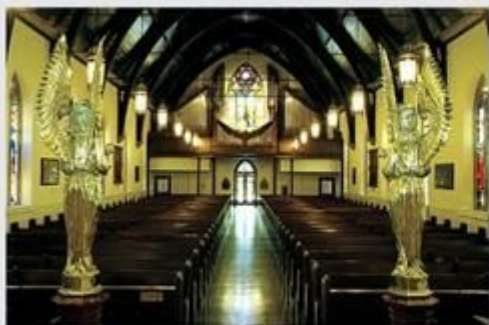


[View this email in your browser](#)



THIS WEEK AT ST. JOHN'S

Wednesday, Jan 11- Tuesday, Jan. 17



The Four Realms of Human Need

I have often heard people dismiss their problems as inconsequential or unimportant by saying, "I have a roof over my head and food on the table, I have nothing to complain about." I have also heard people relativize others' problems by telling them, "You have a roof over your head and food on your table, what do you have to complain about!" While it is true that many in the world do not have their basic physical needs met, there are other human needs that must be met for us to live a physically, emotionally, intellectually, and spiritual healthy life. In fact, deficits in the emotional, intellectual, and spiritual realm can contribute to anxiety and depression just as significantly as the absence of basic physical needs.

Look over the list below. Are there things on this list that are missing in your life? If you are parents, are there things on this list that are missing in your children's lives? How is St. John's doing as a church community to help people have their physical, emotional, intellectual, and spiritual needs addressed? If you find there are some glaring deficiencies in your life or your children's lives, what steps can you take to try to address them? How can friends, family, or the church help you? How can you be a good friend, parent, spouse, or sister/brother-in-Christ to help support others in their needs? Christ lived a fully human life. He calls us to live one, too.

Faithfully, Deonna+

Subscribe	Past Issues	Translate ▼	
<ul style="list-style-type: none"> -Food -Water -Shelter -Clothing -Air -Sensory Impressions <p>INTELLECTUAL NEEDS</p> <ul style="list-style-type: none"> -Intellectual challenge: creative exploration and discovery -Meaning and purpose in life -Being understood -Work -Awareness of Self & Others -Fresh impressions without distortion by passions -Education 	<ul style="list-style-type: none"> -Empathy -Confirmation of our humanity and inner world -Guidance & Support -Understanding -Affection -Friendship and belonging -Contributing to community -Freedom to identify and express full range of feelings -Trust -Enjoyment -Play -Safety 	<ul style="list-style-type: none"> -Repentance -Mindfulness -Prayer -Almsgiving -Loving Kindness -Freedom of Choice -Hope -Faith -Belovedness -Grace -Confession and Forgiveness -Spiritual Communion with God and Others -Hospitality -Silence 	

Stephen Muse, *When Hearts Become Flame*, 2nd Ed. St. Waymart, PA: Tikhon's Monastery Press, 2015, Appendix II, pp. 295-296.



EVENTS AT ST. JOHN'S

ADMIT ONE

TICKET NO. #1937



The Welcome Course

An engaging program of presentations and discussions about The Christian Faith and the Episcopal tradition.

If...

- You're new to Christianity, or
- You've been to a lot of church services over a long time, but still have many questions about God and faith, or
- You've been a Christian for years, but have never had the chance to seriously examine your faith in a friendly, accepting place, or
- You want to make an adult declaration of faith and commitment to God by being baptized or confirmed, or
- You've been a member of another church but want to know what Episcopalians believe, and how St John's is different from the church you grew up in,

... then the Welcome Course may be right for you.

January 15 Who is God?

January 22 No meeting. *(Please come to the Annual Meeting of parishioners at 9am instead)*

January 29 What does Christianity teach?

February 5 How do we worship?

February 12 What about evil?

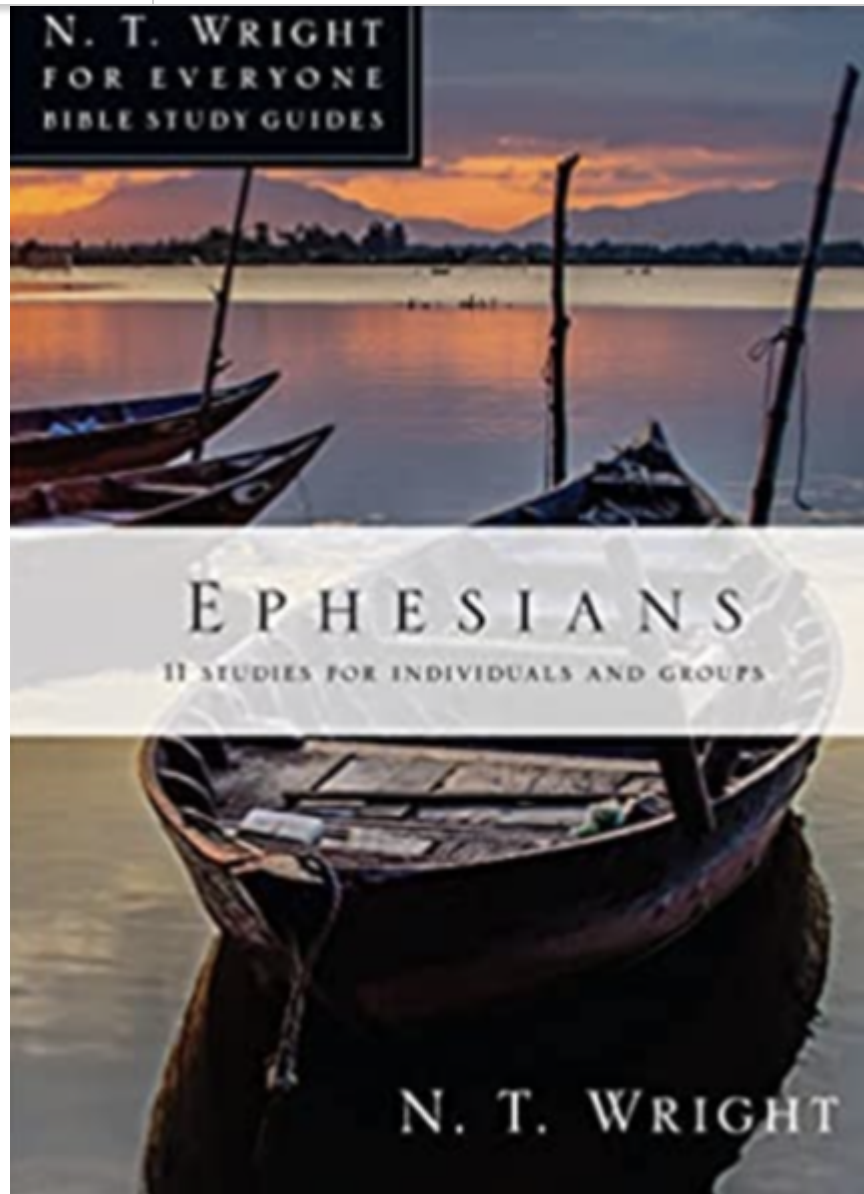
February 19 What is our purpose?

February 26 How should we live?

March 5 What is God's plan for the world?

Please register for the Welcome Course by emailing Duncan:

duncan@stjohnsmontgomery.org



Winter Bible Study on Ephesians

Deonna is leading an 11-week Bible study on Paul's letter to the Ephesians.

Two identical sessions will be offered to provide a variety of participation options.

- 1) Sunday mornings (in-person in the Archives room on the 3rd floor) from 9.15 to 10.15am.
- 2) Tuesday nights (via Zoom) from 7pm to 8pm. [Click HERE for Zoom Link](#)

We will be using NT Wright's Study Guide *Ephesians: 11 Studies for Individuals and Groups*. You can purchase it online via the link [HERE](#) or from the bookstore after the New Year, the price will be \$12.00 (\$13.20 with tax).



Service Opportunities

- Backpack Ministry
- Brass Polishing
- Breakfast Ministry
- Flower Guild
- Flower Delivery Team
- Pastoral Care

Many of our ministries are in search of willing hearts and hands. If you are interested in more information,

please email Constance@stjohnsmontgomery.org

What is the Pastoral Care Committee?

- **The Pastoral Care Committee (PCC) delivers meals to parishioners' homes following the birth of a baby, when someone is sick, recovering from a medical procedure or when there has been a death in the family.**
- **We assist at funerals providing light refreshments at visitations and receptions and have someone on hand to be representatives of the church.**
- **We mail note cards to elderly or infirm parishioners on a regular basis.**

The committee consists of 12 teams, one for each month with a team captain and 3-5 members per team.

All information for particular needs goes through the Rector, however, the PCC committee welcomes information and requests from parishioners. We make sure the Rector is apprised of all requests.

Members of monthly teams are listed in the newsletters and service bulletins each week. We always appreciate new members joining the committee and while most members are women, we gladly accept men as participants





Holy Comforter Food Pantry

Listed below are some suggested items that are popular.

- Canned Fruit
- Condiments(mayo, mustard, ketchup, relish, & pickles)
- Instant coffee & regular tea bags
- Soup & chicken broth
- Grits & oatmeal (instant)
- Instant potatoes & ramen noodles
- Healthy snacks, such as granola bars & crackers
- Jelly & syrup
- Canned meats: Spam, tuna, Vienna sausages, SpaghettiOs, Ravioli, etc.
- “Southern style” canned vegetables-Margaret Holmes & Glory brands
- Toilet tissue & paper towels (individually wrapped)



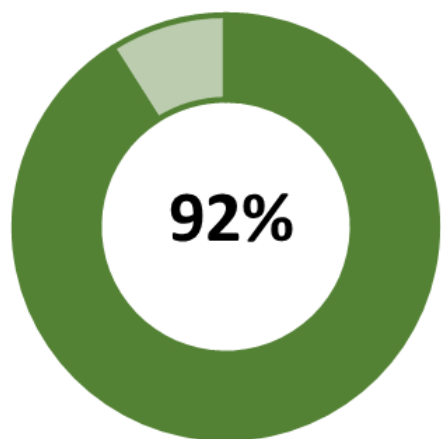
Mercy House Lunch Servers

We still have several spots available for people to volunteer at [Mercy House](#) on Thursdays from 11:00 to 1:00 to assist with their hot lunch program. The Sign Up Genius link shows the dates available through March at: <https://www.signupgenius.com/go/10C0C4AAEA622A4FC1-mercy1>.

Volunteers are especially needed this week and next.

This group could also use a few people who would be willing to serve as substitutes on short notice when issues arise. If you are willing to serve in that role, please let Stephanie Norrell know. You can reach her at 334-467-6989 or sbnorrell@gmail.com.

2023 Stewardship Campaign



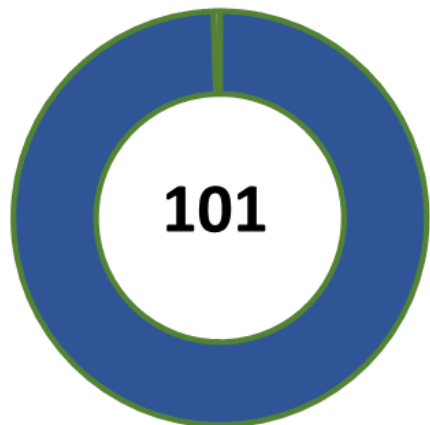
Goal: \$1,367,116.00

Received: \$1,240,083.00

Remaining: \$127,033.00

Based on 158 Pledging Households

[Click Here to Schedule your 2023 General Fund Pledge](#)



2022 Pledges: \$1,270,522.75

Payments Received: \$1,277,070.97

Balance Due: \$0.00

Please remit payments by 12/31/22

[Click Here to Make a Payment on your 2022 Pledge](#)

New pledge envelopes have been mailed and should arrive this week. We are using a new company, so they will look different. Envelopes will now be mailed quarterly instead of annually. **Weekly, monthly and annual pledges may also be made online using the St. John website.** If you would like to make your pledges online, please let Heather Herring (heather@st.Johnsmontgomery.org) know so she can stop your pledging envelopes.



ST. JOHN'S TREASURE HUNT

WE ARE SO LUCKY TO BE SURROUNDED WITH AMAZING TREASURES HERE AT ST. JOHN'S! JOIN US FOR A TREASURE HUNT AROUND THE CHURCH. EACH WEEK WE WILL FEATURE A PRECIOUS ITEM LOCATED SOMEWHERE IN THE CHURCH BUILDINGS OR GROUNDS. IF YOU FIND IT, TELL MS. SARAH AND GET A REWARD.

Can you find me? Clue: Robes you don't wear with PJs.

If you have a favorite treasure that you'd like us to highlight email Constance@stjohnsmontgomery.org.





WEEKDAY OFFERINGS

Tuesdays

- 7:30 AM Holy Eucharist in Chapel
- 9:00 PM Compline (Facebook Live)

Wednesdays

- 11:30AM Contemplative Prayer in the Library

Thursdays

- 12:05 PM Healing Eucharist in Chapel
- 9:00 PM Compline (Facebook Live)



LAY MINISTRY - JANUARY 15 REMINDERS

Listed below are who will be serving as Ushers, Acolytes, Altar Guild, Lectors and Flower Delivery on Sunday.

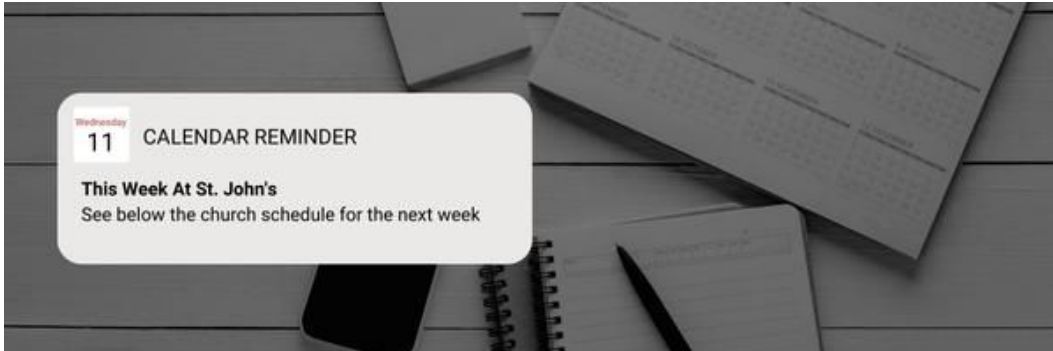
7:30 AM

- *Lector:* Carrie Shaw
- *Ushers/Greeters:* Will Hill Tankersley
- *Altar Guild:* Debbie Schremser

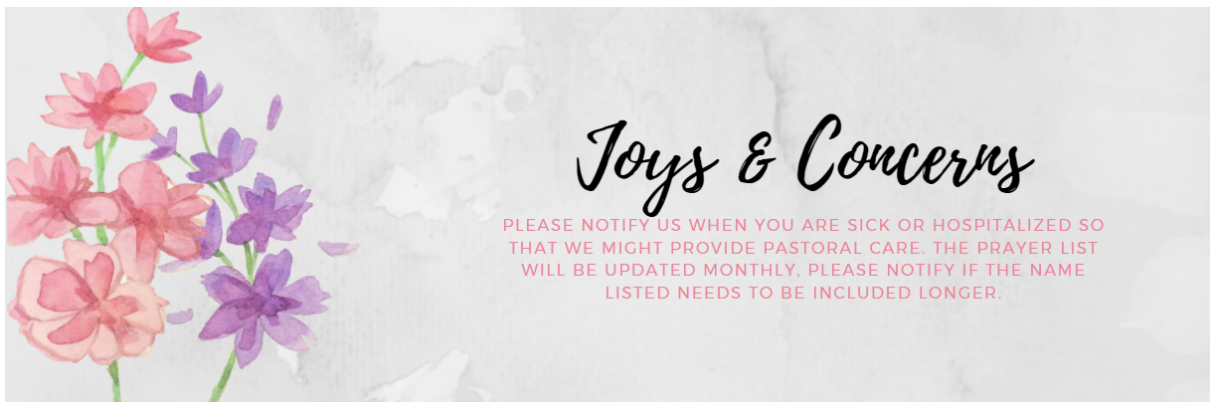
10:30 AM

- *Acolytes:* Brett Westhauser, Allie Fitzpatrick, James Marshall, Robert Marshall, Eloise Carlisle
- *Eucharistic Ministers:* Rich Anderson, Virginia Banister, Dudley Perry
- *Lectors:* Ashley Hamlett, Rodney Ramsey
- *Ushers/Greeters:* Will Hill Tankersley, Betsy Cannon, Josie Eskridge, Scott Mitchell

- *Flower Delivery Team:* Melissa Carter, Will Gunter, Doris Ball
- *Videographer:* Jim Cannon



JANUARY 2023	WEDNESDAY 11 11:30 AM Contemplative Prayer 5:00 PM Instrumentalist Practice	THURSDAY 12 12:05 PM Healing Eucharist in Chapel 12:00PM Cursillo Reunion Group 1:30 PM Archives Committee Meeting 5:30 PM Instrumentalists Rehearse 9:00 PM Compline (Facebook Live)	FRIDAY 13
	SUNDAY 15 7:30 AM Holy Eucharist Rite I 8:30 AM Breakfast 9:15 AM Christian Formation 10:30 AM Holy Eucharist Rite II	MONDAY 16 Church Offices Closed No Vestry Meeting	TUESDAY 17 6:30 AM Al-Anon Meeting in Loft 7:30 AM Holy Eucharist in Chapel 8:30 AM Prayer Group in SCR 3pm J. Conely organ practice 7:00 PM Zoom Winter Bible Study on Ephesians 9:00 PM Compline (Facebook Live)



Christopher Marshall, Richard McCrory, Eddie McDowell, Marilyn Pickett, Shirley Price, Carrie Shaw, Evelyn Sherbert, Tommy Tyson, Larry Worrilow.

Prayers are also requested for these friends: Phillip Eagerton, Rowan Osbourne, Johnathon Pace, Karen and Angelo Pacheco, Robert Proctor, Sarah Stone Walker

Please let us know if your friend needs to remain on this list, or if you have a friend in need of prayer. You may email prayer requests to Constance@stjohnsmontgomery.org

If you or someone you know needs Pastoral Care, please contact December's pastoral care team: Betsy Cannon, Michelle Shaw, Josie Eskridge, Mary-Nelms Parsons, Renee Taylor, Laura Knapp

[Click here for the Sunday Bulletins](#)

[Click here for this Sunday's Lessons](#)

[Click here to meet our staff and vestry](#)



Links to all of the St. John's Offerings

Church Services:

[St. John's Facebook Page](#)

[St. John's YouTube Page](#) (Sunday morning services & adult Christian Ed classes)



Our mailing address is:
St. John's Episcopal Church
113 Madison Avenue
Montgomery, AL 36104

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