

A weekly email publication for the community of St. James Church in College Hill

Message of the Moment

Dearest Friends,

In just a couple of days we will celebrate Easter — Christ’s rising from the grave and the promise that it holds for us for eternal life. Every year, in conjunction with this celebration, we Kansans also get to enjoy warmer weather, spring rains, green grass and fields and colorful flowers as we break out of winter’s grip. This year, it appears that we have a special third “breakout” to celebrate ... the gradual reopening of so many of the activities that we once took for granted, as the grip of the COVID-19 pandemic begins to loosen.

We know that we are not “out of the woods” yet and still need to take important precautions, but there is still cause for cautious celebration.

As we’ve resumed our in-person services, I am so impressed and thankful for the cooperation, extra efforts and can-do attitudes shown by our fellow parishioners, our staff, Deacon Jeff, Mother Christine and the Diocese. Last Sunday, we had an excellent service led by Bishop Cathleen where several new Episcopalians were confirmed and received into our church. And, this week, Canon Patrick will be with us to officiate the rest of our Holy Week Services, including two services on Easter morning.

So, as we begin this Easter season, let’s be especially thankful for the many blessings and reasons for hope that our Lord has laid before us.

Woody Swain, Treasurer

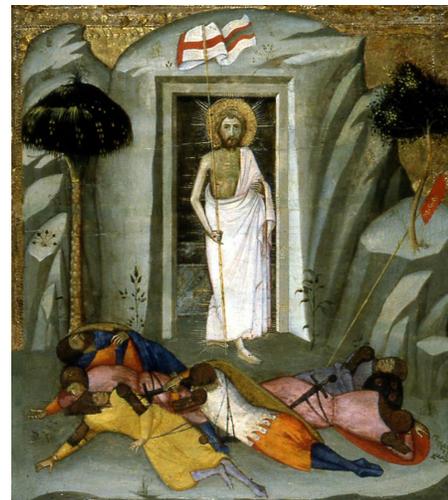


Illustration courtesy of [Vanderbilt University](#)

First Things First

We are offering two services on Easter Sunday led by The Rev. Canon Patrick Funston. The first is at 8:30 a.m. and will be outdoors on the east lawn. Please bring your favorite lawn chair as we will not be setting out chairs. The service will be broadcast on 89.5

FM for those who wish to participate from their vehicles. The 10:45 a.m. service will be in the nave and also will be broadcast on 89.5 FM. All of our upcoming services will be broadcast on that station for those who would prefer to worship in the parking lot from the comfort of their vehicles. Bulletins are available at the entrance with red doors.

Hearing assistance is available for all services in the nave. Devices can be picked up and returned at the front desk.



Our Easter Egg hunt is scheduled for 10 a.m. Sunday. Please wear masks and follow social distancing guidelines. Children must be accompanied by adults.

The nursery is open but not staffed.

Mother Dawn's "Radical Acceptance" series continues in today's eTower. See it under the "Radical Acceptance" section later in this email and on our website.

This week's Parishioner Profile — about **Shirley Seminoff** — is below in "Parishioner Profile and Parish News."

Photo by [Frank Zhang](#) on [Unsplash](#)

Betty Shaw's 101st birthday

Our dear friend Betty Shaw will celebrate her 101st birthday on April 14. To help make this a wonderful day for her, here are TWO ways you can participate:

1. Let's flood her mailbox with well wishes from her St. James family. If you are able to send a greeting, this is her address:

Betty Shaw
Larksfield Place Health Care Center. Room 607
2828 N. Gouverneur Street
Wichita, KS 67226



2. Betty's daughter, Sally Gaddis, is organizing a Zoom get-together for Betty's birthday. If you would like to participate, please let Kelly Harper know as soon as possible so she can get a Zoom link sent out to you. Email Kelly at kelly-harper@cox.net.

Date: Wednesday, April 14
Time: 2 p.m.

Readings This Week

Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

[Click here to go to the Lectionary Page](#)

[Click here for a free PDF download of the Book of Common Prayer](#)

Lessons appointed for Easter Sunday:

[Acts 10:34-43](#)

[Mark 16:1-8](#)

[1 Corinthians 15:1-11](#)

[Psalm 118:1-2, 14-24](#)

Service to the Community

The St. James outreach committee is beginning the annual **Undies Sundays Drive**, chairwoman **Mary Klocke reports**. The drive to collect new underwear for the Wichita Children's Home will begin on April 11 and continue through the week of May 9. Please help by donating new underclothes sizes infant through adult. There is a special request for diapers sizes 4,5, and 6. Look for a basket by the red doors for donations.



Next month's Sack Lunch Saturday is April 10. If you would like to participate, please email Joan Bledsoe at Pansy1918@icloud.com. If anyone has backpacks that they would like to donate, please bring them by the church and Joan will make sure they get to St. John's.

Please remember to help us collect funds for the Pocket Change Ministry's gift to Breakthrough/ESS. You can send a check to St. James with "Pocket Change" written in the memo section.

HumanKind Ministries is holding a virtual fundraiser April 17 — Sleep Out ICT — to raise money for services for people who are unhoused and to raise awareness. You may learn more about opportunities to support HumanKind (formerly Inter-Faith Ministries) by visiting www.SleepOutICT.org.

Children and Youth

A special **Children's Chapel Easter video** will be available on Easter Day. As a reminder, we will not have Zoom Sunday School on Easter. [Watch the video by clicking here](#).

Youth group will meet in person from 6:30 p.m. to 7:30 p.m. Wednesday, April 7. This will be our first in-person gathering of the year. We will meet in the parking lot, with masks on and follow best practices for social distancing. We will celebrate Easter with the Stations of the Resurrection.

Youth Sunday is April 18. If your youth is interested in participating, please email Tristan Holmberg at tristanholmberg@icloud.com.

VBS is coming ... join us June 21 to 24 for fun, learning, games, and more. [Click here for more details and to sign up](#).

We are planning the youth rummage sale for July 8 to 11. Please begin to collect items from your

home and arrange a time to take them to church by calling or emailing Anne Clark at 816-797-6177 or aws1155@yahoo.com. The youth will need lots of help setting up the weekend before as well as people to help work the sale. Please let Anne know if you can help.

[Click here to join our Children's Ministry Email list .](#)

[Click here to read the latest Children's Ministry email.](#)

The Calendar This Week

Sunday, April 4

8:30 a.m. - Outdoor In-Person Easter Service on the east lawn

10:45 a.m. - Inside In-Person Easter Service

Monday, April 5 — Office Closed

5:30 p.m. - Contemplative Prayer Group Online

[Contact Mary Kay Chavez](#)

7:00 p.m. - Graduate EfM Online

[Contact Jeff Roper](#)

Wednesday, April 7

6 p.m. - Evening Bible Study on Zoom

[Contact Phil Speary](#)

6:30 p.m. - Youth Group Online

[Contact Tristan Holmberg](#)

Thursday, April 8

11:00 a.m. - Congregational Book Read on Zoom

Join Zoom meeting at this link:

<https://zoom.us/j/94318073867?pwd=UWICSVhidnFqOWpTSFpacmFhME5FQT09>

7:00 p.m. - Congregational Book Read on Zoom

Join Zoom meeting at this link:

<https://zoom.us/j/96988499682?pwd=enlEbndxTFd0NWJqZk5SUlBkMmJEZz09>

6:30 p.m. - EfM Online

[Contact Deb Bagby](#) or [Paul Rillema](#)

Parishioner Profile and Parish News

Meet Shirley Seminoff

Shirley Seminoff was baptized and confirmed at St. James in 1966, so she certainly has a long history with the parish.

Her mother and father ran a cattle ranch in Cassoday in Butler County, and that's where she grew up.

Shirley worked in education for 32 years as a teacher and a principal in elementary schools. Now retired, Shirley still keeps busy. She's part of a Granny Basketball team that plays at the East YMCA.

"We play the rules of the 1920s," Shirley explained.

Team members wear bloomers and high socks because players get a foul if they show any flesh on the court.

Physical activity is par for the course for Shirley. She's a Senior Olympian who has earned five bronze medals and one silver and one gold medal. Her bronze medals were for the 1,500-meter, 800-meter and 400-meter races. She earned the silver and gold for the 400-meter relay.

She's been involved in many parish activities, including the Olde English Tea, Sunday school and Children's Chapel. She sings in the choir, has been president of Episcopal Church Women twice and has served as president of Daughters of the King.

Shirley is pictured here with her stepson, Kirk; his wife, Kim; and her granddaughter, Katie.



What do you do to rest and return to God?

"It seems like everything I do returns to him in some way. I feel like he's always present with me, and I always try to listen and try to do what I'm supposed to do."

What do you like about St. James?

"It's a beautiful place to worship, and of course the people are very important to me, especially the clergy. They've always been very personable to me and a great part of my life."

Remember Breakfast Sundays, OPUS, countless potlucks, luncheons, dinners and receptions?

This year, we launch our second century and look forward to eventually being able to gather for food and fellowship. With that goal in mind, it's time to replace our heavy pottery due to the number of dinner plates that have chipped or broken. We are asking for donations of CorningWare Corelle "Winter Frost White" dinner plates. Corelle is practically indestructible and resists chips and cracks. Lightweight and easy to handle, plates stack up in less space (12 plates in only 2 inches!) If you have dinner plates to donate ("Winter Frost White" ONLY), or find some at a garage sale or thrift store, please bring them to the church.

Training will be available from 10 a.m. to noon April 10 at St. John's Episcopal Church for lay leaders who would like to be trained to do a service known as "Holy Communion on Sundays in the Absence of a Priest." Deacon Jeff Roper says the training indicates that anyone who is a licensed chalice bearer, lay eucharistic minister, verger, senior warden and the like can be trained to do the service, put together by Bishop Cathleen. If you are interested, please contact Jeff Roper at jroper@cox.net.

The Welcome Committee would like to invite anyone new to St. James to join our newcomer Zoom meetups. If you'd like to be included, please email Chelsea at formation@stjameswichita.org or call the office at 316-683-5686. All are welcome!

We need you! Peggy Johnson is looking for volunteers to be ushers and greeters. You may contact Peggy by emailing her at johnsonorganist@gmail.com.

Forms to order our 100th anniversary book are online . [Click here to go directly to the order form](#), which you can print out and return in person, by mail, or by email to the church office. Books are \$25, and shipping is \$5 for every two books.

Radical Acceptance

“I haven’t got time for the pain” vs. working through the pain

You may remember old TV ads for Excedrin, which promised quick headache pain relief. During the commercial, a song proclaimed, “I haven’t got time for the pain.” This is a good example of our culture’s message, that when we experience pain, it should be healed quickly, and the subject avoided. Some of that reasoning makes sense, and nobody wants to be in pain. It’s also important to point out that Radical Acceptance does not ask you to stop taking pills for headaches. However, there is a helpful equation to remember when it comes to Radical Acceptance. Pain plus non-acceptance equals suffering.

Radical Acceptance is the understanding that life involves pain and difficult events. Avoiding pain, especially in the long term, often leads to bitterness, guilt, anger, resentment, and shame. Radical Acceptance gives us the opportunity to make choices without the suffering brought on by those emotions. Radical Acceptance is acceptance of reality as it is and remembering that life is still worth living even with painful experiences in it.

When to Use Radical Acceptance

Paying attention to your thoughts can help you to notice when you are fighting reality. Usually, “should” statements are a clue. Examples include: “This shouldn’t be happening to me,” “It shouldn’t be this way,” or “I shouldn’t have done that.” Notice that there’s an underlying judgement in these thoughts. There is a hidden belief that things should be different. Refusing to accept reality can keep you stuck in bitterness, shame, anger, unhappiness, guilt, or other painful emotions. Do you know what types of sensations these emotions may elicit in your body? Practicing Radical Acceptance involves being in tune with your emotions.

By Don McCarthy, Therapist

<https://mytherapynyc.com/radical-acceptance/>

Yours in Christ,

Mother Dawn+

Prayers

Parish Prayers for the Week of April 4

In the Anglican Cycle of Prayer: Pray for the peace of Jerusalem and all who work for peace.

In the World Council of Churches Cycle of Prayer: Pray for the people of Brunei, Malaysia and Singapore.

In the Kansas Cycle of Prayer: Pray for St. Mary’s, Galena.

Pray for those serving in the military: Alexis (Lexi) Reed, Will Corkins, and J. David Anderson-Lusk.

Pray for those who have died: Marsha Bacon; Nancy Rollins; Christopher "Chris" Erickson, son of Jennifer and Mark Erickson; David T. Childs, The Rev. Wayne Blakely, Jeff Gibson, (son of Deacon Barbara Gibson), Larry Edwin Rahal (father of Nancy Carroll), and Caroline Rudnick-Rowley (wife of

Bruce, mother of William and Madeline).

Pray for those who are in trouble, sorrow, need, sickness or any other adversity: Pray for Marge Rine, her son Wes, and the rest of their family. Pray also for Dal Harrison, her husband Rick, and their family. Pray for Joan Janzen and her daughter, Catherine. Please continue in your prayers for the recovery of Gary, Bill, and Pete. Lift up all people with COVID-19 and all health care workers. Please pray for Pam, LouAnn M., Jayne, Iola, Martha, Betty, Gus, Jessica, Bob, Joe, Jean, Jerry, Teresa, Larry S., Jan and Joan, Mary, Joann and Mike and their granddaughter, George; George II, Christina, Bill, Floyd, Gene, and George.

Our Parish Prayer List — The most up-to-date parish prayers appear here weekly. All members of our parish community are asked to pray for everyone on our prayer list. To share your prayers of thanksgiving (births, weddings, new jobs, anniversaries, etc.), to notify us that someone you love is serving in the military, to share that you or someone you love is suffering, or to tell us of a death, please call 316-683-5686 or email office@stjameswichita.org.

Let Us Pray

Almighty and everliving God, ruler of all things in heaven and earth, **hear our prayers for this parish family.** Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen.

Everliving God, whose will it is that all should come to you through your Son Jesus Christ: **Inspire our witness to Christ,** that all may know the power of his forgiveness and the hope of his resurrection; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

O Father of mercies and God of all comfort, our only help in time of need: We humbly beseech thee to **behold, visit, and relieve thy sick servant for whom our prayers are offered.** Look upon them with the eyes of thy mercy; comfort them with a sense of thy goodness; preserve them from the temptations of the enemy; and give them patience in their affliction. In thy good time, restore them to health, and enable them to lead the residue of their life in thy fear, and to thy glory; and grant that finally they may dwell with thee in life everlasting; through Jesus Christ our Savior. Amen.

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant for whom we pray the help of your power, **that their sickness may be turned into health,** and our sorrow into joy; through Jesus Christ our Lord. Amen.

O God of heavenly powers, by the might of your command you **drive away from our bodies all sickness and all infirmity.** Be present in your goodness with your servant for whom we pray, that their weakness may be banished and their strength restored; and with their health being renewed, they may bless your holy Name; through Jesus Christ our Savior. Amen.

Sanctify, O Lord, those whom you have called to the study and **practice of the arts of healing, and to the prevention of disease and pain.** Strengthen them by your life-giving Spirit, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. Amen.

O Lord, your compassions never fail and your mercies are new every morning: **We give you thanks for giving both relief from pain and hope of health renewed.** Continue in the course of recovery, we pray, the good work you have begun; that those who heal and daily increase in bodily strength may rejoice in your goodness, and order their lives and conduct to always think and do those things that please you; through Jesus Christ our Lord. Amen.

Helpful Links

[Watch and Listen to Last Week's Service](#)

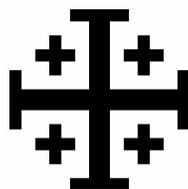
[Parish Web Calendar](#)

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[2021 Parish Leadership](#)



Contact Us



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[Jose Alonso](#), Sexton

[The Rev. Dawn Frankfurt](#), Rector*

[The Rev. Christine Gilson](#), Priest-in-Charge during Mother Dawn's sabbatical

[Deb Gruver](#), Administrative/Communications Assistant

[Marlene Hallstrom](#), Organist and Director of Music

[Susie Stallings](#), Bookkeeper

[Chelsea Whipple](#), Director of Programs

*Mother Dawn is on sabbatical through June 20.



**Whoever you are
and wherever you find yourself on your
journey
of faith, you are welcome here.**

St. James
Episcopal Church

CELEBRATING



1920-2020

A COMMUNION
OF SAINTS