

# The Emmanuel Light

**FROM Father Rich...**

Vacations can be great things. Gayle and I took two weeks at the beginning of July to go back to Minnesota. A friend who had grown up with our boys was getting married and we wouldn't miss her wedding for the world. She was one of the many kids that have been part of our family over the years. Weddings are great in that we get to see a whole lot of people that we haven't seen for many years.

It was also great since our youngest son was up from Oklahoma for the wedding. Since our eldest son and his wife were D.J.'ing at the reception we were all together again in one spot. My granddaughter MacKenzie did not come to the wedding so we decided to all spend a day at the Minnesota Zoo.

Strolling around the zoo with family can be fun but it is especially fun with grandchild. MacKenzie is 11 and sees things with the wonder of a child. Her enthusiasm and excitement for everything she sees makes what she sees exciting for me as well. Our day spent at the zoo, at the Mall of America and up at Grandma's apartment was one of the nicest days I can recall. It's the kind you hold in your heart.

I think of MacKenzie and I think of how much Jesus loved children. I picture Jesus as a kid magnet, as the kind of person that kids naturally gravitate to. It's not his power or might or glory that they sense but his love, compassion, trust and justice.

Jesus is the ultimate shoulder to lean on. In Eugene Peterson's paraphrase of Matthew he puts 11:29 this way: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me-watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

It is with sadness that I have to announce that Lisa Teachout, Emmanuel's secretary, bookkeeper, office administrator, and the person who keeps me semi sane, will be leaving us at the end of August. Her time with us has been invaluable and we wish her the best.

I, along with the church wardens, will be looking at how to structure the position as we move forward. We hope to fill the position before Lisa leaves. If you know of someone who would be qualified please let me know. All they have to do is talk pleasantly on the phone while juggling fifteen balls in the air and, simultaneously, conducting the symphony orchestra. Familiarity with Microsoft Office products and basic book keeping is also helpful. Peace, Fr. Rich



## FELLOWSHIP OUTING TO BLACK HILLS PLAYHOUSE

Saturday, August 20 we will meet down at the playhouse at 5pm for a picnic lunch and then attend the show. It is Alfred Hitchcock's "The 39 Steps." Tickets are \$32 for adults and \$10 for kids.



**PLEASE NOTE:** The picnic will be on an individual basis and **not** a potluck. Please bring your own meal, drinks, and utensils. A signup sheet will be available in the hallway.

-JoAnn Edstrom



## VACATION BIBLE SCHOOL

**AUGUST 7-11**

**AT ST. ANDREW'S**

**DARE TO BE DIFFERENT,**

**BASED ON A WRINKLE IN TIME**

**BY MADELEINE L'ENGLE**

Full story on page 2



## HEALTH AND WELLNESS HIKE

The Health and Wellness Committee has rescheduled the Hike to Little Elk Canyon for August 13. The hike was originally to have been July 23. We will meet at the church at 9am, drive to the area approximately 23 miles north of Rapid City, hike for about an hour, have a snack, hike back to our vehicles and return to Rapid City. Please watch for further announcements in the bulletins. Hope you can join us! If you have any questions, please contact Vicki Sweet at 343-6790 or 390-8558. Hope you can participate in this activity.



## CELEBRATION DINNER CELEBRATION DINNER UPDATE

You still have one more opportunity to join in the August Celebration Barbecue fun August 18! Grillmaster Bob Ermish will be preparing pulled pork sandwiches and Cora Koss, with the help of Team 3 will be preparing potato salad, watermelon and desserts. Join your Church family between 5:30 and 6:15 for a meal before you stroll down to the Summer Nights Festival on Main Street to hear Judd Hoos. We have the best parking in town!



## MOSES PROJECT

On August 14<sup>th</sup>, Moses Joknhial II and Rhonda Morse will be here at Emmanuel to update us on the Moses Project in the village of Pajut in South Sudan. Two years ago, Moses and Rhonda came to Emmanuel to share with us the work that had begun there to help the people of Pajut, Moses' home town, to achieve a better life. Given the recent news of South Sudan becoming an independent country, Moses' visit is particularly timely. It is always nice to be able to put a personal touch, a familiar face, upon these outreach projects that seem so far away. Moses will be preaching & conducting the forum so please help us greet Moses and Rhonda with the radical hospitality of Emmanuel.



## YOUTH GROUP PARENTS

All parents (sorry kids, just the parents this time) of middle and high school students at Emmanuel are invited to Fr. Rich and Gayle's house on Sunday, August 14<sup>th</sup> for a cookout at 4 pm. Chicken will be provided, bring a side if you wish. We will be meeting with Kelly Conroy to talk about the coming year. —Father Rich

Emmanuel Parish Staff  
**The Rev. Richard Ressler**  
 Rector  
**The Rev. Seymour Flinn**  
 Priest Associate  
**The Rev. Deacon Jo Hedin**  
 Deacon  
**Kelly Conroy**  
 Youth Leader  
**JoAnn Edstrom**  
 Organist  
**Kjersten Rathke**  
 Chancel Choir Director  
**Open**  
 Treasurer  
**Lisa Teachout**  
 Office Manager  
*The Vestry*  
**Mark Rude, Sr.** Warden  
**Les Koss, Jr.** Warden  
**Lisa Kautz**, Clerk  
**Pamela Barnett**  
**Donna Burnap**  
**Kibbe Conti**  
**Steve Flanery**  
**Nancy Janak**  
**Clark Moyle**  
**Key Parker**  
**Tim Pederson**  
**Karen Psiaki**  
**Sande Riemenschneider**  
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Emmanuel Episcopal Church  
 125TH ANNIVERSARY

1887-2012



## VACATION BIBLE SCHOOL

Hosted by St Andrew's Episcopal Church  
 910 Soo San Drive, Rapid City

Sunday, Aug. 7 through Thursday, Aug. 11 ≈ 5:30-8:15

For children ages 3-12

Please put VBS on your calendar for August 7-11<sup>th</sup>. This year we will be exploring our theme "Dare to be Different," through story, movie, music, movement, games and crafts. The curriculum, based on the book *A Wrinkle in Time* by Madeleine L'engle, helps us learn about the power of God's unconditional love and how that love overcomes darkness in the world. Registration forms available at church.

We are also looking for older youth and adults to help out in the following areas:

\*Registration \* Storytelling \* Drama \* Crafts \* Games \* Shepherding a group of children \*

Emmanuel will be providing dinner on Tuesday, August 9<sup>th</sup> and Wednesday, August 10<sup>th</sup>.

If you are available one or more of the nights of VBS and would like to volunteer, please contact VBS volunteer coordinator: Dave Van Vliet at St Andrew's – 343-4210 or by email: [d2no-mad@yahoo.com](mailto:d2no-mad@yahoo.com)

Hope you will be playing and worshiping with us during VBS.

Peace, Gayle Ressler



## SUMMER EATING



***“So whether you eat or drink or whatever you do, do it all for the glory of God.”*** 1Cor. 10:31

Summertime means good eating for fans of fresh fruits and vegetables and can be so enjoyable! Here is an article I found that has good dietary suggestions.

Gardens and produce aisles are filled with nutritional goodness this time of year. To help you take advantage, Angela Ginn, of the National American Dietetic Association, recommends her top choices. They include:

\* Watermelon. Loaded with juice, watermelons can quench your thirst on a hot day. Sweet and refreshing, the melons are made up of 92 percent water that will help you stay hydrated. They are also filled with antioxidants such as vitamin C, vitamin A, and lycopene. All good for cellular health and have just 46 calories. Serve watermelon as a dessert or blend it to make a chilled soup.

\* Zucchini or yellow squash. These types of summer squash are great grilled, and they contain magnesium, vitamin C, fiber, potassium, and folate. Good for a whole host of things from heart to gastrointestinal health.

\* Strawberries, which are a great snack alone or blended into a smoothie, provide antioxidants and phytonutrients that can reduce inflammation in your body. They're also a good source of fiber.

\* Finally, peaches provide more than sweetness - they're also a great source of carotene, potassium, lycopene and lutein. These can help prevent heart disease, cancer, and macular degeneration, which is an eye condition. Blessings, Vicki Sweet, RN



**Red Cross Wine & Jazz Festival, Sun., Aug. 7th 3-6:00pm** at Canyon Lake Chop House. Two parish members are involved in this event: Karen Whitehead and Karen Psiaki. Tickets available from both Karens, \$25.00 each. Includes wine tastings, appetizers, classic Jazz and Jazz with a Blue-Grass twist - doesn't that sound intriguing? You may come and go during the three hours. Casual setting on the patio, weather permitting. All proceeds go to support local relief in our Region. Please see Karen or Karen for more info.

**Who are the Heroes?...** From time to time I come across essays lamenting that we no longer have heroes. The culture has abandoned that concept for superficial celebrity. When I was young most of my heroes were baseball players many of whom I subsequently learned very much had “feet of clay.” When I think of my past heroes more deeply I think of some members of my family, colleagues, bishops, priests, deacons, and friends whom I admire. But I am also reminded of the incredible blessing of members of our parish family, the people of Emmanuel and your heroic deeds.

Among us are older couples that bravely talk of death and make plans in an ever-changing legal and financial world for their own care and the care of future generations, including the church. I see those who for many years cared for an ailing spouse, enduring the days of peace, days of frustration, days of pain.

Heroes among us are the recently widowed—especially when you bravely come to church for the first time without a spouse—navigating a new identity and a sea of grief at the same time. Brave and good are the longtime widows and widowers who make Emmanuel a home and find a comfort for loneliness and others to love. The heroes I see are the suddenly sick, who come to terms quickly with mortality and seek prayer and the truth of God—something which may have seemed a distant comfort in the strength of youth or earlier days, and suddenly becomes the finest gift.

Heroes are those who take communion to the sick, visiting those whose lives seem so narrow yet at the Eucharistic table our lives are as deep reaching as we will allow the Lord to make them.

Heroes are the families of young children at Emmanuel (I pray and wish we had more of them) who see that their children enter into the life of the congregation, support our church school; some sing in the choir, some are acolytes and readers. Heroes are parents who do the hard and often thankless work to bring children to church at their best and worst behavior because they know that there is love here that children need. Heroes are the children for their joy and their sincerity, their enthusiasm and (⇒⇒⇒)



### AUGUST BIRTHDAYS & ANNIVERSARIES

Margaret Hauff	1
Mary Lee Rude	1
Sharon Benton	1
Jackson Long	2
Velna Martin	4
Matthew Vickers	4
Barbara & Streeter Shining	4
Bob Pollock	5
Dave Janak	7
Vicki Sweet	10
Mary Olson	11
Lauren Shultz	11
Sue & Les Larson	11
Donna & Don Burnap	13
Bruce Riggs	15
Wendline Ehli	15
Diane & Roger Wilson	17
Lorraine & Wynn	
Gunderson	18
Marie Koss	19
Aaron Rude	19
Vicki & Mike Sweet	21
Nancy & Dave Janak	22
Peggy Hammitt	23
Gib Elder	24
Jerry Geske	24
Nyle Hedin	27
Robyn Opstedahl	29
Peytyn Pryor	29
John Cox	30
Justin Pederson	30

(cont. from pg 3) the solemn peace of young faces turned up at the Communion rail.

Heroes are those who serve on the Altar Guild, the ECW, the Vestry, sing in the choir and provide music, volunteers for custodial duties and care of our campus. Heroes invest their energy in encouraging outreach, serving as ushers, greeters, support our Celebrations dinners, and volunteer to assist in the office.

Heroes are those in the middle—perhaps with ailing parents and children in college at the same time, full-time working and yet somehow finding hours to serve, to pray, and to worship. Heroes are those who regularly attend the Wednesday morning healing Eucharist holding up those who need our prayer. Heroes are those who serve on any number of committees taking on difficult and complicated work for the sake of the Gospel. Heroes are those who provide hospitality for our fellowship at coffee hours, some going through the hassle of one more trip to the grocery or bakery and others by rising early or going to bed late to make our feast.

Heroes are those who are retired, giving generously of time and energy in a world that tells us retirement is all about ME. Heroes are those among us who are courageously faithful even in the face of unemployment and anxiety about future work, yet declaring your trust in God again and again in a hard world.

Heroes are the students and young persons just beginning careers and marriages who recognize the need to grow in God with us together, knowing that many in the culture will not and may ridicule them for believing in God and the mystery of Christ. They are brave and courageous and add so much to our fellowship. Heroes are those who endure change faithfully—both welcome and unwelcome change—knowing that God is among us when we gather to pray, to worship, and to love one another.

Heroes are among us of whom I am not even aware of their silent devotion, daily struggles and underappreciated service. All of you are my heroes.

Canon Seger

<b>LITURGICAL SCHEDULE FOR August</b>			<b>Vestry Lock-Up Sande &amp; Key</b>
	<b>8/7/11</b>	<b>8/14/11</b>	
<b>Year A</b>	<b>The Eighth Sunday of Pentecost</b>	<b>The Ninth Sunday of Pentecost</b>	
Altar Guild	Jean Kelley & Mary Olson	Mary Olson & Barbara Shining	
LEM - 8am	Sande Riemenschneider	Donna Burnap	
LEM - 10:15am	Karyl Shanahan & Vicki Sweet	Laura Orville & Dave Janak	
Scripture Readings	Genesis 37:1-4, 12-28 Psalm 105:1-6, 16-22, 45b Romans 10:5-15 Matthew 14:22-33	Genesis 45:1-15 Psalm 133 Romans 11:1-2a, 29-32 Matthew 15:(10-20), 21-28	
Lector	Donna Burnap	Don Burnap	
Acolytes	Chase Wood, Mary Helen Flanery, Brandon Williams	Ethan Janak, Gavin Fenske Noah Fenske	
Ushers - 8:00am	Shelby & Mark Vickers	Doris Lind & Lynn VonWald	
Ushers - 10:15am	Lee & Brian Hammerbeck	Lisbeth Leagjeld & Karyl Shanahan	
Greeters	Mary Bredenberg & Ethel Rounds	Marie Luciano & Nick Lucas	
	<b>8/21/11</b>	<b>8/28/11</b>	
<b>Year A</b>	<b>The Tenth Sunday of Pentecost</b>	<b>The Eleventh Sunday of Pentecost</b>	
Altar Guild	Barbara Shining & Reva Kurtz	Reva Kurtz & Donna Andrews	
LEM - 8am	Donna Burnap	Donna Burnap	
LEM - 10:15am	Vicki Sweet & Nyle Hedin	Karyl Shanahan & Dave Janak	
Scripture Readings	Exodus 1:8-2:10 Psalm 124 Romans 12:1-8 Matthew 16:13-20	Exodus 3:1-15 Psalm 105:1-6, 23-36, 45c Romans 12:9-21 Matthew 16:21-28	
Lector	Jan Rathbun	Patsy Nicholson	
Acolytes	Mary Helen Flanery Justin Pederson, Tim Pederson	Mary Helen Flanery Brandon Williams, Chase Wood	
Ushers - 8:00am	Nancy & David Seger	Barbara & Streeter Shining	
Ushers - 10:15am	Sherry & Bob Ermish	Chris Trull & Barry Jones	
Greeters	Patsy, Peter & Mindy Nicholson	Jackson & Peggy Hammitt	

# August 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		5:30p O.A.	<b>10:00aHE/Healing</b> 11:00a Bible Study	10:00a T.O.P.S. 11:45a NA	5:00p O.A.	9:30a O.A. 5:30p Saturday Night Service
<p>Events are updated regularly on the Master Calendar on Emmanuel's website: <a href="http://www.emmanuelrc.org">www.emmanuelrc.org</a> Log on there for the most current information.</p>						
					Youth Group Overnight	
7	8	9	10	11	12	13
8:00a HE I 10:15a HE II	8:00a Exec Mtg	5:30p O.A. 7:00p Knitting Group 7:00p Welcomer's Comm	<b>10:00aHE/Healing</b> 11:00a Bible Study 4:45p Outreach Mtg 6:00p CFC	10:00a T.O.P.S. 11:45a NA	5:00p O.A.	9:00a Hike at Little Elk Creek 9:30a O.A. 10:00a Emmanuel Clergy 5:30p Saturday Night Service
			<p>at St Andrews Sun—Thurs, 5:30—8:15pm</p>		<p>Lisa on vacation Aug 11-15</p>	
14	15	16	17	18	19	20
8:00a HE I 9:00a Sunday Forum—Moses Project 10:15a HE II  4:00p Parent of Youth Cookout	6:00p Vestry	9:30a Prayer In- tercessors 5:30p O.A.	<b>10:00aHE/Healing</b> 11:00a Bible Study	10:00a T.O.P.S. 11:45a NA 5:30p Cele- bration BBQ	5:00p O.A.	9:30a O.A. 5:00p Picnic & BH Playhouse 5:30p Saturday Night Service
21	22	23	24	25	26	27
8:00a HE I 9:00a Sunday Fo- rum—Labyrinth 10:15a HE II 2:00p BH Dean- ery Mtg-Sturgis	<b>Newsletter Deadline</b>	5:30p O.A. 7:00p Knitting Group	<b>10:00aHE/Healing</b> 11:00a Bible Study	10:00a T.O.P.S. 11:45a NA	5:00p O.A.	9:30a O.A. 5:30p Saturday Night Service
28	29	30	31			
8:00a HE I 10:15a HE II <b>Cornerstone Mission Meal BLOOD SCREENS</b>		5:00p Restorative Justice 5:30p O.A.	<b>10:00aHE/Healing</b> 11:00a Bible Study			
						

Emmanuel  
Episcopal  
Church



717 Quincy Street  
Rapid City, SD 57701  
605.342.0909

***Services at Emmanuel***

**Saturday**

5:30 pm Alternate Eucharist

**Sunday**

8:00 am Holy Eucharist Rite I

10:15 am Holy Eucharist Rite II

**Wednesday**

10:00 am Holy Eucharist and  
Healing Service

