



The Emmanuel Light

FROM Father Rich...

Sometimes people get confused by the term "Pastoral Care". They confuse it with pastoral scene and think it's taking care of a lovely field with cows in it. That would be wrong.

The online encyclopedia, Wikipedia, gives this as part of their definition:



2012

"Pastoral care" is also a term applied where people offer help and caring to others in their church or wider community. Pastoral care in this sense can be applied to listening, supporting, encouraging and befriending." It's a simple definition for what can be, at its base, a simple process, taking care of each other, spiritually and, when necessary, physically.

The Pastoral Care Committee has been formed in Emmanuel for two purposes. One is to help us keep track of how we are doing in our own pastoral care as a church. Who might need a visit, a prayer, a hand to hold, a kind word or even a meal. The second purpose is to encourage others in the community to engage in their own ministry of pastoral care.

What we often find is people don't engage because they don't know how. When should I call? What should I say? What is appropriate?

To help answer some of your basic questions the Pastoral Care Committee is putting on a meeting called "Lay Pastoral Ministry". We will meet on **Saturday, February 18th 9-11:30am**. The purpose will be to cover the very basics of what lay pastoral ministry is about and to answer some of your basic questions. Our hope is to then be able to offer more specific training in pastoral care to those who would like to enter into this deeply rewarding ministry. There will be a signup sheet available at the church in January for you to indicate your interest.

We hope you will avail yourself of this wonderful opportunity.

Annual Meeting



The Annual meeting will be held on Sunday, January 15th. We will have one service at 9am, followed by a pot luck and the meeting. We will be electing delegates to convention and new members to the vestry. Up for election to the vestry are Richard Jones, Richard Hatzenbuhler, Amie Williams and Key Parker. Les Koss has agreed to stand for election as Sr. Warden to replace Mark Rude who is stepping down. We are still looking for someone to serve as Jr. Warden.

Annual Meeting Reports:

All committee and group heads should have their reports into Kim A.S.A.P., no later than Monday January 9th.

New Bookkeeper

We want to welcome our new bookkeeper, Bill Goodgion, to Emmanuel. Bill has a bachelor Degree in business management/accounting And has worked in the Rapid City area for many Years. Bill will be working closely with Fr. Rich, Keiz Shultz our treasurer, and all of us to track Our financial ministry.





Parish Nurse
Health and Wellness

January is here and we begin a new year! What New Year's Resolutions are you going to make?

The "resolution" is a commitment that an individual makes to a project or reform a habit often involving a lifestyle change. This change will have a positive outcome for this person and usually always reflects on self-improvement.

Sticking to resolutions and making change can be difficult but not impossible. Listed here for you are some ways to HELP you KEEP your resolutions.

Assume there will be people who will want to sabotage your plans.

Prepare in advance how you'll say "no".

Identify and avoid situations that could "lead you into temptation".

Find substitute routines. Create a good habit to replace the bad habit. *Ex.*
Take a relaxing shower every night instead of your 9pm bowl of ice cream.

Take it one day at a time. Plan your day the evening before.

Hunger, Anger, Loneliness, and Tiredness (H.A.L.T.) are the primary times for relapse. Recognize these states and find positive ways to take care of them.

Be Specific. Don't simply resolve to "get more exercise" or "eat better".
Write your week-by-week plan down on your calendar.

Source: The Hope Heart Institute, Seattle

Making a resolution to change one thing that will make us healthier is a priceless gift only we can give ourselves.

Therefore, if anyone is in Christ, the new creation has come: the old has gone and the new is here! 2 Corinthians 5:17

Vicki Sweet, RN

Parish Nurse/ Health and Wellness Committee

Emmanuel Parish Staff
The Reverend Richard Ressler
 Rector
The Rev. Seymour Flinn
 Priest Associate
The Rev. Deacon Jo Hedin
 Deacon
JoAnn Edstrom
 Chancel Choir Director
Keiz Shultz
 Treasurer
Kim Kelley
 Admin. Secretary
Bill Goodgion
 Bookkeeper
The Vestry
Mark Rude Sr. Warden
Les Koss, Jr. Warden
Lisa Kautz, Clerk
Pamela Barnett
Donna Burnap
Kibbi Conti
Nancy Janak
Clark Moyle
Karen Psiaki
Steve Flanery
Keyron Parker
Tim Pederson
Chris Trull
Sande Riemenschneider
Emmanuel Episcopal Church
717 Quincy St, Rapid City
www.emmanuelrc.org



Patrick Roseland will be the featured 125th Anniversary Adult Forum speaker on January 8th at 9:10am in the Parish Hall. His presentation "Rapid city: Then and Now" will take us through local art collections, photos, and commercial memorabilia from the late 1800's to the present time.

Mr. Roseland will educate and create in us a fascination for the incredible history that Rapid City has to offer. He is a co-author with Jean Kessloff and Adrienne Kerst of a book entitled "Rapid City: Historic Downtown Architecture". Mr. Roseland is a Certified Registered Nurse of Anesthesia employed at Rapid City Regional Hospital. He is a Board Member of the Minnilusa Historical Society, West Blvd. Neighborhood Association and Chairman of the Rapid City Historical



Sunday School Corner

December 18th-Advent 4: The Sunday School and Youth presented a wonderful pageant. Seventeen children representing 11 families participated. From the littlest angel to the youth Group readers, everyone did an excellent job.

Special thanks to the adults who helped out with the costumes, rehearsals, readings and crowd control: Kelly Conroy, Sierra Engesser, Rhonda Hatzenbuhler, Amy Williams and Kiernan Zimbleman. Thanks also to those of you who have supplied costumes in past years. It is so nice to be able to reach into an existing "wardrobe" of pageant costumes.

Wishing you a Blessed New Year Gayle Ressler.





CONTINUING EDUCATION



Fr. Rich will be in Bolder Co. January 22 for a continuing ed. event with Matthew Fox. This is a four part event being shared with Pamela Barnett and Donna Burnap on separate weekends on Creation Theology. Fr. Rich is taking two of the weekends and his other weekend will be in July. Fr. Rich, Pamela and Donna will be sharing their reflections at a Sunday Forum.

CELEBRATION DINNER'S FOR JANUARY 2012

January 4th. Nyle and Deacon Jo's spaghetti dinner with Caesar Salad, French Bread & Desserts. Team 3
January 18th Chicken Fajitas, Spanish Rice, Tossed Salad & Desserts. Team 4

TEAMS FOR THE NEW YEAR 2012

Team 1 Kiernan Zimbleman/Leader Rich & Gayle Ressler Gary Heckenliable Karyl Shanahan Jean Kelley Sarah Hallett Nick Lucas Rebecca Katus Sue Larson John Cox	Team 2 Lynn Von Wald/Leader Joann Gaffaney Barbara Shining David & Nancy Seger Doris Lind Vicki Pollock Mary Lee Rude Diane Wilson John Cox	Team 3 Kellie Rude/Leader Donna Burnap Pamela Barnett Kibbe & Russell Conti Jo & Nyle Hedin Diane Kreimann John Cox
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Team 4 Cora Koss/Leader
Les Koss
JoAnn Edstrom
David Janak
Mary Olson
Vicki Sweet
Robyn & Gene Opstedahl
Kay Paschke
John Cox

Come and enjoy these great meals, bring your family and friends and have a fun and relaxing time with your church family.

Outreach

We want to thank everyone that helped with Christmas gifts for the men at Cornerstone Rescue Mission and the Mission Dinner on Christmas evening. It was a great success!

To all the people who knitted items for the Mission. We took 65 men's items and 17 items for the women and kids. These items and others were blessed on Dec. 11. It was great. Thank You.

Other donations from the members of the parish were much needed long underwear, lined flannel hoodies, stocking caps, caps, heavy gloves, phone cards and bus passed. When we took at the items to the woman in charge of the Mission Christmas Party she was so happy. She couldn't believe all the items. One of our parishioners bought lined flannel hoodies at the Runnings store on Haines Ave., the manager matched the items she bought at no charge and gave us a 20% discount on all the items that were purchased there. Maybe some of us can stop in and thank them for their generosity.

There was a great turn out of families who helped with the Mission dinner on Christmas evening. Thank you to the Mike and Vicki Sweet family, (including all the visiting family members) the Casey and Kathy Peterson family and a friend, the Jay & Keiz Shultz family, Karen Psiaki and John Cox. They provided food and gifts to 106 people that night as well as praising God, singing carols and extending fellowship. Ask them about it. I think they got more out of their service than the people at the Mission.

Thank you to those who made, cut and individually wrapped home made pieces of fudge to put in gifts bags given to those that came for the meal. The bags contained an apple, an orange, 2 granola bars, a piece of fudge and a hand written Christmas card from Emmanuel. And of course, thank you to all the people providing milk and other food, shopped and carried and do it each and every month of the year. We have probably missed someone, we have such generous support from the parish and it is so worthwhile. So thank you all! Have a great new year!!

BOOK GROUPS FOR THE WINTER TERM

THURSDAY EVENING BOOK GROUP – Begins Thurs., Jan. 19, 7:00-8:30 pm in the church library.

WOMEN'S FRIDAY MORNING BOOK GROUP – Begins Fri., Jan. 20, 9:30-11:00 am in the church library.

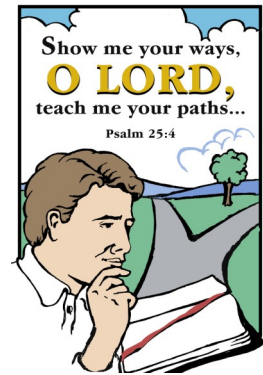
The Thursday Evening Book Group and the Friday Morning Book Group will be reading *The Wisdom Jesus* by Cynthia Bourgeault. Bourgeault, an Episcopal priest, author, and teacher, divides the book into three sections. The first is on the teaching of Jesus. The second is concerned with the mysteries of Jesus-the incarnation, passion, resurrection and ascension. The last section is on Christian wisdom practices-how we move into a deeper understanding of our relationship with God. I hope you will be able to join us. The books are in the office and available for purchase. If you have any questions, please call me. Pamela Barnett 718-2288

Thursday Schedule

Jan. 19	Chapter 1
26	Chapter 2
Feb. 2	Chapter 3
9	Chapter 4
16	Chapter 5&6
23	Chapter 7
Mar. 1	Chapter 8
8	Chapter 9
15	Chapter 10
22	Chapter 11
29	Chapter 12,13,14
Apr. 5	No Meeting, Holy Week
12	No meeting, Pamela Away
19	Chapter 14 &15
26	Chapter 16
May 3	Make up if needed

Friday Schedule

Jan. 20	Chapter 1
27	Chapter 2
Feb. 3	Chapter 3
10	Chapter 4
17	Chapters 5&6
24	Chapter 7
Mar. 2	Chapter 8
9	Chapter 9
16	Chapter 10
23	Chapter 11
30	Chapter 12, 13, 14
Apr. 6	No Meeting, Holy Week
13	No Meeting, Pamela Away
20	Chapters 14 & 15
27	Chapter 16
May 4	Make up if Needed



CENTERING PRAYER GROUP – MONDAY NIGHTS

The Centering Prayer Group will have its first meeting on Monday, January 25 from 7:00 to 9:00 p.m. in the church library. Centering prayer is an age-old form of prayer that, in essence, asks us to sit, quiet our minds, and just be in the presence of God. If you have heard about or are curious about this form of prayer, please come and join us. Our time together will consist of a check-in (where are we and how has God been in our lives lately) a discussion, based on material to be determined at our first meeting, time to sit in centering prayer, and finally compline. If you have any question, please contact me. Pamela Barnett 718-2288

Schedule for reading

Jan. 23	Discussion-Centering-Compline	Mar 19	No Meeting-Pamela at Vestry
Jan 30	Discussion-Centering-Compline	Mar 26	Discussion-Centering-Compline
Feb. 6	Discussion-Centering-Compline	Apr. 2	No Meeting-Holy Week
Feb. 13	Discussion-Centering-Compline	Apr. 9	No Meeting-Pamela away
Feb. 20	No meeting – Vestry	Apr 16	No Meeting-Pamela at Vestry
Feb. 27	Discussion-Centering-Compline	Apr 23	Discussion-Centering-Compline
Mar. 5	Discussion-Centering-Compline	Apr 30	Discussion-Centering-Compline
Mar. 12	Discussion-Centering-Compline		

Vestry Lock-Up
Jan: Clark Moyle

LITURGICAL SCHEDULE FOR January 2012

Year B	1/1/10 Holy Name of our Lord Jesus Christ	1/8/10 The Baptism of Our Lord Jesus Christ	1/15/10 The Second Sunday after Epiphany
LEM - 8am	Sande Riemenschneider	Laura Lewandowski	One Service at 9:00am
LEM - 10:15am	Mary Lou Riggs & Nyle Hedin	Karyl Shanahan & Mary Helen Flannery	Mary Lou Riggs & Vicki Sweet
Scripture Readings	Numbers 6:22-27 Psalm 8 Galatians 4:4-7 Luke 2:15-21	Genesis 1:1-5 Psalm 29 Acts 19:1-7 Mark 1:4-11	1 Samuel 3:1-10(11-20) Psalm 139:1-5,12-17 1 Corinthians 6:12-20 John 1:43-52
Lector	Marie Luciano	Chris Dunbar	Justin Peterson
Acolytes	Tim Pederson Brandon Williams Riley & Caitlyn Riggs		
Ushers - 8:00am	Shelby & Mark Vickers	Doris Lind Lynn Von Wald	Nancy & David Seger
Ushers - 10:15am	Pamela Barnett & Karyl Shanahan	Bob & Sherry Ermish	Richard & Rhonda Hatzenbuhler
Greeters	Janet & Semour Flinn	Sandy Clausen & Babs Maldeis	Laura Orville & Peggy Hammitt
Year B	1/22/10 The Third Sunday after Epiphany	1/29/10 The Fourth Sunday after Epiphany	
LEM - 8am	Sande Riemenschneider	Laura Lewandowski	
LEM - 10:15am	Karyl Shanahan & Laura Orville	Nyle Hedin & Mary Helen Flannery	
Scripture Readings	Jonah 3:1-5,10 Psalm 62:6-14 1 Corinthians 7:29-31 Mark 1: 14-20	Deuteronomy 18:15-20 Psalm 111 1 Corinthians 8:1-13 Mark 1:21-28	
Lector	Don Burnap	Jan Rathbun	
Acolytes			
Ushers - 8:00am	Barbara & Streeter Shining	Mark & Shelby Vickers	
Ushers - 10:15am			
Greeters	Mary Bredenberg & Pamela Barnett	Kiernan Zimbelman Jean Kelley	



January 2012

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8:00a HEI 9:00a Choir, 10:15a HEII		5:30a OA	10:00a HE/Healing 1:30p ECW 5:30p Celebration Dinner	10:00a TOPS	5:00p OA	9:30a O.A. 5:30p Sat. Night Ser- vice
8	9	10	11	12	13	14
8:00a HE I 9:00a Sunday School, Choir, Youth group 9:10a 125 Anni- versary Forum 10:15a HE II		5:30p O.A. 7:00p Knit- ting Guild 7:00p Wel- come Com- mittee	10:00aHE/Healing 11:00a Bible study 4:45p Outreach meeting 6:00p Christian Formation	10:00a T.O.P.S.	5:00p O.A.	9:30a O.A. 5:30p Sat. Night Ser- vice
15	16	17	18	19	20	21
8:00a HE I 9:00a Sunday school, Choir, Youth group 10:15a HEII	6:00p Vestry	9:30a Prayer Intercessors 5:30p OA 7:00p Altar Guild	10:00a HE/Healing 11:00a Bible study 11:30a BH Sym- phony League 5:30p Celebration Dinner	10:00a T.O.P.S. 2:00p WestHills	5:00p O.A.	9:30a O.A. 5:30p Sat. Night Ser- vice
22	23	24	25	26	27	28
8:00a HE I 9:00a Sunday School, Choir, Youth group 10:15a HEII Blood Pressure & Blood Sugar Screening	7:00p Centering Prayer 5:00p-7:30p Cen- ter for Justice Deadline Em- manuel Light Newsletter	5:30p OA 7:00p Knit- ting Guild	10:00aHE/Healing 11:00a Bible study	10:00a TOPS	5:00p O.A.	9:30a O.A. 5:30p Sat. Night Ser- vice
29	30	31				
8:00a HEI 9:00a Sunday school, Choir, Youth group 10:15a HEII	7:00p Centering Prayer	5:30p OA				



ALTAR GUILD

Would like to offer a special thank you to all of those who donated Christmas Flowers. The church was beautiful! Your donation were greatly appreciated



JANUARY

Abby Estrup	7
Barbara Shining	7
Mary Parker	8
Reva Kurtz	10
Jan Shultz	10
Don Burnap	11
Jo Howard	12
Logan Williams	14
Brookelyn Conti	15
Chris Trull	18
Sameer Gentry	19
Barbara Terry-Potter	19
Frances Clausen	21
Mary Helen Flanery	21
Janita Amiotte	22
Beverly Trull	23
Paula Smith	26
Claudia & Tom	
Vucurevich	28
Barbara & Harry	
Christianson	29
Diane & Ken	
Kreimann	30

A TASTE OF TRADITION

Over the past 125 years, church gatherings have brought people together to break bread, to share our Christian faith with friends and family. In light on that precept, we are creating a cookbook "Seasonal Gatherings". The goal is to raise money to support our 125th Anniversary Celebration during the coming year.

With the Congregation's help, we will complete the project by April, 2012. This will allow people to purchase the cookbooks for gifts, and we will be able to sell them at Convention in the Fall.

Menus for the four seasons are our overall theme. This should provide an opportunity for both men and women in our Church to submit 5 recipes per person that pertain to one or all of the seasons— spring, summer, autumn and winter. We encourage you to consider soups, game recipes, ice cream, desserts, barbecue recipes, Easter brunch, picnic fare, salads, pizza, stews, Valentine's Day recipes-use your imagination. Hopefully, we will be able to use all your submissions, but many times there are duplicates-if so, we will give credit to both.

Please submit recipes to Lynn Von Wald via e-mail vonwald@rap.midco.net

If you prefer to submit handwritten or typed recipes, please place your recipes in the "recipe box" in the front office of the church.

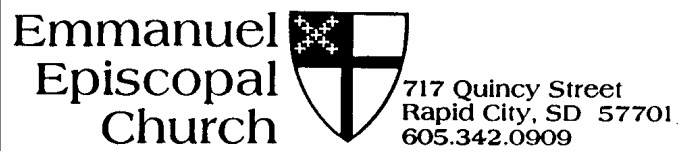


HEALTH & WELLNESS

Will be offering Blood Pressure & Blood Sugar Screenings in the Library after both services on Sunday **January 22**

Eight hour fasting is recommended prior to the blood sugar testing. Water is allowed. If you choose to do this screening please bring a snack for breakfast to eat after the test.

Please stop by and check your numbers.



Services at Emmanuel
Sunday

8:00 am Holy Eucharist Rite I

10:15 am Holy Eucharist Rite II

Wednesday

10:00 am Holy Eucharist and
Healing Service

