



Spirit in Motion

Parish Newsletter
A Community of Hope Congregation

St. Bartholomew
Episcopal Church

May 2009



The children and adults attending the Monday Catechesis of the Good Shepherd program enjoyed traditional Seder foods (left) while others enjoyed a full Seder Dinner on April 7 (center and right).



Community of Hope for Youth commissioning



The 1st Annual Easter Egg Hunt was enjoyed by all!

Yes, those are bunny ears on our beloved Parish Nurse, Mary Mauer at the April Senior Luncheon.

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EPISCOPAL CHURCH WOMEN:

Join us for an exciting evening Tuesday, May 12 at 6 p.m. when Trails to Bridges visits us. Trails to Bridges was started to showcase the work of talented and economically disadvantaged artisans and farmers worldwide. They have an incredible selection of hand crafted, unique gifts and treasures from over 30 countries. Gorgeous jewelry, lovely handbags, practical baskets and whimsical toys. We will start the evening with an International Potluck. Bring your famous family dish or just your favorite to share. A short presentation from the owner and plenty of time to shop. Mark your calendar and plan to join us for an exciting evening.

Tuesday, June 9 will be our annual Dinner-Out at the 5 O'Clock Club in Pewaukee. Look forward to fellowship at 5:30 followed by dinner at 6:30. Please sign up on the communications board in the hall. Please indicate your dinner selection on the sign-up sheet. We will have the same set-up as in years past with each person paying for their entrée, tax and tip when you arrive (you will pay the waitress for beverages, desserts or any other items). See Dianna Stuckslager when you arrive to receive your name tag. If you have a change in your dinner request or a cancellation after you have signed up, please contact Dianna at 262-691-2290 or her cell phone on the day of the event (414-467-4490). This dinner provides the ECW with an evening of fellowship, fun and perhaps new friendships. It's a great way to begin the summer. Let us give thanks that we are able to enjoy this time together!

Mother's Day Breakfast

NOW HERE THIS! NOW HERE THIS!

All women are invited to come and be served this Mother's Day, May 10th between services. Be pampered by the amazing men and youth of St. Bartholomew. This is an order from high above. And besides you deserve it! Men and youth please contact Matt Stock at matt-mattech@sbcglobal.net or 414-916-4434 if you would like to participate in serving.

Mark your Calendars

Check the website Calendar of Events page, Communication Center in the Parish Hall and/or upcoming This Week's for more info. on the following:

- **May 21, 7:00 p.m. Feast of the Ascension**
- **May 31, Pentecost:** Don't forget to wear red!
- **June 6, Diocese Ordination of Deacons** (including our very own Beth Papazoglakis!) 4:00 p.m. service at the Cathedral followed by a reception at St. Bartholomew starting at 6:00 p.m.
- **June 28, Bishop Miller's visit at all services**
- **July 18, Parish Picnic** (see back page)
- **Sept. 25, 3rd Annual Brewers with the Bishop** (tickets still available!)

ST. BARTHOLOMEW'S HOSPITALITY GROUP NEEDS YOU!!

TAKE THIS SIMPLE TEST:

- 1.) The color of broccoli is
- a) purple
 - b) fuchsia
 - c) green

If you chose © you are absolutely correct and qualify to join our group. If you chose anything other than © you are still eligible to join; (broccoli is not served that often).

We need everyone (not limited to the female species) to help in providing this important service to our growing congregation. We only ask for a small donation of your time approx. every 6 months. If you are willing to help, please call Karen (262) 544-9999.

Building & Grounds

Spring Cleanup 2009

Please join us Sunday May 17, 2009 for the annual Spring Cleanup. We will be cleaning the outside as well as inside of the church after the 8:30 and 11:00 am services with a cookout around 12:30PM. Wear your work clothes and bring along your favorite rake, shovel, pruner, bucket, sponge or cleaning item and we'll "gettrrrr done". Any questions can be directed to Paul O'Connor or Jan Watter.



Pastor's Pen



**A Great Church in a Great Area, on a journey toward being the best
God has created us to be....**

It is official – Sadly, the joint youth group between St. Bartholomew and St. Matthias Episcopal Church (Waukesha) has come to its natural end. This decision came about as it became clear that this model was no longer serving the mission of either church. While officially ending the joint program these two church communities remain friends and neighbors sharing a common mission. Even though we are approximately 10 minutes apart by car, it is very striking to realize how vastly different the environments are in which we both exist and minister. St. Bartholomew is a suburban 'style' parish, located in an area abundant with young families, professionals and seniors from all circumstances of independent living. St. Matthias is an inner city, urban congregation in the midst of established neighborhoods and communities undergoing significant cultural changes.

Though we have moved beyond the formal partnership of the joint program model, many opportunities will continue to exist for these two neighboring congregations to partner in everything from special worship occasions to programs and more socially oriented events and gatherings. Consequently, this seems like a good time to update you all on our philosophy of youth programming at St. Bartholomew:

First and most important, our commitment is to offer a meaningful Youth program designed to help to equip the youth entrusted to our care in what it means to be the people God has created them to be and understand how God may be calling them to use the gifts and talents he has given them. In order to honor this commitment we offer the following:

That this commitment is a responsibility of the whole community of St. Bartholomew.

That we will continually offer teaching, programs and other opportunities designed to support our youth in struggling with and trying to find their own answers to questions like: Who are we? What do we do? And for whom do we do this?

We are committed to training our youth in how to be leaders that can make a difference in this world.

There should be no surprise that as one generation grows older, the Church will always be in deep trouble unless future generations are constantly being prepared and equipped to step up and continue the tradition that has been handed down to us from the generations that have preceded us. A healthy and vibrant youth program that is partnered with both the younger children and the older adult communities of the church benefits the whole community by being in a place where all can learn from the past while growing into the future.

The following prayer can be found on page 829 of the Book of Common Prayer which I commend to your use:

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen

In God's Peace, Fr. Tom

More food for thought...

The biggest struggle I see ahead is the continued lack of funding needed for this parish to be self-supporting. While stewardship and the trend of this community growing in its stewardship commitment is very positive and a blessing, we still fall short of even our reasonable potential in this area. If each pledging unit in this church were to pledge their support at a minimum level of 4% of their household income we would be able to remove this hardship from our common mission. My hope and prayer are that as more and more people find their connection and take ownership of the mission of this church, we will see strong growth in our commitment to this area of the church's common life.

(From the Vicar's annual report January 2009)

Forward Day-by-Day on April 26, 2009:

Acts 4:32-35. *Everything they owned was held in common.* Having experienced Easter, the early church lived Easter. Possessing the Risen Christ, they happily concluded that this saving reality made all other possessions irrelevant. As one who preaches and practices tithing, I once only half-jokingly proposed in a stewardship sermon to my 225 congregants—the professional and intellectual elite of our county-seat college town—that all 226 of us do three things: quit our jobs; go to work at McDonalds; and then based on that new income level prayerfully commit to tithe, to giving 10 percent of our pretax income to God through the church. If we did that, the annual giving of our 96 pledging units would increase from \$188,606 to \$293,800. As we did that, not only would our congregation's needs be totally met, but also our church could build two Habitat for Humanity houses in our town every year. Just imagine what we could do if we gave God not what is left, but what is right. Easter invites us to greater hope-and generosity. The early church wasn't filled with kooks, just filled with faith.

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According to a recent article in Business Week...

Best affordable suburb in WI: Pewaukee
Nearest major city: Milwaukee
Population: 12,789
Median household income: \$83,627
Median home price: \$267,500
Unemployment rate: 4%
Violent crime index: 13



Pastoral Care

Fran Kren Prayer Shawl Ministry

We would like to invite anyone interested to become a member of this wonderful ministry. There is a place for you in this ministry even if you don't sew, crochet or knit. There is always an easy but necessary task such as cut strips to be tied into fringe, help measure or cut fabric, check the yarn supply, keep track of other supplies, copy letters, instructions or information sheets to be put in folders on top of the prayer shawl cabinet, etc.

If, after reading about it, you would like to know more, or sign up to become involved, or learn how to make prayer shawls or donate to the ministry, please call one of the phone numbers provided at the end of this article.

Fran Kren was a member of St. Bartholomew who started the Prayer Shawl Ministry here. She helped the church in many areas, including Parish Life, Chalice Bearer, Vestry, church library and Episcopal Church Women to name just a few. Fran went home to our Lord in the spring of 2006 after a long battle with cancer. The ECW named the ministry that she both began and grew here, in her honor.

We make and provide prayer shawls to those in need of comfort and as a tangible reminder of God's love and care. The shawls are here if you need one or know of someone else in need. If you take one, please fill out the information in the notebook on top of the Prayer Shawl cabinet and take a copy of the letter for the recipient that explains what the prayer shawl is and includes a prayer.

Three types of prayer shawls are made: knitted, crocheted, and those made of fleece. We make shawls for adults and small blankets for children. They are made with love and care; prayers are said as the shawl or blanket is being made. The completed shawls are blessed and placed in the cabinet in the parish hall, ready to be given to those in need. We also make Baptismal blankets given in celebration to infants and toddlers who are baptized here.

The prayer shawl provides a warm and comfortable hug and the knowledge that God has encircled you with his love and care, and others whom you may not even know are praying for you in your time of need. We have received thank you cards telling of people's struggles and how the gift of a prayer shawl has helped them. There's another bonus. Prayer shawls don't have expiration dates; prayers, blessings and comfort are there throughout any struggles you may encounter.

If you have any questions, would like to donate to this ministry either monetarily or materially, or would like to learn to make prayer shawls or infant baptismal blankets, please contact either Dianna Stuckslager (262) 691-2290, or the parish office at (262) 691-0836.

Pastoral Care continued on p. 5 with the monthly Parish Nurse article

Mission and Outreach

The Refugee Ministry team is saddened to announce that one of our family members, Davron Abbasov, passed away on Saturday April 11th, after a short battle with cancer. We got to know Davron and his family after their arrival in December of 2005. Many of you may recognize his family by knowing that they are the ones that have provided the delicious baklava to our Refugee Dinner and parish picnic the past few years. In the short time that we had with him, Bill Duke and I got to know Davron as a strong family man and a good friend. We can tell, especially by the love shown to him by his daughter-in-law Sona, that Davron must have been a good shepherd in leading his family from persecution in the former Soviet Union to this new land of opportunity. We are saddened that Davron's life ended, relatively unexpectedly, just when a new world was unfolding for him. The St. Bartholomew Refugee Ministry will be making a gift to the family to help them cover a small part of the medical expenses. We will also collect any funds that others would like to donate in Davron's name and pass them along to the family (make checks to St. Bartholomew and include "Abbasov Family" in the memo). Davron was just 54 at the time of his death and is survived by his wife Sabile, several brothers, son Rustam, daughter-in-law Sona and grandchildren Shakhshanam and Omar.

~ Rick Knuese



Davron with grandson, Omar

Mission & Outreach continued on p. 7

NEWSLETTER NOTE: The next issue will be the June/July combined issue. Deadline is May 15 (send articles to newsletter@stbartspewaukee.com).



MARY MAUER, RN

National Asthma Awareness Month

“The Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” Genesis 2:7

We often take the air we breathe for granted. However, this may not be true for someone that lives with the challenges of asthma. Asthma is a chronic lung disease that cannot be cured – only controlled. When you have asthma, your airways are supersensitive to things such as cigarette smoke, cold air, pollen, or viral respiratory infections.

What are the symptoms of asthma?

The main symptoms of asthma are shortness of breath, wheezing, tightness in the chest, and/ or a cough lasting more than a week. Not all people with asthma wheeze. For some, coughing may be the only symptom of asthma. Coughing often occurs during the night or after exercise. Proper treatment can reverse asthma symptoms. Proper treatment of even mild symptoms of asthma can keep the symptoms from getting worse and may prevent permanent damage.

What happens during an episode of asthma?

Asthma affects the airways in your lungs. During an asthmatic episode:

- There is inflammation and swelling in the lining of the airways.
- The airways produce thick mucus.
- The muscles around the airways tighten and make the airways narrower. This is called bronchospasm.

These changes in the airways block the flow of air, making it hard to breathe. It is important to know that several things are going on at the same time because it takes more than one medicine to treat the disease. Very simply, some medicines relax the airways quickly. Others are long-term controllers that prevent asthma episodes and reduce inflammation, including swelling and mucus production.

What causes asthma?

While the basic cause of asthma has not yet been determined, we do know that asthma is **not** caused by emotional factors. Asthma is not “all in you head.” Asthma is a chronic disorder caused by inflammation of the airways. The genetic tendency to be allergic is the strongest factor for developing asthma. Asthma may develop at any time of life.

What can I do if I have asthma?

There are several important points that are necessary to control asthma.

- Know and avoid the triggers. If you know that cold air can trigger your asthma, be sure to wear a scarf when the air is cold or windy. If you have certain allergies, get tested to know what they are so that you can avoid coming in contact with them. If you know that your asthma is triggered when you catch a cold, see your doctor when

your symptoms begin so that the asthmatic episode can be treated early.

- Understand the purpose of your medications. It is important to know the names of and the ways in which the medications work so that you use them properly.
- Use inhalers correctly. Be sure that you have been taught how to properly use the inhaler so that it will be of the most benefit.
- Monitor lung function. Your doctor may ask you to keep track of you “peak flow” levels with a hand-held monitor. Record these results and report them to your doctor. Keeping track of these levels helps your doctor to prescribe the most effective medications for you.

Can I lead a “normal” life with asthma?

The answer to this is a resounding “YES!” Many well-known people have lived with and achieved amazing feats while controlling their asthma. Ludwig van Beethoven, composer and virtuoso pianist had asthma. Jackie Joyner-Kersey, six-time Olympian medalist has asthma. Mark Spitz, Olympian medalist has cancer. Ethiopian, Haile Gebreselassie, men’s marathon world record holder has asthma. Google “Asthma All Stars” for even more famous people that are challenged of asthma.

Everyone’s asthma is different. It is important to know your personal triggers, your peak flow measurements, your medications, and the early symptoms that need to be evaluated by your doctor. Have a written plan for the treatment of your symptoms that you understand well. Review this plan with your doctor regularly.

*Heavenly Creator, You have breathed life into us
with Your very breath.*

*We praise You for the gift of eternal life
through our Resurrected Lord, Jesus.*

*We thank You for Your life in each and every one of us
through the Holy Spirit.*

*May we care for our bodies in a way
that is always to Your glory.*

*We pray this in the Name of the Father, the Son and the
Holy Spirit.*

Amen.

Life-Long Learning

(formerly known as Adult Christian Ed.)

Education for Ministry: Your Personal Theological Journey

Have you ever

- Wanted a deeper understanding of the Bible's teachings and how/ why those teachings are relevant today?
- Wished you paid more attention during Sunday School?
- Wanted a diverse faith experience?
- Thought you could do more if you understood more?

These and other questions may challenge you, and your faith journey. The purpose of Education for Ministry (EFM) is to help you become a more effective minister. Christian ministry comes in many forms, mostly from the lay ministry of the church. To help you become effective in your ministry, EFM helps you understand the love of God, how he fulfills his promises, and how he guides us with his presence through the Holy Ghost.

During the course, learn the story of the people of God, their thoughts and actions. Through your study of God's works in the past, you begin to look at how God works with you now and in your future. Take this opportunity to see God's power in your life and how you can use this power in the world, at work, with your family, and within your church.

For more information, join us at the **Open House on Thursday, May 28th at 6:00 p.m.** or contact current EFM members: Kada and Ken Bush, Diana Craft, Craig Korn (St. Francis), Bruce Kren, Sally Kronshage, Brendan O'Connor, Fr. Tom and Beth Papazoglakis and Jan Watter. The group is mentored by EFM graduate, Mark Batory. Please think about joining us in the Fall.

Revolutionary Parenting

National Satellite Broadcast from CCN

May 30, 8:30 a.m.-3:00 p.m. at St. Bartholomew
\$25/person (includes lunch & refreshments)

Great kids don't just happen. Parenting requires tough work, a lifetime commitment and a revolutionary mindset. There are no quick fixes, but there is hope. Join us for this day of Revolutionary Parenting! Topics include the following:

George Barna -Revolutionary Parenting Based on his extensive, ground-breaking research, George Barna reveals the six most important dimensions in raising spiritual champions! There are no simple formulas or guarantees, but parents can greatly increase their effectiveness by learning how to establish boundaries and priorities, provide engaging leadership, foster faith and more!

John Townsend-Six keys to Raising Successful Kids What makes kids successful? Is it hard work and responsibility, the ability to connect well with others - or embrace

their unique talents and creativity? It's all this and more! Discover the keys to developing the six most crucial areas in raising a successful and thriving child.

Jim Burns-Building Morals and Values with your Kids Kids today need parenting that's a lot more revolutionary than a list of to do's and don'ts. Learn to build strong kids from the inside out! Discover the importance of self-image, and healthy family ties in dealing with issues of sexuality, drug and alcohol use, the internet and more.

Steve & Valerie Bell-Know Who You Are: Building a Strong Family Unit Strong families know who they are and what's important. Steve and Valerie Bell help parents identify their own core values and offer practical ways to build these into a unique and vibrant family culture. Gain indispensable tools for strengthening the focus between parents, children and siblings.

Please sign up on the sheet on the Communication Center to register for this event.. Checks should be made out to St. Bartholomew w/Revolution Parenting in the memo and placed in the Offertory basket or turned in to the office. Contact Betsy Hegwood with questions.

Children's/Youth Christian Education

Please note there will be no Children's Christian Ed. Classes on Sunday, May 11 due to the Mother's Day Brunch or Sunday, May 24 for Memorial Day weekend. The last class for this school year will be May 31. Please contact Laura Noel if you have ???'s.

Mission and Outreach continued from p. 4

UNITED THANK OFFERING-UTO

On April 26 we will be distributing UTO Boxes. The United Thank Offering is a personal & family devotional program of the Episcopal Church. It is the sum of our daily thanks for the blessing in our everyday lives-for good weather, happy times, job opportunity and unexpected visits. We are thankful to God for blessings and take action by putting coins in the Blue Box. In the fall you will be asked to bring the amount of your daily thanksgiving for the ingathering, where it is combined with the offerings of hundreds of thousands of others to become the United Thank Offering. UTO began in 1889 at the General Convention with the start of the Women's Auxiliary as part of the Board of Missions. Today grants have grown to almost 3 million per year. Since 1988 every cent given at ingatherings is granted throughout the world for mission and in response to compelling human need. I invite you all to take home a Blue Box and join the United Thank Offering. Put it in a convenient place. Take a moment each day to say thank you to God and put a coin in that box. We are not meant to be passive receivers; rather to be active participants in God's work in the world. ~Nannette Modjeska

Summer Clothing Collection And Give-away

The Pewaukee Interchurch Lay Council/Food Pantry and Gethsemane's Monday morning Bible Study ladies will sponsor a clothing give-away to Food Pantry Clients and their families on Friday and Saturday, June 5-6. We are looking for summer clothing donations for men, women and especially children. The clothes must be in good condition, clean with no stains or holes. If you can offer donations, please bring them to St. Bartholomew by June 3 and place them in the designated location near the Communication Center in the Parish Hall. We shall also need help Wednesday, June 3 between 11:00 and 3:00 and Thursday, June 4 from 9 a.m. to 11:00 A.M. to sort the clothing. Help is also needed on Saturday, June 6 around noon to pack up clothes that are left (and will be given to other outreach programs). Please contact Judy Litvin (691-4826) with questions or if you would like to help.

May Birthdays

Ted Watter, Karen Reichert	Bill Desmond
Laura Noel	Dulcie Shupe
Victoria Strasser, Tyler Sodemann	Claire Pergande
Dave Stuckslager, Terry Bucheger	Sam Carr, Dennis Grenwis, Betty Mae Dettman
Rick Knuese	Judy Moran, Alexis Fellenz
Ashley Duke, Sydney Bruns	Cathy Fox
Kenan O'Connor	Adam Noel
Kyle Duke	Helen Miller, Kristen Bussey
Will Fris, Jim Tredwell	

MOPS – Mothers of Pre Schoolers

Buona Festa – What a Joyous Day!

I started thinking about the last MOPS meeting of the year (May 13th) and that we will have it **catered by the Olive Garden** - yes, you read that correctly - I thought about the birthday song (some of the words listed above) we sang as servers to our guests celebrating their birthdays. Every day as a mother is a joyous day – sometimes we may need to remind ourselves that when although the day may be crazy – a day with our children is a blessing – and joyous.

As mothers we are the hostess, the cook, the server, dishwasher – not to mention the kitchen manager! Perhaps your dinner table is not always a mature, refined, relaxed setting as the Olive Garden. If yours is anything like mine – there's the usual complaints from the 2 and 4 year old guests that their meal does not meet their standards or their liking (particularly if vegetables are involved).

The last MOPS meeting will be on Wednesday, May 13th from 6:45pm-8:45pm (parish hall at St. Bartholomew). We'll have white linen table cloths, candles and dinner catered by the Olive Garden! There won't be any food throwing, complaints from the guests, clean up, grocery shopping or kitchen managing involved! Come as you are – there's no dress code and sweats are acceptable! Childcare is provided (dinner will not be served in the nursery). Meeting fee is \$5 – but a dinner by Olive Garden is worth much more than that! If you have any questions please contact Becky Brand (262-370-2643) or Sharie Perugini (262-367-1837).

Kid Idea: As we wait for spring, consider buying an inexpensive plant(s) or package of seeds to plant with your child in a pot or small dirt area that you and your child can care for throughout spring and summer. You'll nurture not the plant(s) but your relationship with your child as well.

May Anniversaries

Sheryl & Michael Raasch
 Karen & Jim Tredwell
 Ann & Jim Reeve, Michelle & Bernard Krauska,
 Ralph & Nannette Modjeska
 MaryAnn & John Bussey, Becky & Jim Brand

Why no dates?

It's come to our attention that there are internet scams that use people's birthdays and since we post our newsletter online, we thought it best to keep that info. private. To be added to the Birthday/Anniversary list or to make corrections, please contact the office.

**St. Bartholomew
Episcopal Church**

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Vicar: The Rev. Thomas Papazoglakis

SUNDAY SERVICE SCHEDULE:

**8:30 a.m. Holy Communion Service
(Organ and Choir)**

**11:00 a.m. Holy Communion Service
(Praise Band)**

6:00 p.m. Holy Communion Service

We're on the web!

www.stbartspewaukee.com



Mark Your Calendars for Saturday, July 18!!



*The annual St. Bartholomew picnic will be Saturday, July 18th at St. Bartholomew
(exact time to be determined - plan for late afternoon/early evening)*

More information coming soon!

*If you would like to make a donation to offset the expenses of the picnic,
please send to Rachel in the parish office noting "church picnic."*

*Questions/comments please contact any of the following individuals regarding the
picnic: Jim and Becky Brand, Mark and Marylyn Batory, Robert and Sharie Perugini*

