Schedule:

|                 |   |               |   |
|-----------------|---|---------------|---|
| <b>Sept. 11</b> | Bible Overview w/Timelines  | <b>Nov. 6</b> | Instruction: the Path to Life<br><i>(readings in Proverbs 16-31)</i>  |
| <b>18</b>       | Value of Family: Redefining the Inheritance<br><i>(readings in Ruth)</i>                    | <b>13</b>     | Futility: Destined to Die<br><i>(readings in Ecclesiastes)</i>        |
| <b>25</b>       | Heritage: the Dream of the Kingdom Restored<br><i>(readings in 1 Chronicles)</i>            | <b>20</b>     | Enjoy: Life is a Gift<br><i>(readings in Ecclesiastes)</i>            |
|                 |   | <b>27</b>     | Calamity: A Just Complaint<br><i>(readings in Job)</i>                |
| <b>Oct. 2</b>   | Deterioration in Israel: Rise & Fall of Faithfulness<br><i>(readings in 2 Chronicles)</i>   | <b>Dec. 4</b> | Mystery: On God's Terms<br><i>(readings in Job)</i>                   |
| <b>9</b>        | Rebuilding the Temple: Renewal of Hope<br><i>(readings in Lamentations, Ezra, Nehemiah)</i> | <b>11</b>     | Beloved: Affairs of the Heart<br><i>(readings in Song of Solomon)</i> |
| <b>16</b>       | Being a Faithful Community<br><i>(readings in Esther)</i>                                   | <b>18</b>     | Hymnbook: Songs of Faith<br><i>(readings in Psalms)</i>               |
| <b>23</b>       | Faithfulness to the Tradition<br><i>(readings in Daniel)</i>                                | <b>25</b>     | <b>Christmas: NO CLASS</b>  |
| <b>30</b>       | Wisdom: the Beginning of Knowledge<br><i>(readings in Proverbs 1-15)</i>                    | <b>Jan. 1</b> | <b>New Year's Day: NO CLASS</b>                                       |
|                 |   | <b>8</b>      | Mourning: Songs of Pain<br><i>(readings in Psalms)</i>                |
|                 |   | <b>15</b>     | Praise: Songs of Joy<br><i>(readings in Psalms)</i>                   |



### Women's Book Discussion

To the women of St. Timothy's and Visitors: Please come to a caring and relaxing conversation about Sue Monk Kidd's book, *The Invention of Wings*. We will discuss freedom, power, choices and destiny. **Tuesday, September 20 at 6:00 p.m. OR Wednesday, September 21 at 9:00 a.m.**