



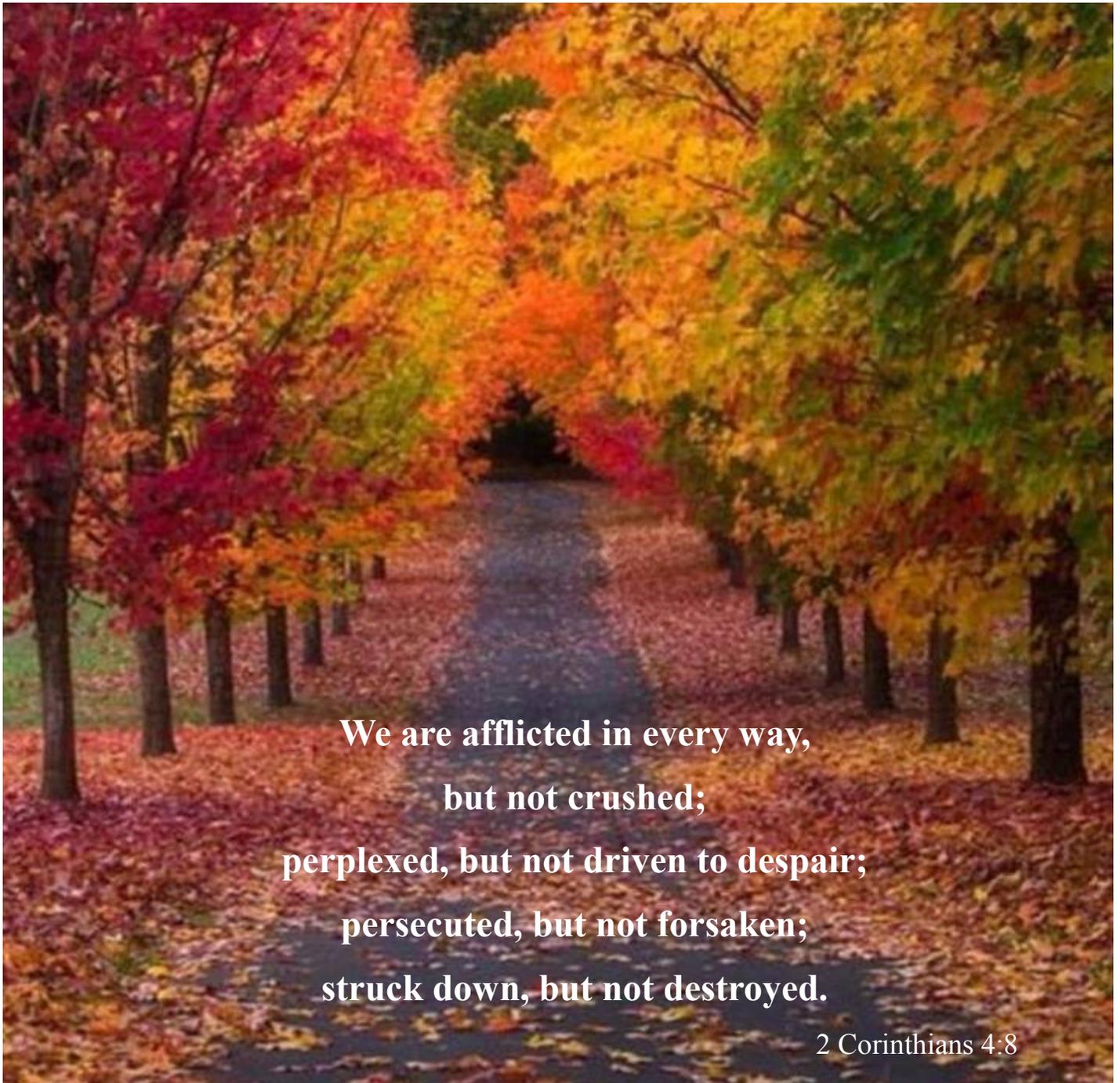
**SAINT TIMOTHY'S**  
EPISCOPAL CHURCH  
CREVE COEUR, MO



**October -  
November  
2020**

**St. Timothy's Episcopal Church**

**Creve Coeur, MO**



**We are afflicted in every way,  
but not crushed;  
perplexed, but not driven to despair;  
persecuted, but not forsaken;  
struck down, but not destroyed.**

2 Corinthians 4:8

# From the Interim Rector



Dear Friends-

Walking through Queeny Park with Scrabble last week, I spied the first one! The first milkweed pod of the season, lying there on the path. Seeing milkweed about to burst is, for me, a clear sign that Fall has arrived. Someone had picked this pod but discarded it because it was a bit too early. I picked it up, marveling at the order in which the seeds are arranged: one overlapping the other, in perfect harmony and symmetry. The seeds in this one were arranged so densely that a stranger to milkweed might not even notice the best part: the white fluff that causes the seeds, once they are ready, to be released from the pod. I love this fall ritual, but alas, these were just not yet ready.

This ritual is, for me, a metaphor for our own lives in Christ. Perfectly formed, safely contained –until we are ready to be released into the world. This year, we find ourselves prisoners in the pod, so to speak. We long to enter the world as it was, to float free, and yet, God whispers, “Not yet.” We remember the blissful weightlessness of floating; we yearn for it, and yet, “not yet.” My prayer for us is that we not get sucked into the trap of apathy or the thorns of bitterness as we wait. The story of The Exodus reminds us that journeyers are easily sucked into murmur-

ing and complaint, and we must resist. God is here with us, loving us, preparing us, embracing us; and while things are different, God is the same: eternal, everlasting.

How goes your journey? Do you see God in the miasma of a contentious political season? Have you perceived God in the midst of racial tensions? Do you sense the presence of God while ducking the coronavirus? Because we are still gently cradled in the pod: perfectly contained, passionately loved, and warmly embraced even as we face the world’s distractions.

God is here: loving, soothing, and waiting.

As the days shorten and the skies darken, let us resist despair. Instead, let us seek nourishment in the bracken and consider how we might bring the Good News to a broken world.

God has need of us.

Hopefully,  
Liz+





**SAINT TIMOTHY'S**  
**EPISCOPAL CHURCH**  
**CREVE COEUR, MO**

September 25, 2020

Dear Beloved in Christ,

With the cold weather approaching and COVID-19 infections on the rise in the St. Louis region and across the nation, the clergy of St. Timothy's have come to the realization that resuming in-person worship services at this time is neither safe nor prudent. We will continue to watch the numbers diligently and will strive to make the safest and most informed choices for the St. Timothy's community.

We understand that for many of you, it has been six long months without the sacrament of Holy Eucharist. However, the table still stands, still invites, and still calls us to be the Body of Christ. As you continue to pray the prayer of spiritual communion with us each Sunday, know that Christ's body is still broken, and Christ's blood is still shed for you.

To quote Presiding Bishop Michael Curry: "The Church is not closed. Our buildings are not the Church; the people are the Church." In making this difficult decision, your clergy and staff are committed to offering plenty of opportunities to be a part of the life and ministry of St. Timothy's. Come on a prayer pilgrimage, walk the labyrinth, attend a Bible study, join a MORR gathering, and worship with us. God will be glorified.

It is our job, as Paul says in his letter to the Hebrews, to "run with endurance the race that is set before us." The race set before us is one that includes loving our neighbors enough to be diligent in our safe practices and grieving well the things we dearly miss. Our prayers are with each of you as we continue to strive toward that heavenly Kingdom that Christ has promised to us, especially in these uncertain times.

Grace and peace -

\_\_\_\_\_  
 The Rev. Elizabeth G. Meade

and

\_\_\_\_\_  
 The Rev. Camie M. Dewey



# *Do this in remembrance of me.*



## **Stewardship 2021**

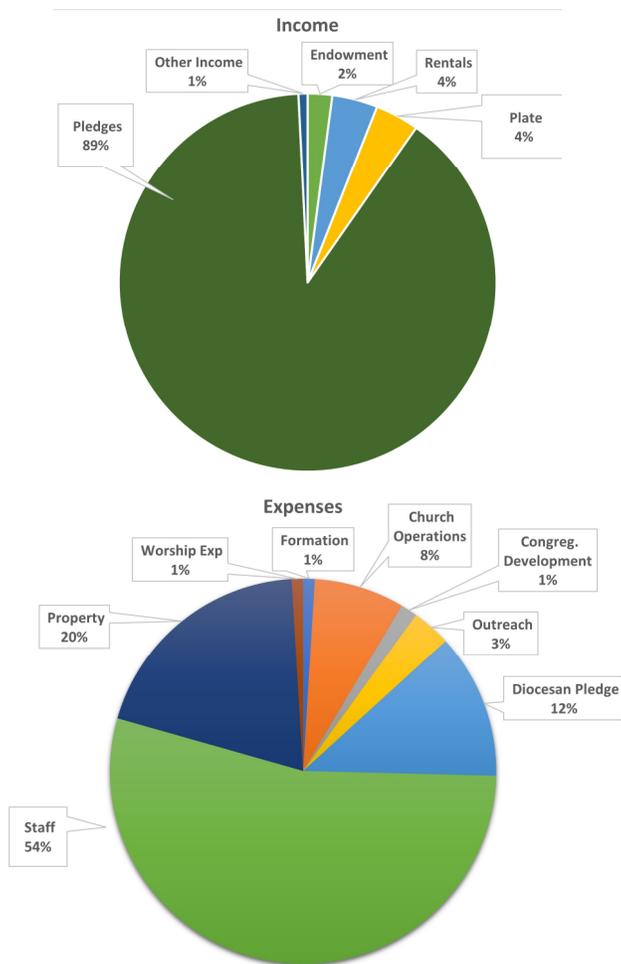
We've kicked off the Stewardship 2021 Campaign in this strange new world. While we acknowledge that it's been difficult not to see each other in person right now, the work of the church has continued these last few months and **MUST** continue going forward. There's no question that our commitment to St. Timothy's and our community is more important than ever as the pandemic effects all aspects of our lives.

We ask everyone to consider their pledge prayerfully, to show your commitment to St. Timothy's and do it in remembrance of what Christ has done for us all.

- Your Stewardship Ministry Team

<https://www.saint-tims.org/stewardship.html>

## **2020 Stewardship Campaign Report**



2020 Budget \$667,200

Total Pledged \$600,859

Number of Pledges 147

Average Annual Pledge \$4,088  
(Monthly \$341)

Median Annual Pledge \$2,000  
(Monthly \$167)

Total Households Pledged 71%

# TIM Talks

Conversations Worth Having

## St. Timothy's Fall 2020 Adult Forums 9:40 a.m. Sundays on Zoom

### October 4 "Stewardship Campaign 2021"

•A stewardship campaign during a pandemic? Why stewardship at St. Timothy's is more important than ever!

### October 11, 18, 25 "The Scottish Episcopal roots of our Eucharistic Theology"

•These three sessions will provide a window into how the Scottish Episcopal eucharistic theology came to be different from that in the 1662 English Book of Common Prayer, how the Scottish liturgy influenced our own first prayer book, and how a particular fourth-century liturgy that the Scottish bishops used in liturgical revisions in their day is particularly relevant in our time. Dr. Donna Hawk-Reinhard, Director, Anglican House of Studies, Eden Seminary.

### November 1 "COVID-19"

•St. Tim's own Dr. Jim Hinrichs will speak to us based on his 45 years of medical experience as an Infectious Disease Specialist.

### November 8 "Re-imagining Evangelism"

•Newly appointed Canon for Evangelism in the Diocese of Missouri, The Rev. Canon Whitney Rice will lead a discussion about what evangelism looks like in our new reality, as well as how the church can continue to stand confident in the gospel and in its mission to spread the Good News of Jesus Christ.

### November 15 "Hannukah: The Real Story of a Jewish-American Holiday"

•Rabbi Daniel Bogard joins us again to share his insights and perspective on Hannukah.

### November 22 Diocesan Convention Report

•Listen as our delegates discuss their experiences at the 181st Convention of the Episcopal Diocese of Missouri.

**November 29 No Forum** so we can all attend the Advent Event, an all-ages annual event to help us prepare our homes for the observance of a Holy Advent. (Watch the weekly e-mails for updated information about this event.)

### December 6, 13, and 20 "Communication Breakdown"

•In today's world, it feels almost impossible to communicate with those we disagree with, and even with those we do agree with. The Christian tradition has a long history of reflecting on the difficulty of communication, and on language in general. In these sessions we will ask what it means to talk theological about language and communication. The Rev. Dr. Adam Ployd, Assistant Professor, Eden Theological Seminary.

### January 3 No Forum (Holiday Week)

### January 10 "The Legacy of Dr. H. Phillip Venable"

•Local historian, James Singer, will speak to us about the racial segregation effort that led to the building of Beirne Park in the City of Creve Coeur and Dr. H. Phillip Venable, the prominent black doctor who fought the city's efforts.

### January 17 Meet the Candidates

•Learn about the candidates for Vestry, Diocesan Convention delegate, and Endowment Committee.

Contact [atconard@gmail.com](mailto:atconard@gmail.com) for meeting info.

*If you have any ideas for topics or speakers for the Adult Forum, please contact Amy Conard.*

## Wednesday Morning Bible Study

By George Podolsky

Hey, all you early risers! We continue to have [Wednesday Morning Bible Study](#) via Zoom at 7:00 am, ending at about 8:00 am. Please note that even though it used to be "Men's Bible Study," it is now open to women, too!



This is a lectionary based Bible study. We read and discuss the scheduled readings for the upcoming

Sunday. The discussions generally include participants' interpretation of the contents of the passages as well as applications to our lives today, as members of the community of God's Loving Kingdom.

Again, all are welcome. Contact George Podolsky for more info at [gigi-george@hotmail.com](mailto:gigi-george@hotmail.com) I will be happy to send you the Zoom Meeting link add you to the distribution list for the readings.

## Loving Our Neighbor by Standing in His Shoes: One Man's Experience with Racism

*(Text in bold taken from the website of a local TV station in Reno, NV, July 2020. )*

**Attorney David Gamble, Jr. says he was prompted to make some of the most vulnerable and painful experiences in his life public when he read a Facebook post.**

**"I saw a post online that said, 'When black people say black lives matter what they mean is black lives matter more' and that's scary, and it would be scary if that's what we were saying, but that is not what we are saying."**

**Gamble says he decided to make this post below to help others more fully understand what it's like to grow up black in Reno and in the United States:**

I grew up in Reno, Nevada.

In third grade a boy confidently tells me and my brother that his mom said black people cannot swim because our muscles are different than those of white people.

In middle school, standing among a group of white classmates talking video games, I am the only black child. One classmate expresses surprise that my family has enough money to afford a PlayStation.

In high school, I am the only black kid among a group of friends. When sharing drinks in my presence they frequently tell each other not to "niggerlip" the bottles. Even though I object, they continue to use the phrase.

In high school, my brother is at a teen house party that gets broken up by police, a common occurrence. The kids at the party scatter, also a common occurrence. My brother, the only black child in attendance, is the only one on whom a police officer draws a firearm to get him to stop running away. He is 14.

In high school, a group of my white friends frequently sneak on to the outdoor basketball courts at an athletic club to play. They can usually play for hours, including with club members. On the two occasions I attend, club members complain and we are ejected from the club within minutes.

In high school, I am excited about black history month and am talking to a friend about black inventors. My friend snorts and says, "Black people have never invented anything."

In high school, as graduation approaches, many of my white friends tell me that I am lucky. They tell me that due to my skin color, I will get into any college I want.

I remain in Reno for college.

During college an employer keeps food for employees in the break room refrigerator. One morning I decided to have microwaveable chicken wings for breakfast. The employer tells me I might not want to eat that for breakfast with my skin color. The employer immediately apologizes.

In college I am standing in a group of white friends on campus. A white acquaintance of one of my friends approaches to chat. The acquaintance tells a story about something that frustrated him and then reels off a series of expletives ending with the word "nigger." None of my friends corrects him.

In college I visit an antique shop in Auburn, California with my girlfriend, who is white, and her parents. The shopkeeper follows me around the store whistling loudly as I browse, until we leave.

I move to San Diego, California for law school.

In law school, during a discussion in my criminal law class, a white classmate suggests that police officers should take a suspect's race into account when determining whether there is reasonable suspicion to believe that an individual is committing a crime.

The weekend of my law school graduation my family comes to San Diego. I go to the mall with my brother and sister and visit the Burberry store. Two different employees follow us around the store – never speaking to us – until we leave.

After law school, I return to Reno.

A co-worker jokingly calls me "King David" upon seeing me each day. I joke that I'm not treated like a king. The co-worker then begins to call me "Slave David" each time we encounter one another. When I ask the co-worker to stop because it is hurtful, I am told by my co-worker that this is a problem that I have in my head.

I attend a pub crawl with friends. We end up at a party in a hotel suite in downtown Reno. I am greeted by a white man at the door who loudly expresses surprise that I am an "educated negro" upon hearing me speak.

## Loving Our Neighbor by Standing in His Shoes: One Man's Experience with Racism, cont.

I walk a friend who is a white woman from a restaurant to her car because it is night time. As we stand by the car chatting, a police officer pulls up and shines a light on us, asking if everything is okay. Once my friend confirms, the officer drives away. I tell her that he was worried about her, she teasingly says, "Oh yeah, because you're so scary." Later, I tell another white friend I felt racially profiled by the officer. My friend shrugs and says, "I don't know man, that's a stretch."

A white friend tells me that white voters have become upset at black people because of black people's liberal use of food welfare benefits. When I point out that more whites than blacks receive welfare benefits in the U.S., my friend expresses confusion at how that could be the case.

I leave a downtown restaurant with my wife. As we walk along the river a homeless man appears to be having a schizophrenic episode, engaging auditory hallucinations. Upon seeing me, he becomes lucid and begins to shout the word "nigger" over and over.

I discover that one of my clients does not want me to represent him as his Public Defender because he does not want a black attorney. I am given the option to withdraw as counsel. I do not.

Last year, I am at a barbecue chatting with a white acquaintance who asks if I have ever experienced racism. When I say it is a nearly daily occurrence, the acquaintance retorts, without missing a beat, "Bullsh\*\*."

Two months ago. I am driving to lunch with the black teen I mentor. At a red light a white woman crosses the street. As I begin to drive, she turns around and screams at us, "F\*\*\* you f\*\*\*ing nigger!"

Before any of these instances, my family of origin moved to Reno, Nevada from Pittsburgh, Pennsylvania in 1984.

My mother recently told me that when I was a very young child my parents hired a company to remove a tree from our front lawn. Two white men showed up and removed the tree. One of them carved a swastika into the stump. My father had to confront him and ask him to remove it.

Before that, my now 93-year-old grandfather served in the Army National Guard and was stationed in the U.S. South. Despite being active duty, he was not allowed to eat in restaurants due to "whites only" signage. He had to wait for fellow Guardsmen to bring him food outside.



Not long before that, my family were slaves, owned by Americans of English and Irish descent, which is why – despite being primarily of African descent – I have an English last name.

This is my experience of being black in America. To be black in America is to be told over and over that you are not good enough, that you do not belong, that you are genetically unfit, that your physical presence is undesirable, and that everything about you – right down to your lips – is wrong. It is absolutely true that everyone experiences hardships in life, but the psychological weight of being told both explicitly and implicitly, on a daily basis, that your very existence is objectionable can at times feel unbearable.

And despite this experience, I still love my country, my state, and my city. Despite my experience, I would not choose to be anything other than a black American. The history of black people in this country is one of struggle and triumph. Our people were brought to this country as slaves and against all odds, in the face of seemingly insurmountable obstacles, have made our mark. Through slavery, poll taxes, literacy tests, redlining, and black codes we have persevered. Through the unspeakable horrors of mass lynchings; the Tuskegee syphilis experiments; and the massacres at Tulsa and Rosewood, we have persevered.

(continued on page 10)

# VOTE

## *faithfully*

Episcopal Presiding Bishop Michael Curry said: *“It is a Christian obligation to vote, and more than that, it is the church’s responsibility to help get the souls to the polls.”* Since we can’t do this in the traditional sense due to the pandemic, St. Tim’s is trying to help our members with the voting process by providing all the information they’ll need to cast a ballot in this extremely important election.

According to the Episcopal Public Policy Network on the Episcopal Church’s website, “While there are legitimate concerns about election integrity, the basic reality is that the United States, to a remarkable degree given our size and the diversity of our election systems, has election processes that are difficult to defraud or manipulate. In short, the election process itself is very likely to be straightforward and fair, up and down the ballot. That does not mean there won’t be issues relating to voting access or voter disenfranchisement, such as ensuring the formerly incarcerated have the right to do so where state laws allow, and voter suppression. We should also expect delays in results this year, due to the high number of mail-in ballots. We will address these issues in more detail in the coming weeks. But the American people should absolutely have confidence in the way this country’s elections are run. Equipping ourselves with an understanding of how the process works and the role we play will help us navigate the surrounding uncertainty with more confidence.” <https://episcopalchurch.org/posts/ogr/eppn-election-series-election-process-integrity>



## Plan Your Vote!



### Question 1: Are you registered to vote?

If **Yes**, **GREAT!** You’re ready to go. Move on to **Question 2**.

If **No**, then you need to register to vote, but you must **HURRY!** The last day to **register to vote** in Missouri is **Wednesday, October 7, 2020**. The fastest way to do this is to register online at <https://s1.sos.mo.gov/elections/voterregistration/> There are other ways to register to vote listed at <https://www.sos.mo.gov/elections/goVoteMissouri/register> but they won’t be as fast. If you’re not sure if you’re registered to vote, you can **Check Your Voter Registration** at that website, too. The Missouri Secretary of State’s Office Election Division can also be reached at (800) 669-8683.

### Question 2: How will you vote?

#### IN PERSON:

Election Day is **Tuesday, November 3, 2020**. If you will be voting in person, polling places will be open from 6:00 a.m. until 7:00 p.m. **NOTE:** Due to concerns about COVID-19, voters in St. Louis County will be able to vote and cast their ballots at any polling place in St. Louis County. Voters will still be assigned to a specific voting place, but they are not required to vote there. **WEAR YOUR MASK.**

**PLEASE NOTE:** Your polling place may have changed. To check and see where you are supposed to vote, or for a list of polling places, you can go online to <https://voteroutreach.sos.mo.gov/PRD/VoterOutreach/VOSearch.aspx> St. Louis County residents can go to: <https://data.stlouisco.com/datasets/a8c31f44cd384bf3b69d0516da642260> OR contact your county election authority (contact info on next page).

**You can also VOTE BY MAIL or by ABSENTEE BALLOT:**



# YOUR OPTIONS FOR NOV. 3 ELECTION

<b>IN-PERSON VOTING</b>	Vote in person on <b>Nov. 3</b> . Make sure your vote counts!			
<b>ABSENTEE VOTING (IN-PERSON)</b>	From <b>Sept. 22 to Nov. 2 at 5 p.m.</b> , visit your local election authority and complete an absentee application.	Receive your ballot and cast it at that time.		
<b>ABSENTEE VOTING</b>	Request in person, by mail, email or fax. Application must be received by local election authority no later than <b>Oct. 21</b> .	Receive ballot by mail and complete it promptly.	Have your ballot envelope notarized if necessary. (See below.)	Return ballot in person or by mail. Must be received by local election authority no later than <b>7 p.m. on Nov. 3</b> .
<b>MAIL-IN VOTING</b>	Request in person or by mail. Application must be received by local election authority no later than <b>Oct. 21</b> .	Receive ballot by mail and complete it promptly.	Have your ballot envelope notarized.	Return ballot by <b>U.S. Mail Only</b> . Must be received by local election authority no later than <b>7 p.m. on Nov. 3</b> .

<b>DOES MY BALLOT NEED TO BE NOTARIZED?</b>	<b>ABSENTEE VOTING</b>	Yes, if reason is:	No, if reason is:
	<b>MAIL-IN VOTING</b>	Yes	

- Religious beliefs or practice
- Working as an election worker
- Incarceration, if still eligible to vote

- Absence on Election Day from your election jurisdiction
- Certified participation in an address confidentiality program

**No, if reason is:**

- Incapacity or confinement due to illness
- Having contracted coronavirus or at-risk (in 2020) due to the following:
- Age 65 or older
- Living in a long term care facility
- Chronic lung disease or moderate to severe asthma
- Serious heart condition
- Immunocompromised
- Diabetes
- Chronic kidney disease and undergoing dialysis
- Liver disease

To request an absentee or mail in ballot in St. Louis County, contact:

[St. Louis County Board of Elections](http://www.stlouisco.com/YourGovernment/Elections)  
 725 Northwest Plaza Dr., St. Ann, MO 63074  
 (314) 615-1800 <http://www.stlouisco.com/YourGovernment/Elections>

To request an absentee or mail in ballot in St. Charles County, contact:

[St. Charles County Election Authority](http://election.sccmo.org/election/)  
 397 Turner Blvd., St. Peters, MO 63376  
 (636) 949-7550 <http://election.sccmo.org/election/>



Notary Lindsey with Tony and Caroline helping voters notarize their ballots!

**GREAT NEWS!! St. Timothy's is providing no cost Notary Services to officially witness your Absentee and Mail in ballots on Wednesdays from 11:30 am - 2:30 pm and Saturdays from 10 am - 1 pm.**

**REMEMBER to FOLLOW THE INSTRUCTIONS to properly fill out your ballots (filling in the ovals correctly) and WAIT to sign the envelope until you are in the presence of the Notary if your absentee ballot needs to be notarized--see chart above. Please return or mail you ballots as early as possible.**

**The ONLY VOTE that doesn't count is the ONE YOU DON'T CAST.**

## Loving Our Neighbor by Standing in His Shoes: One Man's Experience with Racism, cont.

Bass Reeves, Dovey Johnson Roundtree, Sarah Boone, Oscar Micheaux, Shirley Chisholm, Dorie Miller, Susie King Taylor, Georgia Gilmore, Octavius Catto, Jack Johnson, Garrett Morgan, James W.C. Pennington. These are just a handful of extraordinary and oft forgotten black Americans who helped to mold and preserve the American Dream. These individuals and their accomplishments should not be regarded as "black history," but rather as American history.

I am an American of privilege, which makes me an African American of great privilege. I am an attorney. I live in a safe neighborhood. My children do not worry about their next meal. I can afford child care. My family can afford personal vehicles. If my children become sick, I can take them to the doctor. If I am this privileged, and these have been my experiences, primarily in my own hometown, often with friends and acquaintances who are fond of me, and of whom I remain fond even now; just imagine what daily life must be like for a black person in this country who does not enjoy my level of privilege.

The protests in the streets of America are certainly about the killing of George Floyd, but not just about George Floyd. They are about countless black men, women, and children for whom the punishment did not fit the crime—if indeed there was a crime at all. We live in a country where, in order to recall what life under Jim Crow felt like, many white Americans must pick up a history book. Meanwhile, many black Americans need only pick up a telephone, and call their parents.

When we as people of color share our experiences, we are not doing so to score political points, "play the race card,"



St. Tim's MORR Members and Clergy stand in solidarity with the Black Lives Matter movement on Saturdays in STL Co.

get sympathy, assign blame, or to make you feel bad about yourself. We are asking you for help. We are asking you to join us in the ongoing fight against racism in our country, because we cannot do it alone. It will take Americans of every stripe to eradicate racism from American society.

I am now asking for your help. Please seek truth and knowledge. When sharing information, please check your sources and make sure that they are reliable. Try to place what is happening today into a historical context. Read about systemic racism and anti-racism. When your friends of color tell you that racism is real and affecting their lives, believe them and then, if you can, do something about it.

My children are likely to attend the same middle school and high school that I did. It is my great hope for them that those around them have the knowledge, compassion, and guidance to know better than to daily deluge them with words that make them doubt their intelligence, their beauty, and their worth as human beings based only on the color of their skin; and instead judge them by the content of their character.

It is for all of the above reasons, and so many more that we proudly say #blacklivesmatter. [https://](https://www.kolotv.com/2020/07/09/reno-mans-facebook-post-on-race-shared-94000-times/)

[www.kolotv.com/2020/07/09/reno-mans-facebook-post-on-race-shared-94000-times/](https://www.kolotv.com/2020/07/09/reno-mans-facebook-post-on-race-shared-94000-times/)



"Teacher, which is the greatest commandment in the Law?" Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Matthew 22: 37-40

# Invite • Welcome • Connect

## What Has IWC Been Up To?

By Susan Moenkhaus

Like the rest of the world, we're not doing what we thought we'd be doing in 2020, but we've been busy. For those of you who are new to St. Timothy's, **Invite Welcome Connect** is a ministry intended to equip and empower congregations and individuals to cultivate intentional practices of evangelism, hospitality, and belonging. Simply put, it helps teach us how to bring more people into St. Timothy's loving community.

Leslie Corey, Nancy Helmer, and Susan Moenkhaus have offered support, time, and ideas to areas that we wouldn't usually have been involved with. This includes supporting Laura Catalano and Amy Conard as they made revisions to St. Tim's website and helped create Facebook postings. We also helped organize Come and Pray, researched potential online classes that St. Timothy's could offer, and some other things:

- Susan is asking members to record and send a video of them saying what St. Timothy's means to them to be posted on "My St. Tim's," a new link on our website. Please feel free to record a video of what our church community means to you and send it to Amy Conard and Susan Moenkhaus.
- We have been running a pilot Alpha program ([alphausa.org](http://alphausa.org)) with current St. Tim's members as beta participants. Alpha is a series of sessions exploring the basics of the Christian faith. Typically run over 11 weeks, each session looks at a different question that people might have about faith and is designed to create conversation. It's an open, informal, and honest space to explore and discuss life's big questions together. The final of the 11 sessions was on September 24, and now we're evaluating whether to offer the program again to members and non-members. One very clear response from participants was that they had a positive experience with the course and want more opportunities for small-group discussions.
- IWC facilitators have worked closely with Laura Catalano and Amy Conard to revitalize our website with up-to-date information and engaging graphics. A link called "Why St. Tim's?" is now on the homepage of our website and also accessible via the new Visitor tab, which has information about the many programs available at St. Tim's (Christian Formation, Ministries, Music, etc.).
- On September 27, Leslie presented an Adult Forum program for Social Media Sunday, "Sharing the Good News of St. Timothy's through Social Media." She discussed how to use social media platforms to create opportunities to build genuine community and let your friends see your perspective. Along with our live offerings, it is very clear that being able to Invite, Welcome, and Connect via social media is our future.
- We spearheaded Come and Pray, an opportunity for members to spend time in St. Timothy's worship space in meditation and prayer on Wednesday afternoons.

We're looking forward to the reopening of church as soon as possible and rolling out new ways to Invite, Welcome, and Connect. Be sure to read the weekly email updates, check out Facebook, and look at our website.

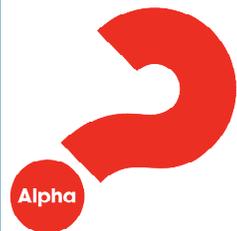
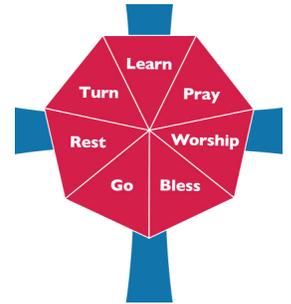


# Deepening our Faith and Connecting in New Ways: “Alpha” and “The Way of Love”

By Steve Crock

St. Timothy's recently offered 2 series regarding faith and being a Christian using Zoom videoconferencing technology. They each could be called a 'course,' or a 'study,' or a journey of examining your relationship with God and sharing your thoughts with others. Both series used instructional video presentations followed by discussion in small groups. Here is a description of each:

**The Way of Love** is a program created by the Episcopal Church that enables you to learn how you can better live your faith; Am I connecting with God every day? Am I living in a Christ-like way? Am I focused on earthly matters? The Way of Love comes from the seven Benedictine practices of “The Rules of Life:” Turn, Learn, Pray, Worship, Bless, Go, and Rest. The Way of Love asked you to add something new to your routine. Some practices are easier than others; some challenge your mindset. Throughout our life, each of us can continue to learn and grow in our relationship with God.



**Alpha's** design was to “provide an introduction to the Christian faith in an informal, fun, and friendly environment.” Examples of titles from the 12 weekly sessions were: Is there more to life than this? Why and how do I pray? Who is the Holy Spirit? The sessions were relevant as an in-depth look at your relationship with Jesus and God at an introductory, or any level of belief.

**Both of these series** were designed to be done “in-person,” which was not possible at this time due to the pandemic. But the use of Zoom actually had advantages in several ways. We were able to meet in this time of separation. Zoom allowed some to participate who would not have been able, due to parental duties. We were not able to break bread together. We were not able to hug each other. But we were able to love each other. We were able to grow in our relationship with God. Thank you to the planners/facilitators for making these series happen: Ashley Snyder who led “The Way of Love,” and Susan Moenkhaus and Leslie Corey for leading “Alpha.” Here are some responses from people who participated in one or both programs:

*The Way of Love is a doable spiritual practice for me, because it is structured and follows a weekly pattern. Because the program encourages weekly feedback to the group, there is incentive to say, "I want to do this practice today so I have a story to share on Sunday." The values are ideas I want to incorporate into my life: blessing, compassion, generosity, etc. It's a no brainer: I want to be like Jesus. We learned how to tell stories from our lives, and also how to add new practices to each week. Thank you Ashley for bringing this to us. Jan O'Neil*

*I enjoyed these series because the format allowed us to meet as a community in an innovative way that allowed connection, but also kept us safe from COVID. In these discussions I was able to hear the Shepherd's words through the voices of my fellow practitioners as we talked through many, thought provoking topics. I hope we can have more of these small group discussions, since it is such a great way for us to stay connected and safe during the pandemic. Hank Conard*

*The Way of Love was a very positive experience for me. In particular, I found the discussion of praying to be enriching. My biggest take-away was a renewed effort to pray every morning. I'm faithful to that practice at night, but now I'm putting forth a conscious effort to follow that pattern in the morning, too. Thank you to all involved in bringing The Way of Love to us. Joy Rouse*

*The Way of Love was a wonderful experience. I looked forward to each week and the messages that would be presented. I really enjoyed the break out rooms in which we had in small group discussion. Leslie Corey*

## Deepening our Faith and Connecting in New Ways: “Alpha” and “The Way of Love,” cont.

*The Alpha Pilot Course helped me dig deeper into my faith and relationship with God through thoughtful discussion. I also enjoyed getting to know members of my small group. Anonymous*

*I really did enjoy this course- what I found so exceptional was our time as a group and then in the break out groups. The opportunity to really share our thoughts with others and to hear what others felt. This time together gave us all a chance to talk and share ideas we would not usually talk about. This class gave us all an opportunity to explore our own thought and ideas. This program was filled with love and respect. Thanks for the opportunity and I would like to do more of this kind of program. LaVerne Riebold*

*St. Timothy's Adult Forum attendees offer our sincere appreciation for and gratitude to Ashley Snyder for leading us in "The Way of Love" program which took place in August and September during Adult Forum sessions. We also thank all of the participants for their thought provoking comments and sharing of their personal views and ideas. Participant responses not only helped us all consider our relationship with God, but also to think about our relationship to one another. We definitely contemplated the seven practices of The Way of Love: Learn, Pray, Worship, Bless, Go, Rest and Turn. Our spiritual lives were positively affected by our thoughtful discussions and participant responses to the various questions in each session. We also thank our Adult Forum Leader, Amy Conard, for providing this opportunity for us to share and reflect on our faith in community with one another. Carolyn Moore*

*I learned a lot in The Way of Love classes this summer, and I was the facilitator! I'm grateful to all of you who took part and shared new ideas and practices. Ashley Snyder*

*One lesson in Way of Love is "Learn" by studying Scripture. Our superb facilitator, Ashley Snyder, gave us a homework assignment to read a book from the Bible. Leslie and I decided to read a Gospel and we chose Mark. Why? It was the shortest of the four! Even then we did a poor job of doing this homework. Here's the punchline. Now we have signed up for a Bible class with Yale School of Divinity. The book we are studying for the next several weeks...Mark! Never doubt the Holy Spirit. Speaking of which, in Alpha we spent a couple of weeks studying the Holy Spirit. In our small break out group, I festered with not knowing when the Holy spirit is directing me or whether my own intuition, biases, or human conditioning is directing me. A member of my small group offered insight and the word "compelling." I have latched on to that word along with much more good wisdom. And that leads me to my last two comments, being in small groups in both courses with my St Tim's friends was an amazing relationship building experience for me. There is more than one "way of love." Finally, sincere thank you to all of the facilitators for the time and effort to offer us these learning opportunities and guide us week in and week out. You are a blessing to St. Timothy's. Tony Corey*

*I was inspired by what I learned from others on what they do to grow, support and act on their faith. I have now added a daily Bible reflection to my faith development inspired by this program. I also was grateful to see this program develop from the Episcopal Church and knowing that it is available through many options - so if you missed the program, please look for it and watch the videos, listen to the podcast or view the website. Amy Conard*

*Examining my faith and belief in God was challenged and motivated by both these series. We are each in unique relationships with God, and The Way of Love/Alpha gave me a way to look closely at my beliefs, ask questions, hear ideas from others. These series allowed me to more strongly feel God's love for the world and the love we have for each other. Each program used small group discussions that had powerful sharing of ideas and experiences. I look forward to future programs. Steve Crock*

**St. Timothy's will have more series using Zoom** in the future. Watch for announcements, sign up to take part, and invite someone to join us. Meeting over Zoom is different than being together, but it is a wonderful way to connect and share our faith.

# St. Timothy's Food Ministries Update: How to Help

## Thanksgiving Holiday Food Drive Changes

St. Timothy's has partnered with Circle of Concern and their Food Pantry for many years to help provide Thanksgiving dinners for those in need. In most years at this time, they have a "Thanks for Giving" Holiday Food Drive so they can give Thanksgiving Food Baskets to nearly 550 families. And we at St. Tim's always collect food and accept monetary donations to assist in this food drive.

However, because of COVID-19 restrictions, their plan for this Thanksgiving is different. There will be no big distribution of food baskets. Instead, their clients will pick up holiday dinner ingredients each of the four weeks prior to Thanksgiving. In addition, each family will be given a gift card to complete their menu. This means Circle of Concern is emphasizing monetary donations this year.

### Our request:

Please prayerfully consider a donation to Circle of Concern. They provide food to more than **2,000 needy families each month** in St. Louis County during normal times, but food insecurity has increased dramatically during this time of economic hardship, so the number of people requesting help has increased dramatically, too.

To Help Circle of Concern purchase turkeys and provide other food to the families, you may write a check to St. Timothy's and mail it to the church with "Circle of Concern" in the memo line. You may drop it off at the church office, wearing a mask, from 7 am - 3 pm weekdays. Or you can use St. Tim's online giving feature on our website at <https://www.saint-tims.org/online-giving.html> Just fill out the form (similar to an online shopping transaction) and type "Circle of Concern" in the Private Message box at the bottom of the form.

We are also asking for **donations of holiday food items** which should be placed in our "Turkey Box" which will be in the Colonnade at St. Tim's from November 1 - 22:

- Boxed or Bagged Stuffing/Dressing Mix
- Canned Yams/Sweet Potatoes
- Turkey Gravy (Canned) or Turkey/Chicken Broth
- Cranberry Sauce
- Canned Vegetables
- Canned Fruit
- Canned Pumpkin

Please e-mail [judy.flacke@gmail.com](mailto:judy.flacke@gmail.com) with any questions. If you need assistance getting the food to church, call Judy at 636-391-1317. Susan Lounsbury, Carroll Cranch and Judy can do contactless pick up from your front porch. **Thank you!**

## Food Pantry Donations

Even during the pandemic, St. Timothy's Food Ministries continues to collect food for Circle of Concern in odd months and Trinity Church CWE in even months.

### Circle of Concern request list:

Jelly	Snacks
Canned Pasta	Body Wash
"Dinner" Helpers	Bar Soap
Pasta Sauce	Hand Soap
Dry Potatoes/Beans/Rice	Laundry Detergent
Condiments	

Or check Circle of Concern Circle of Concern's website: <http://www.circleofconcern.org/>

### Trinity Food Pantry request list:

(All Canned Food with Pop-tops)

Canned Tuna in Water	Chicken Noodle Soup
Canned Chicken	Bar Soap
Creamy Peanut Butter	Toilet Tissue
Canned Fruit in 100% Juice	Paper Grocery Bags

### Clothing:

Men's Shoes Size 13, 14, 15 (in good repair)  
T-Shirts (all sizes)  
Men's Pants (W 32, 34, 36 x 32-36 inseams)  
New Socks

Check for updates on Trinity CWE's website: <https://www.trinitycwe.org/faith-action-and-service>

## St. Louis World Food Day 2020

"St. Louis World Food Day is an annual food-packaging event to help feed hungry people living locally and abroad," according to their website. St. Timothy's has supported this event for many years, but it will not be held in person due to COVID-19 restrictions. However, you can still take action against hunger and help make a difference through their '**Be a Hunger Hero From Home**' campaign running now through November 6, 2020. Send some St. Tim's love, along with a donation, by clicking on this link: [stlwfd.org/donate](http://stlwfd.org/donate)

# Dates to Remember

## October Birthdays

		22	Pat Mason
6	Ian Pooley	23	Liz Elsaesser
8	Linda Lawless		Gina Fry
	Karen McCollom	24	Jonathan Buhro
9	Janet Loomis	25	Jeff Catalano
13	Mary Archer		Jackie Fleck
	Steve Crock		Gary Hall
16	Betty Harris		Dianne Morgan
	Adrian Johnson	26	Jill Bosanquet
17	Sophia Porter	29	George Andre
19	Gwendolyn Johnson		Peter Conard
21	Laura Denkler	30	Ann Buckman

## October Anniversaries

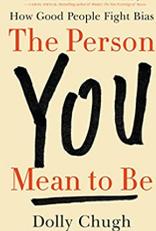
11	Heidi & Alphonso Gioia
	Sue Ann & Joe McAvoy
26	Lori & Jon Hotra
28	Kathleen & Steve Cameron
31	Tess & Garrett Jones

## November Birthdays

		14	Jane Coughlin
1	Beverlee Critchell	15	Margery Griffith
2	Carolyn Moore		Liam Wyland
6	Janine Bosanquet	16	Tommy Gordon
	Daniel Hotra		Kudzai Mazhou
	Jan Magers	17	Ethan Uyemura
	Adrian Moore	18	Leyna Gibbs
7	Christine Jones		Thomas Warhover
8	Nicholas Burch	19	Tyler Nauman
	Kathleen Cameron	20	Doug McCollom
10	Andrea Johnson	21	Ingo Kozak
11	Willard Moseley	23	Meghan Collins
	Jane Williamson	25	Judith Maloney
12	Robbie Catalano		Ann Schweiss

## November Anniversaries

27	Cathy Agne
	Sarah Keeley
	Uma Segal
	Ryan Sidor
30	James Spung
7	Andrea & Jeff Johnson
24	Pat & Nick Mason
	Sophia & Donald Mazhou
	Nancy & Dick Sinise



### Ministry on Racial Reconciliation (MORR) Book Read: **Monday, Oct. 19**

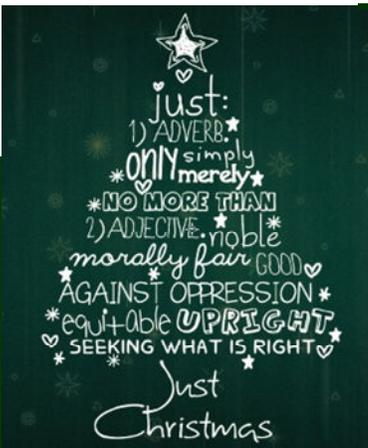
***The Person You Mean To Be; How Good People Fight Bias*, by Dolly Chugh**

**5:30 - 7:30 pm**

Have you ever heard about “implicit bias” and wondered if you have it? Did you ever take the Implicit Bias Test (<https://implicit.harvard.edu/implicit/takeatest.html>), found out you do have bias, and wondered what you could do about it? Did you join us two years ago when we read *Small Great Things* and wondered how you could make a difference? Then you’ll want to read this book with us!

*The Person You Mean To Be; How Good People Fight Bias* is an inspiring guide written by Dolly Chugh, an award-winning social psychologist at the New York University Stern School of Business. It discusses how to confront difficult issues including sexism, racism, inequality, and injustice so that you can make the world—and yourself—better.

Many of us believe in equality, diversity, and inclusion. But how do we stand up for those values in our turbulent world? Through the compelling stories Ms. Chugh shares and the surprising science she reports, the author guides each of us closer to being the person we mean to be. Please join the MORR team on **Monday, October 19 from 5:30-7:00 pm** as we discuss this inspiring book. Contact Amy Conard at [atconard@gmail.com](mailto:atconard@gmail.com) or Leslie Corey [lesliecorey@mac.com](mailto:lesliecorey@mac.com) for the Zoom link and more information.



## Be an Angel to Children in Detention



By Tina Warhover

As many of you know, ministering to children in St. Louis City and County detention centers is exclusively led by the Episcopal church. Episcopal City Mission (ECM) provides

on-site chaplains who provide counseling and mentoring to youth as they navigate the justice system and move back to school and society.

With your help, ECM is able to make sure that every child in detention has at least one gift to unwrap during the holiday season. The message the children receive is the true gift: They are so much more than the worst thing they have done; they are beloved children of God, and we care about them and believe they can change their life paths.

We usually have an "Angel Tree" set up in St. Tim's Gathering Space right after Thanksgiving, but because of COVID restrictions, we are modifying the process. It's easy to help:

★ Buy a gift, gift card, or make a donation by **Sun., Dec. 13**

Gift cards can be any amount, from Target, Walmart, Amazon, or Old Navy. They are combined to purchase a personal gift for each child.

★ Suggested gifts are:

- Black Composition Notebooks (no spiral/wire binding)
- Coloring books & crayons (Super Hero & Teen-themed)
- Word Search Books, Playing Cards, Jigsaw Puzzles
- Games: Sorry, Jenga, Scrabble, Dominos, Uno, Skip Bo
- Individually Wrapped Candy (no bubble gum or lollipops)

*Composition notebooks are given to encourage the children to journal. Games and puzzles are used in the activity room where the kids get together to play, building camaraderie, patience, and trust.*

★ Drop off the gift at St. Timothy's Mon-Fri. 7 am - 3 pm, or reach out to Tina Warhover for porch pickup.

★ Monetary donations can be in the form of a check mailed to St. Timothy's (with "ECM Angel Tree" on the memo line) or through online giving with a message at the bottom of the form specifying "ECM Angel Tree".

Contact Tina Warhover at [tinawarhover@gmail.com](mailto:tinawarhover@gmail.com) or at 314-750-7009 with any questions. **Be an angel!**

### Advent Event: Save the Date—Nov. 29

**Covid-19 can't stop our Advent Event!** If we can meet in person, our annual event will be held on Nov. 29, the Sunday after Thanksgiving. However, if we are not able to be in person, we will create Craft Packages for children Toddler age through 5th Grade. They will contain age-appropriate holiday crafts that can be done at home.

Parents will be able to come by St. Tim's and pick up the craft kits at their convenience. The completed kits will on the desk to the left as you walk into the Colonnade.

Please be sure to watch the weekly e-mails to get the latest updates and learn how you could help. Questions?

Contact: Madeline Zwickelmaier at [Madzwikel@yahoo.com](mailto:Madzwikel@yahoo.com) or 314-913-1564.

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Fax: (314) 434-4103  
Web Site: <http://www.saint-tims.org>

The Rev. Camie Dewey, Associate Rector  
Mark R. Scholtz, Director of Music  
Tess Jones, Parish Administrator  
Mitzi Uyemura, Angler Editor

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