



**Reaching out  
Reaching within  
Proclaiming God's Love**

**St. Matthew's Episcopal Church**

P.O. Box 342  
2001 Windsor Drive  
Newton, Kansas 67114  
Church: 316-283-3308  
[www.stmatthewsnewton.org](http://www.stmatthewsnewton.org)  
[www.facebook.com/stmattsnewton](http://www.facebook.com/stmattsnewton)

# The Messenger



## A NOTE FROM THE INTERIM PASTOR - Fr. Richard Osborne

### Father's Day—Can I Borrow \$25?

A man came home from work late, tired and irritated, to find his 5-year-old son waiting for him at the door.

SON: 'Daddy, may I ask you a question?'

DAD: 'Yeah sure, what it is?' replied the man.

SON: 'Daddy, how much do you make an hour?'

DAD: 'That's none of your business. Why do you ask such a thing?' the man said angrily.

SON: 'I just want to know. Please tell me, how much do you make an hour?'

DAD: 'If you must know, I make \$50 an hour.'

SON: 'Oh,' the little boy replied, with his head down.

SON: 'Daddy, may I please borrow \$25?'

The father was furious, 'If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I don't work hard every day for such childish frivolities.'

The little boy quietly went to his room and shut the door.

The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down, and started to think:

Maybe there was something he really needed to buy with that \$25.00 and he really didn't ask for money very often. The man went to the door of the little boy's

room and opened the door.

'Are you asleep, son?' He asked.

'No daddy, I'm awake,' replied the boy.

'I've been thinking, maybe I was too hard on you earlier' said the man. 'It's been a long day and I took out my aggravation on you. Here's the \$25 you asked for.'

The little boy sat straight up, smiling. 'Oh, thank you daddy!' he yelled. Then, reaching under his pillow he pulled out some crumpled up bills.

The man saw that the boy already had money, started to get angry again.

The little boy slowly counted out his money, and then looked up at his father.

'Why do you want more money if you already have some?' the father grumbled.

'Because I didn't have enough, but now I do,' the little boy replied.

'Daddy, I have \$50 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you.'

The father was crushed. He put his arms around his little son, and he begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do remember to share that \$50 worth of your time with someone you love.

If we die tomorrow, the company that we are working for could easily replace us in a matter of hours. But the family & friends we leave behind will feel the loss for the rest of their lives.



## St. Matthew's Vision Statement

*St. Matthew's Episcopal Church is living into God's vision for us as a beloved community and disciples of Christ. We are always growing in relationship with God, embracing our neighborhood and our world, and leading through acts of service as a beacon of God's justice and love.*



## Birthdays, Baptisms and Confirmations

**Remember to pray for each of these persons on their special day**

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace which passes understanding abide all the days of their lives; through Jesus Christ our Lord. Amen

### June Birthdays

- June 1 - James Lawrence Upton
- June 8 - Ryan Hutton
- June 11 - Jenna Teichler
- June 13 - Chris Snow
- June 19 - Gloria Ochs, Mike Irving
- June 21 - Maddy Vajnar Danby
- June 22 - Kyla Jantz
- June 24 - Sarah Teichler
- June 26 - Barbara Gibson
- June 29 - Margie Knupp, Brennan Parker Wald

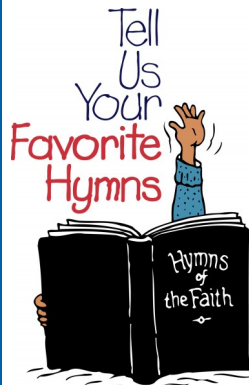
### June Baptisms

- June 3 - William Christopher Beck, Charles Joseph Collier, Mollie (Collier) Partridge
- June 4 - Brandon Ashcraft
- June 7 - Ryan Simmonds

### June Confirmations

- June 3 - William Christopher Beck
- June 6 - Kathryn Bogner
- June 18 - Vince Collier

***If you know of other birthday, confirmation, or baptism dates that are not listed, or any corrections, please contact the office so they can be included. Thank you.***



**During June we will be collecting names of our favorite hymns to be used during the Sunday services in July and August.**

**What songs do you want us to sing this summer? There is a sign up sheet at the back of the church. Please list the hymn name, page number in the hymnal and your name. You can also call the church and Charlie will make note of your choices. Lets have fun with this!**

St. Matthew's office hours:

- Monday-Wednesday 10:00 am-3:00 pm
- Thursday 10:00 am-Noon
- Friday 10:00 am-1:00 pm

Fr. Richard is in the office 10:00 am-2:00 pm Monday and Tuesday.

Services: Holy Eucharist 10:15 am every Sunday  
Evening Prayer 6:30 pm every Wednesday

The St. Matthew's Vestry's June meeting will be after church on Sunday, June 11, 2023

The Vestry Meeting minutes will be posted on the Vestry bulletin board in the hallway.



## Why it matters to exercise your brain

According to Rebecca Marcus, LCSW, a licensed psychotherapist in New York who specializes in mindfulness, brain games are important for several reasons:

- They can help to increase focus, concentration, and memory.
- They can help us to be more present in day-to-day activities.
- While it doesn't appear that brain games can prevent age-related cognitive decline and dementia, growing research indicates that they may slow or delay them.

"We are more likely to feel scattered, have trouble focusing, or experience forgetfulness if we don't do things to exercise and keep our mind sharp," says Marcus. "Just like we wouldn't expect to go to the gym for 3 months and then forever have muscles and strength without continuing to exercise, the same applies to exercising our mind."

Besides brain games, she says another way to challenge your brain is simply by varying your regular routines or tasks. For example, if you take your dog for a walk on the same route every day, try going in a different direction one day. (See? Easy!) You'll also want to challenge both sides of your brain.

The left brain is known to perform tasks related to logic, such as science and mathematics, whereas the right brain is more visual and intuitive. Games like Sudoku and puzzles are great for challenging the left side of the brain.

On the other hand, to strengthen the right side of your brain, you'll want to "keep your emotional intelligence sharp by engaging in conversations where you evoke and attune to the emotions of others," says Sarah Schewitz, PsyD, a licensed psychologist in Los Angeles.

You can also try new creative hobbies such as:

- painting
- photography
- creative writing
- playing music or learning to play an instrument

Everyone, young and old, benefits from playing games and doing puzzles. Maybe its time to plan a game night with your friends and family! What is your favorite puzzle or game? Scrabble, Sudoku, chess, crosswords, or something else?

# Puzzle!

Complete this crossword with names of biblical fathers. Use the references for help, if needed.



1. King Solomon's father, who ruled over Israel for 40 years (2 Samuel 5:4)
4. He was asked to sacrifice his son Isaac (Genesis 22:1-2)
6. He had 12 sons (Genesis 35:22b)
7. Samuel's father (1 Samuel 1:19-20)
9. His son was Obed (Ruth 4:21)
10. David was the youngest of his 8 sons (Ruth 4:17)

2. His 3 sons helped him build an ark (Genesis 6:10)
3. His youngest son, Jacob, tricked him into giving away a birthright (Genesis 27:30)
5. The Father of our Lord (Ephesians 1:3)
7. His sons were not like Samuel; they were wicked (1 Samuel 2:12)
8. David's best friend and the father of Mephibosheth (2 Samuel 9:6)
11. Father of Cain, Abel and Seth (Genesis 4:25)
12. He was married to Mary, mother of Jesus (Matthew 1:20-21)
13. Father of Jonathan; Israel chose him as their first king (2 Samuel 9:6)

Answer: DOWN 1. David, 4. Abraham, 6. Jacob, 7. Elkanah, 8. Jonathan, 11. Adam, 12. Joseph, 13. Saul, 9. Boaz, 10. Jesse; ACROSS 2. Noah, 3. Isaac, 5. God, 7. Eli,



## St. Matthew's Outreach

### Food Cart

16 non-perishable food items were delivered to the Salvation Army "Harvest of Love" food bank in May.

**Don't forget to add to the Blessing Box outside the church. Some suggested items: cereal, canned goods, jelly, mac and cheese, boxed meals, spaghetti, easy muffin mixes, etc.**

### Shut Ins & Solders

We have 3 wonderful young men on our soldier board, and 2 lovely people on our shut In board.

If anyone would like to add a relative, or a loved one to either of these boards, please let Melissa know.

Please include a picture to place on the board. They will receive cards and visits.

### Up coming Outreach

Back to School in July - more info to come

## June 2023 Coffee Hour Hosts

June 4 - Mary and Rick Beck  
June 11 - Nancy and Charlie Craig  
June 18 - Fathers Day - Melissa Keenan and Mary Upton  
June 25 - OPEN



Please sign up to host Coffee hour. There are plenty of openings. If you are not able to host, a donation of cookies, crackers, or cash would be wonderful to offset costs of supplies and coffee. Thanks.

## Parish Council Meeting Saturday, June 24 10:00 am

We will be meeting in the conference room to talk about and plan activities, services, and meetings for the next several month here at St. Matthew's. All committee leaders and members are encouraged to attend. Bring your ideas and your calendars.



Card  
Ministry

The Card Ministry group will be meeting on Monday, June 12 at 1:00 pm at the church. Please join us! All you need to bring is yourself, as all the materials will be provided. Hope to see you there!



Please join Deacon Barbara and company for Evening Prayer every Wednesday at 6:30 pm in the St. Matthew's Covey Chapel. Or join us on Facebook. Everyone is welcome. Come take a few minutes to end your day with prayer.

## From the Kitchen

### LABELING FOOD

Please remember to label any containers or food you might have in the refrigerator. This includes groups, functions, or individuals.

### MAINTAINING THE KITCHEN

Everyone is welcome to use the kitchen as needed. Please take the time to clean up after each use. This will help keep our kitchen clean and tidy! Have you seen something that needs to be repaired or changed? Please let Chris Simmonds, Jr. Warden, Scott McCloud or Jerry Wall know. You can leave a note with Charlie in the office and she will be able to get the information to the right person.

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Anything else around the church that you see the Vestry needs to look into maintaining, repairing, or replacing? Please contact anyone on the Vestry.






**Bible Quiz**

What does God compare to rain “watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater”?

A. The justice of the nations  
B. The work of God’s people  
C. The message of Isaiah the prophet  
D. God’s word



Answer: D (See Isaiah 55:10-11, NIV.)

**St. Matthew's Prayer Chain**

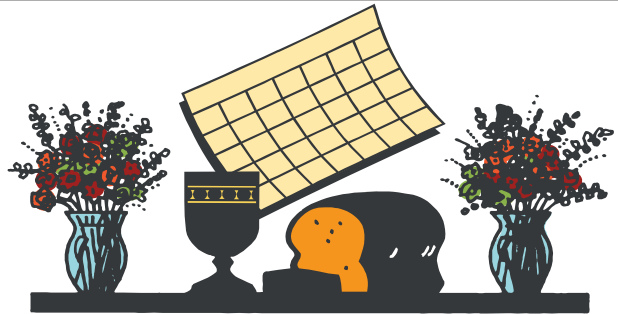
If you have a request for prayers for yourself or others, please contact Mary Upton at **316-841-1736**. The information you share with me will then be passed on to the chain leaders who will then pass the information on to their team. The members of the chain will then add your request to their prayers. The information you give me is confidential and will not be shared with others outside the prayer chain without your permission.

If you have a prayer request, would like more information and/or join the St. Matthew’s Prayer Chain, please contact Mary Upton at **316-841-1736**.




**LET'S FILL UP THE ST. MATT'S FOOD PANTRY.** The pantry is outside, at the entrance to the parking lot. Some suggested items: cereal, canned goods, jelly, mac and cheese, boxed meals, spaghetti, easy muffin mixes, etc.

**St. Matt's Little Free Food Pantry** Thanks for helping our neighbors.



**ALTAR GUILD**

**Altar Guild Team for June**

*Melissa Keenan, Karen Wall and Ginger King*

**Altar Flowers for June**

**June 4**

Charlie & Nancy Craig and Mary & Rick Beck  
*“In loving memory of Dr. Richard and Betty Glover, Margaret Hollingsworth, Marguerite and Dr. Harold Glover”*

**June 11**

Kathleen R. Leid  
*“In thanksgiving for the life of Fran Rogers, my Mom”*

**June 18**

Mary Werner  
*“For blessings of children”*

**June 25**

Margie Knupp  
*“In loving memory of Hal and Patty Knupp”*



## Episcopal Summer Mega Camp at Camp Wood YMCA

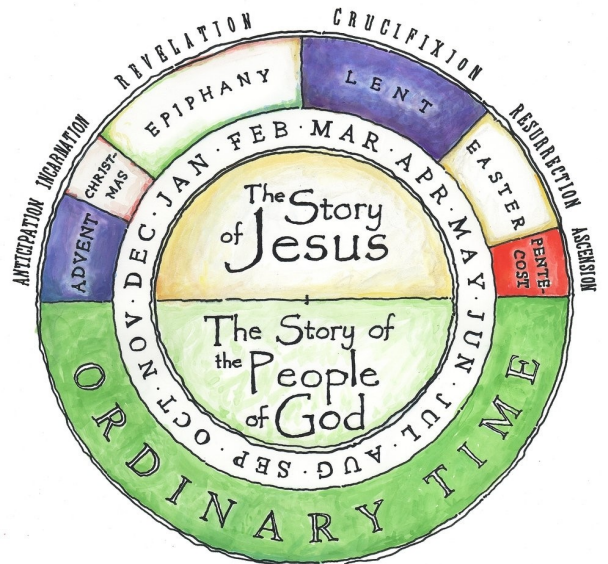
Please pray for all the kids and counselors at Camp Wood June 4-10, 2023. May they have lots of fun, learn about God and His Love for them, and find new friends and reconnect with old friends.



## Fun and Interesting Facts about the Episcopal Church

### Pentecost and Season after Pentecost (Ordinary Time), Year A (2017, 2020, 2023, etc.)

The word Pentecost comes from the Greek meaning fiftieth day. This was the Greek name for the Hebrew Feast of Weeks, which took place fifty days after Pass-over. The Hebrew festival commemorated the calling of the Hebrew people into covenant with God at Mount Sinai. The new Christians kept this name because this was the same day the Holy Spirit descended upon the Apostles. The church saw this as the beginning of a new covenant relationship between the followers of Jesus and God. This new relationship is summarized by the prophet Jeremiah, "I will put my law within them, and I will write it on their hearts." (Jeremiah 31:33)



We begin the season with two Feast days: Pentecost, followed by Trinity Sunday. Then we move on to the long season known as Ordinary Time, which runs through Christ the King Sunday. As we take this journey, nourished by the scriptures appointed for the season and empowered by our baptisms, we are invited to be on the lookout for all the blessings found in the ordinary – to see God at work here and now. And we are compelled to share our blessings with others.

We remain Easter people, now with the wind of the Holy Spirit in our sails. Our task for the months ahead in this season of Ordinary Time, which extends to the end of November, is to look at what Jesus so tenaciously taught his disciples and see what is in these teachings for us as we carry out the work we have been given to do. Jesus promised his disciples a helper, an Advocate, who would stand with them making the work possible. This same helper, the Holy Spirit, hovers over us still eager to quench the fire of fear and replace it with the powerful energy of love.



**From Your Senior Warden—Maggie Snow**

Well we have gone through Spring and are quickly moving into the Summer Season. I'd like to take this opportunity to bring you up to speed on several items that we have been working on in the past few months.

First, a big THANK YOU to Jerry Wall and Scott McCloud for all of their work on the Parish Building and Grounds. They've taken the lead on working on several issues around the church, including the HVAC unit in Father Richard's office. They are also moving forward with getting bids towards the main AC unit. Thank you guys!

Thank you as well to Charlie Craig, who took the lead on getting the circuit breaker box replaced for the Sanctuary. It's a great comfort to know the box is up to date and working as expected!

Chris Simmonds has also been invaluable in working to get all of the locks at the Rectory re-keyed and the garage door combination pad updated. Thank you, Chris!

We have formed a committee to review the Mission Statement for St. Matthew's. The committee, consisting of myself, Deacon Barbara and Mary Werner, will review the existing Mission Statement and see if we need to bring it into alignment with our new Vision Statement. We hope this committee will bear fruit in the next month or so. Stay tuned!

The Vestry is also moving forward with several critical administrative items that need to be resolved before we can begin working towards calling a new priest. We have been able to document much of what we need, but there is still more to do so we can have a clear picture of Church Operations.

I also wanted to update everyone on the reach of St. Matthew's in the digital world. Starting this month I will be providing Analytics for our Facebook and YouTube pages. We've got a wider impact than you may know! If you haven't already, follow us on Facebook and YouTube by searching for us on either platform, and don't forget to share the posts with your friends and family!

Thank you all for your continued support as we move forward together!

**Social Media Engagement for May 2023**

Here are our Social Media Engagement Statistics for the month of May!

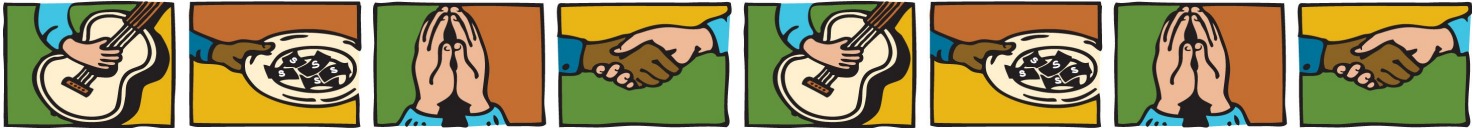
<b>Facebook</b>	
Reach	223 People
Engagement	141 People
Net Followers	3
<b>Facebook Live</b>	
3 Second Views	253
1 Minute or More	42
Audience Break-down	85.8% Followers, 14.2% Non-Followers
<b>YouTube</b>	
Views	15
Unique Views	7
Where Viewers Came From	53.3% from St. Matthew's Channel
	40% from YouTube Search
	6.7% from our Playlists

**The Best and Worst of Times**

“It was the best of times, it was the worst of times, it was the age of wisdom. It was the age of foolishness...” so wrote Charles Dickens in A Tale of Two Cities in the 19th century

many in present times believe they have lived in the best and the worst of times in both the Light and the Darkness of despair yet the God of wisdom initiates our hearts into this spring of hope after our winters of deep despair our eyes opened to the amazing mystery of loving kindness in the radiant Light and deep Darkness  
“I AM with you all days...”

Joan Breit  
Spring 2023



Here is the worship schedule for June. Please let the office know if you would like to sign up to read, usher and/or count. We can always use more hands! ***If you are unable to serve when you are scheduled, please find a substitute.*** Thanks for your service!

	June 4	June 11	June 18 Father's Day	June 25
<b>Season</b>	Trinity Sunday	2nd Sunday after Pentecost	3rd Sunday after Pentecost	4th Sunday after Pentecost
<b>Service</b>	Holy Eucharist	Holy Eucharist	Communion in the absence of a Priest (ComAP)	Holy Eucharist
<b>Leaders</b>	Fr. Richard Osborne	Fr. Richard Osborne	Deacon Barbara Gibson Maggie Snow	Fr. Richard Osborne
<b>Lectors</b>	Elizabeth Hill	Bonnie Jones	Mary Upton	Jeremy Kitto
<b>Counters (2)</b>	Twila Lockaby	Fred Schroeder	Margie Knupp	Mary Upton
	Margie Knupp	David Simmonds	Twila Lockaby	Fred Schroeder
<b>Ushers (2)</b>	Mary Upton	Melissa Keenan	Bonnie Jones	Elizabeth Hill
	Bonnie Jones	Rick Glover	Charlie Craig	Mary Werner
<b>Hosts</b>	Mary and Rick Beck	Nancy and Charlie Craig	Melissa Keenan and Mary Upton	Open
<b>Altar Flowers</b>	<b>Charlie &amp; Nancy Craig and Mary &amp; Rick Beck</b> <i>"In loving memory of Dr. Richard and Betty Glover, Margaret Hollingsworth, Marguerite and Dr. Harold Glover"</i>	<b>Kathleen R. Leid</b> <i>"In thanksgiving for the life of Fran Rogers, my Mom"</i>	<b>Mary Werner</b> <i>"For blessings of children"</i>	<b>Margie Knupp</b> <i>"In loving memory of Hal and Patty Knupp"</i>
<b>Acolyte &amp; LEM</b>	Fred Schroeder	Karen Wall	ComAP Maggie Snow	Maggie Snow
<b>Organist</b>	Chris Teichler	Chris Teichler	Kelli Glann	Chris Teichler