



Saint Matthew Episcopal Church
In the Episcopal Diocese of Olympia
6800 Eastside Drive NE, Tacoma WA 98422
Ph: 253-927-9808
Office email: office@stmatthew.comcastbiz.net
Fr. Haynes' email: fatherkendall@gmail.com
Parish Website: www.neighborhoodparish.org



The Nineteenth Sunday after Pentecost Proper 22

October 4, 2015

The Liturgy of The Holy Eucharist II

Gathering Music

In Christ Alone

(printed on page 12 of the Worship Guide)

Procession to the Altar Hymn #423

Immortal, invisible, God only wise

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and for ever. Amen.**

Celebrant

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Gloria, *said* at 8am

Sing Halleluia, *sung* at 10am

(Printed on page 10 of the Worship Guide)

**Glory to God in the highest,
and peace to his people on earth.**

Lord God, heavenly King/ almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God/ you take away the sin
of the world: have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High/ Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.

The Collect of the Day

Celebrant The Lord be with you.

People **And also with you**

Celebrant Let us pray.

Almighty and everlasting God, you are always more ready to hear than we to pray, and to give more than we either desire or deserve: Pour upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid, and giving us those good things for which we are not worthy to ask, except through the merits and mediation of Jesus Christ our Savior; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

A Reading from Genesis (2:18-24)

The LORD God said, "It is not good that the man should be alone; I will make him a helper as his partner." So out of the ground the LORD God formed every animal of the field and every bird of

the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the LORD God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said,

"This at last is bone of my bones
and flesh of my flesh;
this one shall be called Woman,
for out of Man this one was taken."

Therefore a man leaves his father and his mother
and clings to his wife, and they become one flesh.

Reader The Word of the Lord.
People **Thanks be to God.**

Psalm 8

(Read in unison after the first asterisk)

- 1 **O LORD our Governor, * how exalted is
your Name in all the world!**
- 2 **Out of the mouths of infants and children
* your majesty is praised above the
heavens.**
- 3 **You have set up a stronghold against
your adversaries, * to quell the enemy
and the avenger.**
- 4 **When I consider your heavens, the work
of your fingers, * the moon and the stars
you have set in their courses,**
- 5 **What is man that you should be mindful
of him? * the son of man that you should
seek him out?**
- 6 **You have made him but little lower than
the angels; * you adorn him with glory
and honor;**

- 7 **You give him mastery over the works of
your hands; * you put all things under his
feet:**
- 8 **All sheep and oxen, * even the wild
beasts of the field,**
- 9 **The birds of the air, the fish of the sea, *
and whatsoever walks in the paths of the
sea.**
- 10 **O LORD our Governor, * how exalted is
your Name in all the world!**

A Reading from Hebrews (1:1-4; 2:5-12)

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs.

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere,

"What are human beings that you are mindful of them,

or mortals, that you care for them?

You have made them for a little while lower than the angels;

you have crowned them with glory and honor,
subjecting all things under their feet."

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying,

"I will proclaim your name to my brothers and sisters,
in the midst of the congregation I will praise you."

Reader The Word of the Lord
People **Thanks be to God**

Gradual Hymn

Jesus Loves Me

Jesus Loves Me

Jesus loves me this I know,
For the Bible tells me so.
Little ones to him belong.
They are weak, but he is strong.

Refrain

Yes, Jesus loves me
Yes, Jesus loves me
Yes, Jesus loves me
The Bible tells me so.

Jesus loves me, he who died,
Heaven's gates to open wide.
He will wash away my sin,
To let his little child come in.

Refrain

The Holy Gospel of our Lord Jesus Christ According to Mark

(10:2-16)

Glory to you, Lord Christ.

Some Pharisees came, and to test Jesus they asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of dismissal and to divorce her." But Jesus said to them, "Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, 'God made them

male and female.' 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Then in the house the disciples asked him again about this matter. He said to them, "Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery."

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them.

The Gospel of the Lord.
Praise to you, Lord Christ.

Gradual Hymn

Jesus Loves Me

Jesus loves me; he will stay
Close beside me all the way;
He's prepared a home for me,
And some day his face I'll see.

Refrain

Yes, Jesus loves me
Yes, Jesus loves me
Yes, Jesus loves me
The Bible tells me so.

Words and Music: Anna Bartlett Warner, Weldon C. Kennedy, William Batchelder
Bradbury, © 2006 Kennedy, Weldon Productions. All rights reserved. Printed by
permission. CCLI #11289572

The Sermon

Father Haynes

Silence for reflection

The Nicene Creed (Standing, as able.)

We believe in one God / **the Father the
Almighty / maker of heaven and earth / of all
that is seen and unseen.**

We believe in one Lord, Jesus Christ / the only Son of God / eternally begotten of the Father / God from God Light from Light / true God from true God / begotten, not made / of one Being with the Father / Through him all things were made / For us and for our salvation / he came down from heaven / By the power of the Holy Spirit / he became incarnate from the Virgin Mary, and was made man / For our sake he was crucified under Pontius Pilate / he suffered death and was buried. / On the third day he rose again / in accordance with the Scriptures / he ascended into heaven / and is seated at the right hand of the Father / He will come again in glory to judge the living and the dead / and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life / who proceeds from the Father and the Son / With the Father and the Son he is worshiped and glorified / He has spoken through the Prophets / We believe in one holy catholic and apostolic Church / We acknowledge one baptism for the forgiveness of sins / We look for the resurrection of the dead / and the life of the world to come. *Amen.*

Prayers of the People

Let us pray for the Church and for the world.

Grant, Almighty God that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. We pray for the Anglican Communion, especially for Sunyani (Ghana) - (West Africa); our diocese, especially for Annie Wright School; Charles Wright Academy, Tacoma; and for our parish, especially for our parishioners Mark, Renee, Haley, Aspen, Mason, Grace & Alexandria Lepkowski; Eric, Lisa, Bailey & Ellie Lindstrom; Jill Little.

Lord, in your mercy,
Hear our prayer

Guide the people of this land, and of all the nations, especially Barack our President, in the ways of justice and peace; that we may honor one another and serve the common good. We pray for our armed forces, their families, and those who are

deployed, especially Andrew & Michael and for those we now name;

Lord, in your mercy,
Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honor and glory.

Lord, in your mercy,
Hear our prayer.

Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as he loves us. We thank you for all the blessings of this life, especially for those we now name.

Lord, in your mercy,
Hear our prayer

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. We pray for those on our prayer list and those in our hearts, especially Lyn, Areewa, Eloise, Stephen, Dave, Maryann, Brenda, Rose, Shirley, Elsie, Scott, Alisande, Ted, Donal, Crystal, Elliott, Don, Marisa, Laura, Adam, Cesar, Cherie, Alice and for those we now name;

Lord, in your mercy,
Hear our prayer.

We commend to your mercy all who have died, that your will for them may be fulfilled. We pray that we may share with all your saints in your eternal kingdom.

Lord, in your mercy,
Hear our prayer.

Let us confess our sins against God and our neighbor.

Leader and People

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry

and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Celebrant

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen**

The Peace

Celebrant The Peace of the Lord be always with you.

People **And also with you.**

Announcements, Birthdays, Anniversaries

Offertory: Gracious Spirit, Dwell With Me
(sung by Choir, arr. By K. Lee Scott)

The Great Thanksgiving C

The people remain standing. The Celebrant faces them and says

Celebrant: The Lord be with you.

People: **And also with you.**

Celebrant: Lift up your hearts.

People: **We lift them to the Lord.**

Celebrant: Let us give thanks to the Lord our God.

People: **It is right to give him thanks and praise.**

Then, facing the Holy Table, the Celebrant proceeds

God of all power, Ruler of the Universe, you are worthy of glory and praise.

Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Celebrant and People

Sanctus

8:00 am (spoken), 10:00 am Sanctus (sung)

(Printed on page 10 of the Worship Guide)

Holy, Holy, Holy Lord, God of power and might, heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

The people stand or kneel.

Then the Celebrant continues

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for

many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.” Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, ***We celebrate his death and resurrection, as we await the day of his coming.***

Lord God of our Fathers; God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. ***AMEN.***

Lord’s Prayer *said at 8 am & sung at 10 am*
(Printed on page 11 of the Worship Guide)

Celebrant As our Savior Christ has taught us, we now pray,

**Our father in heaven
hallowed be your Name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us this day our daily bread.**

**Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.**

The Breaking of the Bread and Holy Communion

The Celebrant breaks the consecrated Bread.

A period of silence is kept.

Then the Celebrant says

[Alleluia.] Christ our Passover is sacrificed for us;
Therefore let us keep the feast. [Alleluia.]

Facing the people, the Celebrant says the following Invitation

The Gifts of God for the People of God.

Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

The ministers receive the Sacrament in both kinds, and then immediately deliver it to the people.

The Bread and the Cup are given to the communicants with these words

The Body of Christ, the bread of heaven. [Amen.]
The Blood of Christ, the cup of salvation. [Amen.]

This is our Lord’s Table, and He is our host. All persons are invited to receive Holy Communion. Those who have yet to be baptized are encouraged to speak with the clergy after the service about becoming baptized into Christ’s Body.

Gluten-free hosts and alcohol-free wine are available upon request at the rail.

Communion Music

How Great Thou Art

O Lord My God, when I in awesome wonder
Consider all the worlds thy hands have made,
I see the stars, I hear the rolling thunder,
Thy power throughout the universe displayed.

Refrain

Then sings my soul, my Savior God, to thee:
How Great thou art, how great thou art.
Then sings my soul, my Savior God, to thee:
How Great thou art, how great thou art.

When through the woods and forest glades I
wander
And hear the birds sing sweetly in the trees,
When I look down from lofty mountain
grandeur,
And hear the brook and feel the gentle breeze.

(to refrain)

And when I think that God, his Son not sparing,
Sent him to die, I scarce can take it in,
That on the cross, my burden gladly bearing,
He bled and died to take away my sin.

(to refrain)

When Christ shall come with shout of
acclamation
And take me home, what joy shall fill my heart!
Then I shall bow in humble adoration,
And there proclaim, "My God, how great thou
art". *(to refrain)*

O Lord You're Beautiful

O Lord, you're beautiful, your face is all I seek.
And when your eyes are on this child,
Your grace abounds to me.

Words and Music: Keith Green , © 1980 Birdwing Music. All rights reserved. Reprinted under CCLI
#11289572.

COMMISSIONING OF LAY EUCHARISTIC VISITORS

Celebrant: In the name of this congregation
we send you forth bearing these holy gifts, that
those to whom you go may share with us in the
communion of Christ's body and blood.

Celebrant and People: **We who are many are
one body because we all share one bread,
one cup.**

The Post Communion Prayer

Celebrant: Let us pray:

Celebrant and People

Almighty and everliving God, **we thank you
for feeding us with the spiritual food of the
most precious Body and Blood of your Son our
Savior Jesus Christ; and for assuring us in
these holy mysteries that we are living
members of the Body of your Son, and heirs of
your eternal kingdom. And now, Father, send us
out to do the work you have given us to do, to
love and serve you as faithful witnesses of
Christ our Lord. To him, to you, and to the Holy**

**Spirit, be honor and glory, now and for ever.
Amen.**

The Blessing

The Peace of God, which passes all understanding
keep your hearts and minds in the knowledge and
love of God, and of his son Jesus Christ our Lord;
and the blessing of God Almighty, the Father, the
Son, and the Holy Spirit, be among you, and remain
with you always. **Amen.**

Procession to the Neighborhood Hymn #482 Lord of all hopefulness

St. Matthew Mission Statement

St. Matthew Church: **To be a church that
passionately embraces and values all people,
growing in the love of Christ through word and
action.**

Celebrant: Let us go forth into the world, rejoicing
in the power of the Spirit.

People **Thanks be to God.**

Special Ministers Today

Priest	The Rev. Kendall Haynes
Worship Leader	Frank Blacker
Worship Leader in Training	Bud Nalder
Eucharistic Minister	Dick Elofson
Lector	Bud Nalder
Acolytes	Nicholas Yun
	Zawadi Chege
Ushers	Bob Wright
	Dick Collins
Greeters	Janet Witter
	Tom Peterson
Eucharistic Visitor	Kitty Walker
Bread Maker	Marian Oberg
Altar Guild	Sandy Goretti
	Janet Witter
	Danielle Hull
	Linda Pomeroy-Hull
	Sandy Hust
Counters	Dick Collins
	Dick Elofson
Nursery	Lori Kreiner
Coffee Hour	John Kennedy
	Leanne Kennedy

Altar Guild Director

Judy Peterson
Tom Peterson
Linda Pomeroy-Hull

St Matthew Episcopal Church Staff

Head of the Church	Jesus Christ our Lord
Bishop of Olympia	The Rt. Rev. Gregory Rickel
Priest in Charge	The Rev. Kendall Haynes
Parish Administrator	Dave Noll
Bookkeeper	Beth Rich
Church Sexton	Saray Yourn
Pianist	Maria McKanzie
Nursery Care Attendant	Lori Kreiner
Church Photographer	John Hibben

St Matthew Episcopal Church Vestry

Sr. Warden	Terry Elofson
Jr. Warden	Sueann Goretti
PLC Chairperson	Marcie Neuman
Marketing & Evangelism Liaison	Sueann Goretti Sherry Mees Hartley
Stewardship Liaison	Jon Kuniyoshi
Liturgy & Arts Liaison	Fred Vogel
Outreach Liaison	Samuel Kamau
Christian Education Liaison	Mark Lepkowski
Pastoral Care Liaison	Liz Latsis

St Matthew Episcopal Church Vestry Officers

Treasurer	Frank Blacker
Clerk of the Vestry	Sandy Goretti

Today's Prayer List

Lyn Zimmerman – Myotonic Dystrophy
Areewa Saray – imprisonment
Eloise Page (friend of Tom & Elaine Taylor) – hospice
Stephen Peterson (son of Tom & Judy Peterson) – back pain
Dave Hopkins – pain management and balance
Maryann Smith - guidance and wisdom pertaining to her schooling and health.
Brenda Gilbert – fighting severe health problems
Rose Barg – recovery from surgery
Shirley Ryan Rose – (neighbor of Linda Pomeroy-Hull) – continued recovery from a vascular stroke
Elsie Forrest – Macular Degeneration, tremors, and hernia
Scott Candoo – undiagnosed medical issues
Alisande Watterson – tests for a health issue
Ted Blattenbauer – (friend of Dan & Linda Pomeroy-Hull) – grieving and diagnosed with multiple myeloma
Donal Hull – (Dan's dad) – heart issues and lung cancer
Crystal Rose – kidney issues
Elliott Feit – (friend of Abby Smith) – for complete healing from pain (pancreatic cancer)

Don Barg – holding the family together
Marisa La Rue – (friend of Kathleen Manning) – struggle with Parkinson's disease
Laura O'Donnell – (mother of Alex and Savannah Sloan) for recovery and healing from heart surgery
Adam – (friend of Liz Latsis brother) – who is very sick with acute Leukemia, spine, lung and fungal infections.
Cesar Gatbunton – (Agueda Fernandez-Webster's sisters husband) – for recovery and healing from heart surgery
Cherie Peterson – (sister of Bud Nalder) – suffering from dementia
Alice Medin – (cousin of Kitty Walker) – complications following knee replacement surgery
To add someone or take someone off the prayer list, email saintmatthewpastoralcare@gmail.com .
Thanks!

Announcements

Bible Study Thursdays 10AM – Passion, Theological Study in God's Word. Exploring the deepest questions of Spirituality and Meaning. Resources used are the Bible, "Immortal Diamond", other reading material and film. The study will bring to light the mysteries of grace, death and resurrection.

Bell Choir Practice Every Friday 7PM - Reminder that Bell Choir practice will take place every Friday, at 7:00pm. If you have interest in participating please contact Sherry Vogel at 253-952-8859.

Start of Sunday School Oct 4th- "Stay tuned! Sunday school will start on October 4th at 9:00am. More to follow! We are so excited and we just can't hide it!!!!" (*From your Sunday school Teachers*)

Community Health Fair Saturday October 10, 2015 – Please mark your calendar and encourage family, friends and neighbors to attend the community health fair sponsored by Fire District 13, the Browns Point and Dash Point Community Clubs and St. Matthew Episcopal Church. The fair will be at St. Matthew Church from Noon to 3PM on Saturday October 10th. The Cascade Regional Blood Bank, the Red Cross, Virginia Mason Hospital and other organizations will be here to help answer your questions and provide information for your use in dealing with health and other emergencies within our homes and neighborhood. Come with your questions and be prepared to

donate blood. If you wish to help or have questions contact Bob Witter at 253-927-6024.

Trunk or Treat Oct 25th - Bring your little ghouls and boys to the Browns Point Clubhouse parking lot for Trunk or Treat on Sunday, Oct. 25 from 6-7 pm (rain or shine!). Volunteers decorate the trunks of their cars in spooky Halloween fashion and kids make the rounds collecting a treat at each trunk along the way. Kids also vote on their favorite trunk. Families with kids 10 and under welcome! **Trunks Needed!** Help make this Trunk or Treat amazing by decorating your trunk and handing out candy. Prizes awarded to the people's choice for best trunks! If you are interested in providing a trunk, contact mattwilliamsbp@gmail.com or sign-up in the narthex.

St Matthew Dinner Auction: Giving is Receiving Nov 14th 5:30pm - Tickets are now on sale for the Nov. 14 Dinner Auction! You may buy them after services on Sunday or call Kathleen Monahan at 253- 927-2425 or email her at queenkak52@msn.com. Please put Tickets in the subject line. Buy now! Buy soon! It's a limited amount of tickets we have. Prices are \$35 per head. Table prices are \$240 for a table of 8. That's a savings of \$5.00 per head. We need your procurements!

The Procurement Forms table is in the Narthex. Think of where you work or where you kids work. Do you have a talent to share: playing piano, singing, baking, fishing, hiking, home repair, cooking or home brewing? The list is endless. Plus theme baskets are great like for the Seahawks, Huskies, Cougs, Mariners, Sounders, Tea time, Coffee, Italian Cooking, Home Spa, Doggie, Kitty, Kids, Dress up Trunk, Rainy Day kit for Grandparents, Sports tickets, wine, martini, Wine tasting in your home or theirs, a stay in your vacation home, wrapping Christmas presents, garden work, babysitting, etc. You can go in with friends. Questions: Call Sherry Hartley, Kathy Sanders, Janet Witter and Kathleen Monahan .

ADOPT-A-HIGHWAY

Would you like to be a part of the Adopt-A-Highway clean up. You are needed and

appreciated. Often passersby indicate their support with a wave, a honk, a shout out and in one instance a pick-up-stick was thrown to the picker upper and greatly appreciated!

Remember: It doesn't take much time - 30 minutes to an hour once every several weeks/months. As an exercise regimen you should do more on your own. If 30 minutes is too long, just do part of it at a time.

If you would like to know more, take it on, 'show up! Call Chuck Zimmerman, 253-927-2773. I look forward to your call!

DID YOU KNOW? - St Matthew is designated as an Emergency Shelter for this area in times of crisis/disasters. We have members of this parish who work to keep our generator running for shelter needs as well as seeing that a cadre of people keeps up to date on emergency measures for managing our Shelter during emergencies. If you are interested in helping to be on the leadership team for the Shelter, please let one of your Warden's know. (Dick Collins leads this effort, but your Junior and Senior Warden's will take your names temporarily.)

Mark your calendar—

- Saturdays, 8AM, Men's Breakfast in the Parish Hall
- Fridays, 7:00PM, Bell choir practice
- 2nd Saturday of each month, 9AM-Noon, Julia's Gulch
- Sundays, 11:45AM, Choir rehearsal (first Sunday only at 9:15am)
- Sundays, 9AM Bridging the Gap
- Bible Study, 10AM Thursdays
- 4th Friday of each month, 7PM JLS (Just Love Singing)
-