



**September 2009  
GoodNewsLetter**

# Formation

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## **Advance Directives**

10:10 AM, September 6, Parlor

A Forum to learn about living wills and health care proxy decisions under Oklahoma law. Also, learn about funeral planning at St. Paul's.

*"That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord"*

You should attend if:

- You completed an Advance Directive prior to July, 2006, as the former law was declared unconstitutional (come to the forum to find out why)
- If you are a young adult 18 and over (each of the three landmark end-of-life cases to reach the U.S. Supreme Court involved a young woman)
- If you are a mid-life adult who may at some time be in the position of acting as a proxy decision-maker for an elderly parent.

If you are a person who would like to have some control in the decisions made about your health care, in the event you were not able to direct your care yourself.

## **Guest Preacher & Bible Study**

**The Rev. Dr. Lisa Wolfe**

**OCU Professor in Hebrew Bible**

10:10 AM, September 6, Dean Willey Hall

The Forum on September 6 by the Rev. Dr. Wolfe will be a lively presentation on *Uppity Women of the Bible*.

The Forum kicks off a September Bible study on the Book of Ruth to be held in the Garden Gallery Sunday September 13, 20, and 27. Jerry Balentine and Meredith Cunningham will be the facilitators of this group.

The Book of Ruth is a short book that gives us a new appreciation and insight into the land of Israel as they became the people of God.

## **Pilgrimage to Subiaco**

Monday, Sept. 14 – Thursday, Sept. 17

Mark your calendar for the St. Paul's fall pilgrimage to Subiaco Benedictine Monastery, in Subiaco, Arkansas.

Your experience: Abbey grounds and fields, forests and rolling hills of the beautiful Arkansas River Valley offer a quiet, serene and spiritual atmosphere for prayer, meditation and solitude.

Contact Carole Owen, 330-0673 or Janice Eberhard 341-4115 for more information.

## **Flu Forum**

Sunday, September 20. 10:10 AM  
in Dean Willey Hall

Come to the forum on September 20 to learn more about the issues revolving around the flu.

## **CPR class**

Wed., September 23, 5:30 PM in the Undercroft

There will be a CPR/AED class on Wed. September 23, 2009, from 5:30–8:00 in the Undercroft. The cost is \$10.00. You need to sign up for the class by calling the St. Paul's office at 235-3436 or Marilyn Robertson at 755-2582. If there are not enough people signed up to make a class by September 20, we will reschedule for a later date. Take advantage of this wonderful opportunity to be proactive in your health and a loved one's health.

# Music

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## New York Polyphony In Concert

September 15 at 7:30 PM

Founded in 2006, New York Polyphony is rapidly gaining a reputation as one of the finest classical vocal ensembles of a new generation. Fusing elegant vocalism with expert ensemble singing, the four men deliver dynamic, historically informed performances in a range of styles. From the simplicity of plainchant to the dense chromaticism of contemporary works, the New York Polyphony sound is strong, unified and distinctive.



New York Polyphony

## Choral Evensong with the Cathedral Choir

September 20 at 5:00 PM

Anne Roberts, Soprano and Cynthia Cortright, Piano, *Hermit Songs* by Samuel Barber

Eighth through thirteenth century Irish monks and scholars wrote texts in the margins of their books which the great Samuel Barber set for voice and piano in 1953. Remarkable poems, remarkable music!

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# Memorials & Contributions

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## Endowment Fund

In memory: **Zelma Thigpen**  
Donors: Mr. & Mrs. Michael Mahaffey

## Memorial Fund

In memory: **Lowry Morgan**  
Donor: Mr. Robert P. White

In memory: **Zelma Thigpen**  
Donors: Mr. & Mrs. Bill Comstock  
Ms. Jamie Davis Culinary  
Mrs. Marilyn Smotherman

## Music Society

In memory: **Joe Johnson**  
Donor: Mrs. Carrol Branham  
Ms. Barbara Patterson  
Mrs. Jean Pickens  
Mr. & Mrs. Dean Williams

# Youth

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## **Rally Day, Mark your Calendar!**

**Sunday, September 13**

**10:10 AM Registration for Christian Education**

- Children education enrollment
  - Learn about upcoming adult education
  - Refreshments served
- 5:00 PM Picnic at the Harn Homestead  
1721 N. Lincoln Blvd.**
- Picnic - bring a dish to share (fried chicken & beverages provided)
  - Music
  - Games
  - Face painting for children
  - Moon walk for tinies

## **Church School News**

**Time To Mark Your Family Calendars!**

- September 12: Safeguarding God's Children Training, 11:00 AM, Undercroft, RSVP for lunch, 235-3436.
- September 13: Rally Day – All families are invited to register children for our church school and nursery. Even if returning, please fill out new form. & Harn Homestead Picnic at 5:00 PM – Moonwalk, music & kickball with chicken and lemonade provided. Bring a dish to share.
- September 20: Church School Begins At 10:10 Time
- September 20: Teachers Commissioned at both 9:00 and 11:00 with Classroom Blessing at 10:10 in the Undercroft.

## **St. Nicholas' Guild Meeting**

*Tuesday, September 22 at 6:30 PM*

*Fran Derrick's Home at 500 NW 15th St.*

St. Nicholas' Guild enjoys fellowship as it supports activities for our children, and for those of our neighbors, both nearby and far away. All St. Paul's members are welcome to these quarterly meetings.

Join us for the next St. Nicholas' Guild meeting: 6:30 PM, Tuesday, September 22, and please bring a dish to share.

## **Safeguarding God's Children Training**

*September 12, 11:00 AM in the Undercroft*

In the interest of living out more fully our Baptismal covenant to "respect the dignity of every human being," Rick and Jani Hill are offering another training opportunity. All who spend time with our children are invited to attend the next session: 11:00 AM to 1:00 PM, Saturday, September 12, 2009 in the undercroft. This training is required for employees, and strongly encouraged for volunteers who work with our younger members. Please call the church office at 235-3436 to sign-up, and let us know if you would like lunch!

## **7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> Grade News Flash**

*October 17–18 at St. Crispin's*

Coming next month: *New Beginnings*, a retreat week-end led primarily by junior and senior high youth, focuses on relationships young teens have with their friends, family, self and God. The next week-end is October 17–18 at St. Crispin's. Watch for registration forms in the reception area.

# Fellowship

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## **ECW – Save The Date!**

*Saturday, September 26*

The Oklahoma City Region of the Episcopal Church Women will meet at Church of the Resurrection for lunch and a presentation by author and columnist Charlotte Lankard.

Charlotte is a licensed marriage and family therapist. She is a weekly contributor to the Oklahoman and author of the book *It's Called Life: Living, Loving, Hurting & Changing*. Her presentation is *Don't Skip Recess*. Registration information available soon.

## **Quinceañera of Jennifer Andrade**

*Saturday, September 26, 1:00 PM, Cathedral*

The congregation of St. Paul's is cordially invited to the Quinceañera of Jennifer Andrade. Quinceañera is a celebration of the coming of age at 15 years which includes a Holy Eucharist.

## **Foyer Dinner Groups**

New Foyer Dinner Groups will be forming in October. These are very informal groups meeting for a meal and fellowship, the groups stay together approximately six months. Each couple or person hosts one meal, furnishing the main course, while others supply the rest of the meal. You are in Foyers until you notify us that you are dropping out. Please contact us if you no longer wish to participate so we have an accurate count for forming new groups. Fill out the coupon on the enclosed page in alms basin, mail them in or call Julie or Leonard Mills at 848-4142.

### **Foyer Dinner Groups**

- I want to join Foyer Dinner Groups!
- I'm in Foyer Dinner Groups now, but won't be participating this time around.

Please fill in this coupon and mail to St. Paul's or turn in at the reception desk.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Number Attending \_\_\_\_\_



# Twenty-third Annual Honor Dance

**Saint David Pendleton Oakerhater  
Saturday, September 12**

Sponsored by Oklahoma Council of Indian Ministry

On Saturday, September 12 we will be honoring and celebrating the life of St. David Pendleton Oakerhater with our twenty-third annual honor dance. The honor dance will take place at the Oakerhater Episcopal Center in Watonga, Oklahoma.

The Day will begin at 2:00 PM with the traditional Gourd Dance, which will be followed by Holy Eucharist at 4:30 PM. After worship, participants will enjoy feasting on fry bread, corn soup and other Native American dishes. A parade and dancing into the night will follow dinner.

Directions: Go to Watonga, at the intersection of Hwy 33 and Hwy 281, go one mile east on 33. The dance grounds are the south side of 33.

The Rev. Canon Carol Hampton has been asked to be the honored elder of this Oakerhater celebration.

Canon Hampton has retired from her leadership in the Newcomers, Inquirers' Class and Confirmation Preparation. She will continue to be involved in liturgical and preaching ministry at St. Paul's. At the August meeting of the Cathedral vestry a motion was passed expressing our gratitude for her enthusiastic welcome to newcomers and visitors. At the 9 o'clock Eucharist on Oakerhater Sunday she was presented with a bouquet of flowers as a token of our gratitude.

For more information call:

Rev. Jim Kee-Rees, Indian Missioner (405) 974-0024 or [jkeerees@episcopaloklahoma.org](mailto:jkeerees@episcopaloklahoma.org).

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## Oakerhater Portrait

America Meredith has given to St. Paul's Cathedral a portrait of St. David Pendleton Oakerhater. The painting honors the memory of her father Howard L. Meredith. It is 47" high x 37" wide, acrylic on linen. Thank you America.

# Blessed Days

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- August 19 Given by The Right Reverend Dr. Edward J. Konieczny  
In Celebration of the Wedding Anniversary of  
Bishop Ed and Debbie Konieczny
- August 23–29 **Blessed Week** given by St. Paul's Music Society  
In Appreciation for the Many Expressions of Sacred Music at St. Paul's
- August 27 Given by Gale & Lucy Smith In Celebration of the Birthday of Lucy Smith
- August 30 Given by The Suiters Family In Celebration of His Friendship Tim Parrish
- September 1 Given by Don & Karen Resler In Celebration of their  
Fifty-second Wedding Anniversary
- September 2 Given by Hank & Joan Bowen and Welch Family In Thanksgiving for the  
Ninety-third Birthday of Myra Welch
- September 5 Given by the Suiters Family In Thanksgiving for the Ministry of our  
Brother-in-Christ Rev. Canon N. Luke Back
- September 6 Given by Allen & Kati Christ  
In Celebration of their Tenth Wedding Anniversary
- September 11 Given by The Suiters Family In Celebration of her Singing Spirit  
Mary Reynolds
- September 13 Given by The Wells Family and the Price Family  
In Thanksgiving for Paula & Carl Stover on Grandparents Day
- September 15 Given by The Reverend Canon Carol Hampton  
In Thanksgiving for the Birthday of Jim Hampton
- September 18 Given by James W. Hampton, M.D.  
In Celebration of the Birthday of The Reverend Canon Carol M. Hampton
- September 20 Given by The Suiters Family In Thanksgiving for their Generosity  
Ivette and Lorenzo Gamez
- September 22 Given by Matthew & Katie Armistead In Honor of their Twenty-fifth  
Wedding Anniversary

# A Vestry Review

by Gypsy Hogan

**Pathhood to Priest** – Vestry voted to recommend Justin Fletcher for consideration for seminary. Under a relatively new process, those recommended will meet once a month with a Diocesan Commission through the end of March. Purpose is for all involved to discern the appropriateness of pursuing candidacy. If deemed appropriate, candidates may start seminary in September for a three-year study.

Also considering the journey to priesthood is Clay Towles, son of Chris and Karen Towles. Clay grew up at St. Paul's, but has since been in Kansas and Norman, where he was recommended by St. Anselm Canterbury. More recently, he has been coming to St. Paul's.

Senior Warden Steve Parker noted the importance of the St. Paul's community to offer support and prayers to both Clay and Justin as they make this new journey in their lives.

**Canon Hampton Delegating** – Canon Carol Hampton is relinquishing her long-time commitment to the Newcomers, Inquirers and Confirmation classes. Canon Luke Back will assume these, allowing Canon Hampton to focus on her health and travel. Most importantly, she will continue to be an active part of the St. Paul's community. St. Paul's without Canon Hampton's energy and enthusiasm – too hard to imagine!

**Old Flu Lessons** – Parish member Miles Tolbert is preparing a 10:10 Forum on how Oklahoma City dealt with the Epidemic of 1918. Church archives also provide some interesting information on this flu event, so look for his upcoming report.

**NIHI Preparations** – Our parish Liturgical Commission is looking at how the church may respond in the event of a flu epidemic. We are looking at all the issues, like gathering together, passing the peace, holy water fonts, and sharing communion – “We just want to be prepared ahead of time” and just in case, Dean Back said.

**Columbarium Plans Progress** – Additional committees will now move the St. Paul's Columbarium plans forward. Construction; Garden; Legal and Finance; Communication and Presentation; and Art and Thematic Content committees are now being formed. Many hands...

**The 'Baby Wave'** – St. Paul's has been blessed with the birth of eight babies since March 31 with nine more on the waiting list. Nothing like babies to make the church feel alive and growing!

**Kudos to Allen Christ** – Vestry Secretary Rachel Pringle commended Allen Christ for his much needed help getting 3,000 pounds of food for St. George's Guild unloaded each month. “He has been there when needed,” including coming early, then doing his job as St. Paul's administrator.

**Budget Blues** – Despite income exceeding expectations, cash flow has been tight in August, possibly necessitating a tap on the Cathedral's line of credit. So, please don't forget your summer pledges!

# Back Talk

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Dear Friends,

Jesus generated a tremendous amount of emotion over his Father's health care program Luke 4:16–30. He came to his hometown Nazareth and taught in the synagogue that God extended divine care to aliens like the widow in Sidon and to enemies like Naaman the Syrian. 'They rose up, put him out, led him to the brow of a hill to throw him down headlong, but he passed through them'.

We know that Jesus life was filled with daily healing and frequent feeding of great multitudes. He was not preaching to cause trouble, he was teaching to seek cooperation for the health and welfare of all God's children. Any one who would follow our Lord must take this mission very seriously.

Health care reform is entwined in the political and economic competitions that have for many years stressed and diminished our communal health. There are no pure processes, no cheap solutions and no one but sinners to be healed, as it was in our Lord's time. Despite the real difficulties of making reforms, to exclude 46 million people from effective medical treatment would reject the presence, example and love of the Master Physician.

As essential as new legislation is, health care has other immense challenges. A significant number of people assume that Medical Science is responsible for keeping them well even while they maintain unhealthy and destructive habits. Some have become dependent on drugs and medical procedures to subsidize diseased life styles.

Lack of faith in, and enthusiasm for, the Kingdom of Heaven may be the costliest health issue. Over twenty-five percent of Medicare costs come during the last year of life. The statistics indicate

a huge number of people 'progress' from ignoring the practicalities of being healthy to ignoring the inevitability death.

Some are afraid that 'they will keep me alive'. The two thieves crucified beside Jesus, although in terrible pain, could not die. Soldiers had to kill them. Jesus could die. Jesus prayed, 'Into thy hands I commend my spirit and breathed his last'. He gave his life to God daily and he could do so on Good Friday. So can you! So can I! We don't need an overdose of medication or some violent intrusion into natural processes. We just need continual, daily, spiritual practice. Handing over one's life to God is at the center of both a holy life and a holy death. This is not about death panels for granny, but about real wisdom for people to be true to their bodies, to one another, and to the Lord of both heaven and earth.

In a society of intense personal beliefs there is an astounding and contradictory lack of spiritual awareness, effort and best practices regarding health and death. The Creator of our life is both the primary repairer of our bodies and the loving receiver of our souls. What would you do about taking care of your health and planning for your death if you really believed this?

Faithfully,

*Gene H. Back*

