



# THE ALTON ANGELUS

## PARISH NEWSLETTER

This is a monthly newsletter designed to keep parishioners up to date on Parish activities. Please send news items to Tom Wrausmann at [thomaswrausmann66@gmail.com](mailto:thomaswrausmann66@gmail.com), Tom Harris at [dogula60@gmail.com](mailto:dogula60@gmail.com) or the Church Office at [epialton@episcopalalton.org](mailto:epialton@episcopalalton.org) by the 20th of the month. Small Schedule and other email blasts will happen throughout the month in addition to our Angelus and can be sent in at any time.

## Summer in the Garden



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## *From the Rector...*

On Monday, September 30<sup>th</sup>, we begin a brand new weekly worship service for our parish, called Mondays@7. It is a calm, peaceful, meditative experience that will allow parishioners to sit back and “let their springs unwind” while worshipping God.

This is a service that can benefit absolutely anyone, although it is based on the 12 Steps of Alcoholics Anonymous. It consists of music, prayers, and readings from the Bible, and various AA material or writers like Richard Rohr. There is a short time for meditation built into the service, a reflection offered by a leader, and a chance for discussion of the impact of the readings once worship has concluded.

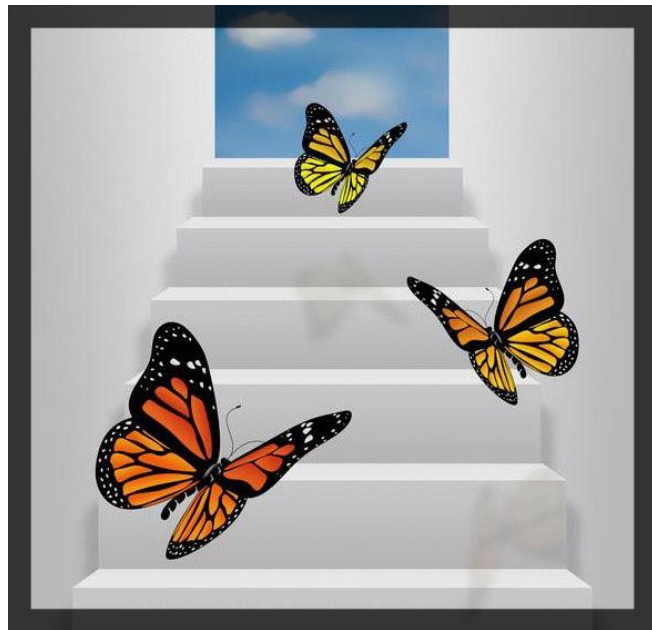
Parishioners Bruce Bayer and Patti Wright are leaders in the 12-Step community and my partners in offering Mondays@7.

I designed this logo for the service. Butterflies are a symbol of new life – resurrection. The butterflies negotiating the steps to resurrection and true freedom seem a perfect fit for 12-Step group members, and for all of us as we try to jettison all that anchors us away from God, our true freedom, our salvation and the source of all that is good and meaningful in this life and the next.

Please plan on attending Mondays@7. I’ll see you there!

Faithfully,

***Mother Cindy+***



**Mondays@7**

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**“WE BELIEVE  
IN ONE GOD,  
THE FATHER,  
THE ALMIGHTY,  
MAKER OF  
HEAVEN AND  
EARTH, OF ALL  
THAT IS, SEEN  
AND UNSEEN...”**

*The Nicene Creed*

## **THE NICENE CREED**

**by Chuck Drennan**

The Nicene Creed is one of the most important and oldest liturgical components still commonly recited today in the Church. According to our Catechism, the purpose of a creed is to state our basic beliefs about God. The Nicene Creed expresses all the important tenets of our faith. The Creed was adopted as an "improved" version of the Apostle's Creed, which is still used in the Roman Catholic mass, and in our own daily offices and baptismal liturgy. The Nicene Creed was developed to better define the relationships within the Trinity.

The Nicene Creed was adopted in the town of Nicaea in 325 A.D. at what was the "First Council of Nicaea". In 381 AD, the Creed underwent some changes at the "First Council of Constantinople" and is now used in most parishes today. Although, in years to follow, other councils have convened and made modest changes to the creed we recite today. The Nicene Creed has many slightly different variations throughout the world.

The Nicene Creed serves as a true summary of the Christian faith. It outlines the relationship between the Father, the Son and the Holy Spirit. In my opinion, it essentially summarizes the message of the Gospel. The Creed describes, how through the action of the Trinity, Jesus became a human being and lived a sinless life. He then suffered, was crucified, died, rose again, and ascended to heaven, thereby assuring our eternal salvation. I believe the Creed gives us a purpose for living a Christian life by assuring us of the promise of eternal life.

+ Referenced from Justin Hobbs, Know the Creeds Council, Wikipedia, and the Book of Common Prayer.

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# Treehouse Wildlife Center

## July 2109 Field Trip

Six adults and four children visited the Treehouse Wildlife Center in Dow, Illinois. Here are some of the beautiful creatures we got to see as we toured the site.



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## First Presbyterian Church of Edwardsville

### August 2019 Field Trip

Nine people from our parish visited First Presbyterian Church of Edwardsville. We were surprised to be welcomed with refreshments when we arrived! Mr. and Mrs. Davis talked to us about the beautiful faceted glass windows of the church which were designed and created by Emil Frei and Associates of Kirkwood, Missouri and dedicated 1983. The six main sanctuary windows along with six other windows, were removed from their former building on Kansas Street, temporarily stored, and reinstalled in the new church building in late 2017.





**TWELVE STEP ALCOHOLICS ANONYMOUS FORUM  
SUNDAY SEPTEMBER 15, 2019  
FOLLOWING THE WORSHIP SERVICE**

On September 15<sup>th</sup> following the worship service, four members of Alcoholics Anonymous, (AA), will present a forum on the twelve-step recovery process through sharing its history and discussing its pathway to substantial, physical, mental, emotional and spiritual health. This forum will last approximately an hour, with a follow-up question and answer period. In 1955, the American Medical Association declared alcoholism a disease. While there is no cure, there is recovery through cessation of drinking and exacerbation of its devastating effects. An abundance of AA literature will be made available at no cost to those interested in learning more about the issue of problem drinking in the lives of family, relatives and friends. Currently, St Paul's Episcopal Church rents space to six AA meetings and an Overeaters Anonymous meeting which is also based on AA's twelve step recovery.

We are extending an invitation to the members of First Presbyterian Church and Resurrection Lutheran Church in an ecumenical effort to more fully understand the nature of alcoholism and addiction recovery. While there is still more to learn about alcoholism, we do know the 12 steps of AA and its principles have helped many to turn their lives around and begin to live with integrity, new found meaning and purpose. Most importantly, the application of the twelve steps and its principles offer hope and new freedom, and happiness for those in recovery. We invite you to attend and bring a friend.

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## **Serving Area Kids (SAK)**



Thank you to all who have donated to Serving Area Kids (SAK) for the summer. Every little bit helps as we reach out to the youngest of our local communities.

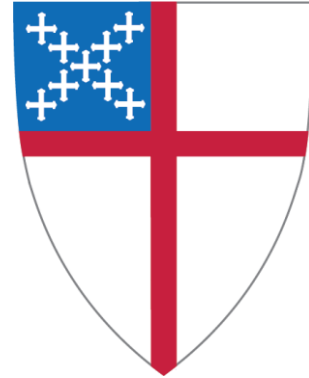
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## SYNOD 2019

Volunteers are still needed to help with the annual Diocese of Springfield Synod held this year in Alton Friday Oct. 18 and Saturday Oct. 19. To volunteer contact Marti LoRusso at 252-4921.

Members and clergy from 33 churches will be attending the event with over 150 expected. The business meeting will be that Friday at the Best Western Premier on College Ave. A church service will be held that day at St. Paul's followed by a dinner at the hotel. The synod wraps up Saturday with breakfast, followed by Morning Prayer at St. Paul's, then a brief meeting at the hotel.

Representing the Episcopal Parish of Alton at the meeting will be Mother Cindy, Tom Harris and Diane Martin. A performance by John Meehan as Benjamin Godfrey will take place at the church service.



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### ~Tuesday Morning Bible Study ~

Tuesday Morning Mass and Bible Study will resume on Tuesday, September 10 at Trinity Chapel. Our 9:30 mass is followed by coffee and treats as we read, discuss and attempt to inwardly digest the Gospel of Mark. We began last year and will pick up where we left off -- Mark Chapter II. The small guide book, *Mark: 20 Studies for Groups and Individuals* by N.T. Wright\* provides information and questions for our discussions which are lively, interesting and without pressure. Study Begins at 10:15am and ends at precisely 11:00am.

We would be happy for any and all new people to join us in the Mass and in our interesting and informative discussions. Ten to twelve people attend regularly and we would be excited to have you too! If you would like to know more, Contact Mother Cindy, Diane Martin or anyone else who already attends.

\*The book is not necessary, but can be ordered through the bookstore/Gift Shop.

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### **Crisis Food Center Collection**

The Crisis Food Center does more than giving food to those in need. They also have a level of their center that has clothes and necessities. This month, they are in need of : Men's clothing, children's underwear, children's socks, diapers and wipes. Donations can be brought to church and placed in the collection basket, or in the bin in Heneghan Hall. At Trinity, the items can be placed inside the model church in the parish hall. Thank you!



## BOOK CLUB NEWS

For the month of September, book club has chosen *Where the Crawdads Sing*, by Delia Owens.

From GoodReads:

- For years, rumors of the “Marsh Girl” have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say. Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be touched and loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life—until the unthinkable happens.
- Perfect for fans of Barbara Kingsolver and Karen Russell, *Where the Crawdads Sing* is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder. Owens reminds us that we are forever shaped by the children we once were, and that we are all subject to the beautiful and violent secrets that nature keeps.



Book Club meets at 9:30 a.m. at Lucianna's on the 4th Wednesday of the month. We look forward to seeing you and any new guests!

### *Jenn's Office Hours*

***Starting September 9th, Jenn's office hours will be back to 9am-1pm through the rest of Fall, Winter and into Spring until further notice.***



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## **UPCOMING CALENDAR**

9/8 - 8:15 a.m. Mass at Trinity Chapel  
9:30 a.m. Adult Education Class  
10:15 Church School  
10:30 a.m. Mass at St. Paul's

9/10 - 9:30 a.m. Mass at Trinity Chapel  
10:15 a.m. Bible Study at Trinity Chapel

9/15 - 8:15 a.m. Mass at Trinity Chapel  
9:30 a.m. Adult Education Class  
10:15 Church School  
10:30 a.m. Mass at St. Paul's  
12:00 p.m. 12 Step Forum at St. Paul's

9/17 - 9:30 a.m. Mass at Trinity Chapel  
10:15 a.m. Bible Study at Trinity Chapel

9/22 - 8:15 a.m. Mass at Trinity Chapel  
9:30 a.m. Adult Education Class  
10:15 Church School  
10:30 a.m. Mass at St. Paul's

9/24 - 9:30 a.m. Mass at Trinity Chapel  
10:15 a.m. Bible Study at Trinity Chapel

9/25 - 9:30 a.m. Book Club at Lucianna's

9/29 - 8:15 a.m. Mass at Trinity Chapel  
9:30 a.m. Adult Education Class  
10:15 Church School  
10:30 a.m. Mass at St. Paul's

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## August

*A very Happy Belated Birthday to our August members!*

2 Will Lane  
3 Lucy Darr  
5 Justin Hayes  
8 Mimi Almonroeder, Logan Phillips, David Thornton  
12 Jean Downey, Hudson Donohoo  
13 Liam Mills  
14 Ted Woodbury  
16 Simon Grassle, Kyle Harris  
17 Irene McLaughlin  
20 Jenson Stone  
21 King Hoagland  
24 Shirley Thompson  
25 Joette Moyer  
30 Annie Isensee, Victor Sever, Connie Terry

## September

3 Nancy Weiss-Hayes  
11 Liam Downey  
12 Margaret Slaughter  
16 Lily Mills  
22 Victoria Sever  
23 Carl Slaughter  
24 Anna Potter  
29 Linda Dunnagan, Margaret Engelmann, Mary Almonroeder Mills  
30 Diane Martin