

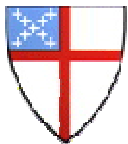


THE ALTON ANGELUS

August 2011

The Rev. David J. Boase—Rector

*The Episcopal Parish of Alton has as its mission:
the knowing and praising of God and his Son Jesus,
outreach to the needy,
and the giving and receiving of love.*



St. Paul's
Episcopal Church
Celebrating
175 Years
1836 to 2011

Vestry

Rector's Warden: Steve Bumbacher
Parish Warden: Barbara Ulfers
Clerk of the Vestry: Jane Hill
Treasurer: Bill Bryant

Fr. Boase	467-0697
Terry Allen	465-6410
Ann Bromaghim	551-5024
Bill Bryant	466-4806
Gay Bryant	466-4806
Steve Bumbacher	466-8970
Linda Dunnagan	467-2771
Al Elkins	465-4125
Diana Enloe	463-0391
Jasper Fisher	259-3177
A.J. Goers	466-2963
Jane Hill	466-7362
Barbara Ulfers	462-1364

As a part of its 175th celebration,
St. Paul's Episcopal Church
will join with other downtown churches
to host the annual

Market Street Block Party

Saturday, August 20, 2011
from 11:00 a.m. to 3:00 p.m.

on Market Street
between 3rd and 6th Streets
in Alton

*Volunteers are needed.
See inside for more details.*



Dear Friends,

Very many thanks to all those who, in any way, contributed to a wonderful Festival Weekend as we continue to celebrate the 175th Anniversary of the Founding of St. Paul's.

The Saturday evening Festival Dinner at the Holiday Inn was well-attended, and we were glad to welcome Mayor Mike McCormick and his wife Linda. It was a joy also to welcome back to the Parish our former Rector, Bishop Roger White, and his wife Pru. Our new bishop, Bishop Daniel, and his wife Brenda were our guests of honor, together with other distinguished guests. Following dinner, Bishop Roger gave an entertaining, illuminating and passionate speech. In it he used his developed sense of humor highlighting events from the parish's past and looking towards the future.

The Sunday morning Festival Mass was a joy! We welcomed back to worship, as indeed we had at the Festival Dinner, several former parishioners and what a pleasure it was to see them again. Bishop Daniel spoke compellingly and movingly and professed himself to be enjoying his return to Alton, the site of the last of the *Walkabouts* during the bishop search process.

Now we turn to the remaining events in this 175th year and, firstly, the *Block Party* on Saturday 20th August, when we join with the other downtown churches to provide an afternoon of fun. Also present will be a mobile Health Unit as in previous years, and we hope to round off the weekend with a *Songs of Praise* in St. Paul's on the Sunday evening. More details to follow!

Then, on Sunday October 16th at 4:00 p.m. we welcome Mr. James Cornelius from the Lincoln Presidential Library in Springfield, who will give a Lecture on *Alton, Lincoln and the Episcopal Church*. Sunday November 13th sees the return of *Bells in Motion*, before we conclude the year's celebrations on Sunday 18th December with the *Service of Nine Lessons and Carols* in St. Paul's at 4:00 p.m.

Meanwhile, have a wonderful summer!

Yours sincerely,

Fr. David+





Back-to-School—Coming Soon!

Public schools will open August 16—and the Head Start centers begin a couple weeks after that. It will be here before you know it!

This year, the Evangelism and Outreach Commission is putting a new spin on Back to School outreach. We are asked to help Head Start meet an urgent need—underwear and socks for 3 to 5 year olds.

Please bring new underpants and socks for boys and girls ages 3 to 5 and place them inside the boxes provided at Trinity and St. Paul's. We will accept donations until the end of August. We have an ongoing outreach partnership with Riverbend Head Start and Family Services, and we can make a real difference with these gifts for the young students.

Thank you for your generosity! For more information, contact Gay Bryant or Al Elkins.

Evangelism and Outreach Commission

Adopt-a-Highway Set for August 13

Weather, Parish anniversaries, and limited personnel have hindered the Highway Litter project this season. Our next attempt to do our stretch of Highway 67 will be Saturday, August 13, meeting at Woody's parking lot at 7:30 a.m. Any and all volunteers age 12 and over are welcome. The more the merrier...and easier! After the highway work, we will go for a Dutch treat breakfast. Please join the group for this community service. Note: If it is raining or we are under an extreme heat advisory, we will not work.

For more information, please contact Gay Bryant or Al Elkins.

Evangelism and Outreach Commission





Join the Fun at the Market Street Block Party!

As a part of our 175th celebration and as good neighbors, the Parish will again join with area churches—First Presbyterian Church, St. John's Missionary Baptist, The Salvation Army, Morning Star Baptist Church, and First Unitarian Church—to host the annual Market Street Block Party. This free event will take place on Saturday, August 20, from 11:00 a.m. to 3:00 p.m. on Market Street between Third and Sixth Streets. Mark your calendars now!

The Block Party will involve several types of bounce houses, games, entertainment, and lots of food, including hot dogs, hamburgers, cold drinks, ice cream and popcorn. Musical groups and dance companies will perform during the four hour party. Both Lewis and Clark Community College and Southern Illinois University Edwardsville will have their Mobile Health trucks on site to provide free medical and dental screenings for the underserved. Child ID programs will be represented. More displays and activities are still being finalized, so there will definitely be lots to do! Bring the children and grandchildren, and tell your neighbors about this fun event!

Volunteers are needed to help all day Saturday to help set up, work during the event, and take down afterward. Assistance is also needed Friday, August 19, starting at 11:00 a.m. to set up tables in Heneghan Hall. Sign-up sheets are posted at Trinity and St. Paul's. Please offer whatever amount of time you can to help with this neighborhood event.

For more information, please contact Charles Buxton, Gay, Bryant, or Al Elkins.





Book Discussion Group: What Will It Be?

Do you have a favorite book you'd like the Book Discussion Group to read for August? Come to the July meeting on July 27 and volunteer to lead the next discussion! The August meeting will be held on Wednesday, August 24 beginning at 2:00 p.m. at Trinity Chapel.

For more information, please contact Barbara Ulffers at 462-1364.

Education Commission



**The deadline for
the September Angelus
is August 17, 2011!**

Please e-mail articles to
outreach@episcopalalton.org.

Church Directory

UPDATE



Please make the following
change to your directory:

Lathurna Jones
11228 Stratford Way
Fishers, IN 46038.

Cell phone and e-mail addresses will remain the same for now.



MONTH- June 2011

Income*	\$ 13,458
Expenses	\$ 18,303
Deficit	(\$ 4,845)

YEAR-TO-DATE 2011

Income*	\$ 97,662
Expenses	\$123,919
Deficit	(\$ 26,257)

*INCOME—Does not include money that was “robbed” from investments to balance the budget.

Don't forget your pledge this summer!

Bill Bryant
Treasurer



Coming soon...

Monday, September 5	Labor Day—Church Office closed
Tuesday, September 13	Mass and Bible Study resume—Trinity, 9:30 a.m.
Saturday September 17	Music in the Garden—St. Paul's, 4:00 p.m.
Sunday, September 18	Darrow Deanery Meeting—Belleville, 2:00 p.m.
Wednesday, September 21	Altar Guild Mass—St. Paul's, 6:30 p.m.
Tuesday, September 27	ECW Mass and Party—St. Paul's, 6:30 p.m.

Mark your calendars for our September event:

Music in the Garden

Saturday, September 17
beginning at 4:00 p.m.

St. Paul's

Watch next month's Angelus for more details!



St. Paul's
Episcopal Church

Celebrating

175 Years

1836 to 2011

Thank You!
THANK YOU!

Many thanks to everyone
who contributed to the huge success
of our Festival Weekend in July!
Your hard work really is appreciated!



August Birthdays

3	Lucy Darr	14	Ted Woodbury
	Judy Roth		Caleb Heneghan
5	Justin Hayes	16	Kyle Harris
8	Mimi Almonroeder		Colton Hampton
	Logan Phillips	17	Irene McLaughlin
10	Dave Johnson	21	King Hoagland
12	Jean Downey	23	Sarah Wade
	Elizabeth Finch	24	Terry Allen
	Jared McNelly	25	Joette Moyer
13	Liam Mills	28	Charles Hausman
		30	Victor Sever



BODY*MIND*SPIRIT

Greetings Friends!

What a wonderful celebration you all had during the Festival weekend. Jim and I were happy to attend and share in the Festival Dinner on Saturday evening. Thank you for your kindnesses and help finding my shoe button!

Regarding the heat—my best advice is to stay in during the heat of the day. If you must be out, then drink plenty of water, wear a hat to shade your head and light-colored clothing to reflect the heat, and seek shade as often as possible. This is not the time to try and save money by turning off your air-conditioner. The United Way has set up cooling centers for people who may not have air conditioning and need a cool place to go. Cooling sites set up in the area include: Alton Square Mall, (618) 465-5500; Salvation Army, (618) 465-7764; Godfrey Township, (618) 466-3378; and Wood River Roundhouse, (618) 251-3130. For more information, call United Way at 211 or (800) 427-4626. Also, Glenhaven Gardens (462-1500) has offered to be a cooling site.

Moving on to our monthly topic: A new symbol has replaced the Food Pyramid, which was first introduced in 1992 and revised in 2005. The change was made to simplify nutrition requirements for American families. The United States Department of Agriculture (USDA) unveiled MyPlate as the new symbol of a healthy-eating initiative that will convey seven key messages from Dietary Guidelines for America 2010. If you have seen the bulletin board near the office, you have seen the information on My Plate. The bulletin board says “Forget the Pyramid—it’s all about The Plate-The Plate-The Plate.” Although the pyramid symbol is gone, the background and supplemental Pyramid information is still relevant. Some of you may have noticed this recent change at the USDA website the beginning of June.

The new symbol, a plate, emphasizes the fruit, vegetable, grains, protein, and dairy food groups. The seven messages that the plate conveys include: enjoy food but **eat less; avoid oversized** portions; make **half** your plate **fruits and vegetables**; switch to fat-free or **low-fat milk**; make at least half your grains **whole grains**; **drink water** instead of sugary drinks; and **compare sodium (salt)** in foods like soup, bread, and frozen meals and choose foods with lower numbers.

There has been some debate about this new symbol and update. Will it help Americans make better choices? Is it easier to understand? One thing that anyone can notice by looking at the MyPlate and reading the seven key messages is that there is no mention of physical activity in conjunction with eating a healthy diet. As Americans, we have begun to eat more food, and we have had a reduction of physical activity. It is still recommended that children and adults get at least 60 minutes of physical activity daily. Many are surprised that this message was not incorporated into the new symbol. The USDA wanted to focus, specifically, on healthy eating. On **ChooseMyPlate.gov**,

you are able to access reading materials about physical activity, but it was not incorporated into the symbol to keep the message focused and simple!

There are other noticeable differences between the Pyramid and The Plate. One change was made to the meat, beans and alternatives group. This section is now titled “protein foods.” Also on the plate, there is no mention of the oils section. This has been a slight change from the Pyramid. The Plate definitely indicates that oils are **NOT** a food group but do contain essential nutrients.

The Plate emphasizes the importance of portion size, increasing healthy choices, and reducing sodium and sugary drinks. The hope is that this update will help create a change in American perception of healthy choices. I like the concept. Flyers are available in the information rack outside the church office.

To learn more about MyPlate visit **ChooseMyPlate.gov**

Choose My Plate!



Information from:

Madison County Health Department Notes—Article by Molly Sivia, B.S., Health Educator
The Telegraph, July 11, 2011—Article by Rosie Githinji

...Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil...
Matthew 6, 11-13

I don't think the *daily bread* was a Big Mac and super-sized fries—do you?

Have a great August—enjoy some watermelon!

Judy Roth, R.N., M.S.N.
Parish Nurse
Alton Memorial Hospital

Reminder: Diabetes Fair, Saturday, August 20, at Alton Memorial Hospital,
9:00 am until 12:30 pm