



# The Evangel

Late Summer 2023 Edition

St. Matthew's  
Episcopal Church

## Letter from the Rector

It feels good to wake up to some cooler weather, which means fall is right around the corner. Looking at the parish calendar, there are many things happening through mid-October. Almost every Saturday is filled with a workday or retreat or community event, and on a few days we are double booked. Please follow the parish calendar on the St. Matthew's website and read our weekly updates that come via email. The staff works hard to communicate what is going on, but we all have a responsibility to pay attention to the announcements and weekly updates that are sent out by the staff. We try not to overwhelm your inboxes with unnecessary email, so please take note of the things we do send out so that you won't miss anything.



There are several things upcoming that I want to emphasize as well as offer a thanksgiving or two.

First, St. Matthew's is getting an updated sign on 27 1/2 Road and a new sign on Cortland Avenue. Our current signs have been needing an update for over a year. Thankfully, a couple that attended St. Matthew's for many years, through their estate planning, gave a large gift to St. Matthew's. The parish is able to use some of this gift for special projects, which include updating and replacing our signs. Hopefully, the updated signs will be in place by the end of September.

Next, the Diocesan Convention will be held in Grand Junction on October 5-7. Although we will not be hosting anything on-site at St. Matthew's, Episcopalians from all over Colorado will be converging on the Grand Junction Convention Center for our annual meeting as a diocese. St. Matthew's will be recruiting volunteers for the event, and the clergy and altar guild will be planning for the opening Eucharist at the convention center, so please let Deacon Rich or Desiree know if you would like to volunteer.

Finally, St. Matthew's is searching for a music director. I am hopeful that a candidate will emerge soon and we can begin the next chapter of our music ministry at St. Matthew's. If you want to nominate someone, please contact me directly. In the meantime, I would like to thank Sandy Moore for her hard work over the summer providing hymns and songs for our worship, as well as John and Christie Hatch for offering their musical gifts on a Sunday or two. Looking ahead, I am also excited for the return of Robbie Breaux behind the organ and piano for the next couple of Sundays. Three cheers for our staff musicians and volunteers at St. Matthew's in this time of transition!

Peace, Father Steve

## Priest Associate's Letter



Goodbye to the lazy days of summer (I'm hoping you had a few.) Have you noticed the number and variety of events we have coming up in the next few months at St. Matt's? It's impressive! Just in September and October there are opportunities for renewal, learning, socializing, tending the grounds, attending convention workshops, and events for our youth, to name just a few.

But there's one event I want to highlight because it is such a unique opportunity and such an important event for one of our own. On Saturday, August 26 you can be a part of changing the life of Amber and Gia Peña by volunteering to help with the construction of their Habitat for Humanity home. There will be two shifts, 8:30-noon and 1:00-4:00. Each shift can accommodate ten workers. You can volunteer for the whole day or just one of the shifts. You can sign up by contacting Desiree at the church office, 970-242-3293.

It's not often that you and I get a chance to make a true and lasting difference in the life of another. But this is one of those times. Habitat for Humanity is making this opportunity possible. We can help make the possibility a reality for Amber and Gia.

"Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless us now."

*St. Teresa of Ávila*

### Decluttering Support Group Check-In

*Mother Jan's continuing quest for helping you live your best life.*

Do you look around your home and think, "I've got to do something with all these treasured things?" Or, do you think, "I can't leave this house full of stuff for my kids?" Are your possessions bringing you more stress than joy? Keep reading.



Many of us are uncomfortably aware that all the possessions we have accumulated may be taking up more physical and emotional space than we'd like. Folks are facing the need to downsize prior to a move, simplify their housekeeping, clear out "stuff" so their children don't have to deal with it, or just feel a more uncluttered serenity at home. Mtr. Jan is leading a periodic check-in for those who want to tackle this issue but don't know where to start, don't know what resources are available, find themselves paralyzed by the memories embodied in what they've collected, or simply need to stay motivated to do the work of sorting through what's been accumulating over the years. Attendance at the first series of workshops is not required. All are invited, it's never too late to get started!

**Meeting date: Tuesday, September 5th**

**Time: 1:00-2:30 PM**

**Location: St. Matt's classroom**

For questions, please contact Mtr. Jan at [therevjan2018@gmail.com](mailto:therevjan2018@gmail.com). All are invited to attend!

## VISITING DEACON PROGRAM

Your local "Tsunami of Deacons" are happy to report that the following churches in the Southwest Region have received at least one visit from us so far:

All Saints in the Mountains, Crested Butte  
Good Samaritan, Gunnison  
St. Barnabas, Cortez  
St. John's, Ouray  
St. Luke's, Delta

We have plans to visit these churches before the end of the year:

St. Patrick's, Pagosa Springs  
St. Stephen's, Monte Vista  
St. James', Lake City  
St. Augustine's, Creede

In addition to our regional churches, we have also visited St. James' in Meeker, All Saints in Battlement Mesa and St. Christopher's Mission in Bluff Utah.

When visiting we serve at the altar, preach, and provide information on the diaconate in an effort to increase interest in and awareness of diaconal ministry.

Your humble servants,

Rev. Rich Paul, Rev. Pam Stewart, Rev. Charlotte Shepic, Rev. Jamie Galbasini and Rev. Teri Shecter



St. Christopher's Mission, Navajoland

## Youth & Children's Ministry



Youth Group: September 9th and 10th is our local Pride event. St. Matt's will have a booth and walk in the parade. Please email Deacon Jamie or Becky if you have any questions and if you would like your youth to participate in Pride so that we can get a permission slip to you.

August 20<sup>th</sup> combined middle and high school- we will make a Pride banner for the parade

August 27<sup>th</sup>- no youth group

September 3<sup>rd</sup>- no youth group Labor Day

September 9th- Youth volunteering for the 5k 8:30-10:30 (Please email Deacon Jamie or Becky if your youth is available for this event)

September 10<sup>th</sup>- Pride Parade All

September 17<sup>th</sup>- Middle School only

September 24<sup>th</sup> High School only

The four youth who attended the Episcopal Youth Event in Maryland had an amazing experience. **Come to coffee hour on August 20th to hear about the memorable gathering of young Episcopalians from around the world.**



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## Supporting the Episcopal Diocese of Hawai'i after Wildfires

Episcopal Relief & Development is in contact with the Episcopal Diocese of Hawai'i in the wake of wildfires that have claimed the lives of 99 people (with only 25% of the burn area searched so far the number of fatalities are certain to rise) and displaced over 11,000 residents on Maui. Please [pray](#) for the people impacted by the fires. Donations to the [US Disaster Fund](#) will support Episcopal Relief & Development and its partners as they respond.

To give, please visit:

<https://www.episcopalrelief.org/press-resources/supporting-hawaii-after-wildfires/>



## Coffee Hour: Up & Coming Offerings

### **Sunday, August 20th: E.Y. E. (Episcopal Youth Event) Report.**

Developed in response to the mandate of the Episcopal Church's 1982 General Convention and open to Episcopal youth from Grades 9-12, young people from throughout the Episcopal Church gathered in Baltimore from July 4th-8th for this exciting and faith-filled event. Come and hear what the young people from St. Matt's experienced in this gathering and how it felt to meet other youth from throughout the country who share in our faith and worship.

### **Sunday, August 27th: What Does It Mean to be a Deacon of the Church?**

Among other things, at ordination a deacon vows to "make Christ and his redemptive work known, by word and example, to those among whom you live, and work, and worship. You are to interpret to the Church the needs, concerns, and hopes of the world." Join Deacon Rich this Sunday as he discusses the diaconal ministry and what it calls all of God's church to do.

**Sunday, September 3th: Labor Day weekend; No meeting** (just enjoy the fruit of your labor).

### **Sunday, September 10th: Do Episcopalians "Go to Confession?"**

Pages 446 thru 452 of the Prayer Book contain a rite for "The Reconciliation of a Penitent." What does this mean for Episcopalians? What is the history and the thinking behind this practice? Do I have to go to confession? When might it be helpful... or maybe even necessary? This week Father Emil will lead a discussion of this much under-used but graced sacramental act.

As usual, all offerings will begin at 9:00 AM.

## **Coming in September: What is Mysticism?**

How do we live a mystically driven life? What does it feel like? Is it just another fringy fad or does mysticism have an abiding history that can mean being touched, held, and compelled by something deeper than your head and your feelings.

Join us as we explore Christian mysticism and some of the individuals whose lives have been touched by it. Sessions will be moderated by Fr. Emil and will feature insightful presentations by Fr. Ronald Rolheiser, a specialist in the field of spirituality. There will be ample time for discussion afterward.

**This series will run from 6:30 to 8:00 PM on three successive Tuesdays, September 26th thru October 10th, in the church conference room.** Believers and seekers – all are welcome.

## Adult Formation (continued)

### Ongoing Enneagram Learning Community

This fall let's begin to integrate what we know about ourselves and what we have learned about the Enneagram. We will begin by exploring the three Centers of Intelligence and the Types that are associated with each Center. Continuing with our spiritual practices we will begin to see how relaxing our minds enables us to make changes in our behaviors. These gatherings will be facilitated by Deacon Charlotte Shepic and Fr. Steve Hood. Everyone is welcome whether or not you participated in the classes earlier this year. Please bring a lunch. **11:30 AM - 1:00 PM on September 10th, October 22nd, and November 12th.**

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#### Life as Spiritual Journey

The discussion group will continue the conversation about the interplay between spirituality and life's challenges, especially as we age. Facilitators Lyn Fraser and Reenie Neal will use poems and other materials as catalysts to consider our lives as individuals and as a community in relation to our spiritual experiences, practices, and questions. No sign-up required. **Mark your calendars! Thursday, 10:00 -11:00 a.m. September 7**

#### Women's Retreat

**Art Theology: Greening Grace  
September 17-20, 2023  
Cathedral Ridge Conference and  
Retreat Center**

**There's still time to register for St. Matt's Women's Retreat 2023 on Art Theology: Greening Grace, September 17-20, 2023 at Cathedral Ridge Conference and Retreat Center.** If you would like to sign-up please contact Desiree at (970) 242-3293 or [stmattsgj@gmail.com](mailto:stmattsgj@gmail.com).

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#### Painting the Nature of Love

**Friday September 29, 2023 - 9:00 AM to 4:00 PM  
St. Matthew's Episcopal Church**

Our ideas of God can help us to become the most loving persons we can be; people's ideas about God can also be very destructive. During this all-day retreat we will be using the method of Art Theology to paint our ideas of God to better understand what we mean when we say God is Love. We will also use this method to better understand how people of other faith traditions can help us to deepen our understanding of divine love.

This is not just for those who are artists and/or love art, this method is for anyone who wants to think differently or more deeply about God and spirituality. This session is not a repeat of the St. Matt's Women's Retreat and is open to the community. **Please register by calling the church office at 970-242-3293. There is no charge for the retreat but donations will be accepted to offset the cost of lunch and speaker expenses.**

## Community Events / Programs

### St. Matthew's Eleventh Annual Spirit of the Valley 5k Run, Walk, 'n Roll Saturday, September 9, 2023.



The Spirit of the Valley 5k – Run, Walk, 'n Roll brings together able-bodied and disabled racers of all ages and abilities for fellowship, competition, and fun. This year's net proceeds will benefit local disabled veterans, and the Latimer House.

In person registration for the 1k and 5k race begins Friday, September 8th from 9:30am – 3:00pm and Saturday at 8:00am. Both races start at 9 a.m. The 1k is great for racers who have children! Kids 12 and under are free. Visit [stmatthewsgj.org](http://stmatthewsgj.org) under the outreach tab for more information and to register online.

Please see Becky Vroman if you would like to run, volunteer, or sponsor a disabled athlete.

### Calling Volunteers for Pride Fest on September 9th



In the Episcopal Church, we believe that God loves us all – no exceptions. Volunteer at St. Matthew's booth at the Pride Festival at **Lincoln Park September 9 from 11:00 to 7:00**. (Yes it is the afternoon of the St. Matt's 5k!) Help pass out St. Matt's merch, remind people LGBTQIA are welcome at St. Matt's, and talk about what makes St. Matt's special to you.

Interested in helping out?

Please contact Suzanne Foster Porter at 970.312.7179

or visit: <https://www.signupgenius.com/go/5080E4AA5AA29A4F85-stmatts> to sign-up.

For more information about the Pride and the Episcopal church of Colorado, see <https://episcopalcolorado.org/pride-2023/>. Information about Colorado West Pride Festival September 7 to 9 is available at <https://coloradowestpride.org/>.

### City Market Community Rewards

Do the bottom of your City Market receipts look like this one? If not and you'd like to make a no-cost-to-you donation to St. Matthews every time you buy food/fuel/prescriptions at City Market, sign up for their Community Rewards program. It's as easy as calling either Bruce Noble (970-275-9899) or Terry McDanel (303-666-0866). They'll do the sign up process for you. Give one of us a call!



## Continuing at St. Matthew's

### Wine, Women, Jesus & Dinner

All women and their friends are welcome to come to a monthly dinner (**typically the first Monday of the month**) to socialize with other women in the parish. A small cooking team is formed each time to prepare soups, salads, chili, chicken, or any simple meal. More than the food, it's about making new friends and enjoying a night out with no cooking. The \$7 entry fee defrays food costs, and the remainder is donated to local agencies serving women. WWJD meets September through June. For questions contact Sue Van Voorhees at [sukeyvanv@gmail.com](mailto:sukeyvanv@gmail.com)

### Episcopal Church Women/ St. Margaret's Guild

ECW meets on the **third Thursday of each month, September - May at 1:00 PM**. Funds are raised by collecting \$2 per person for dessert, donations from members for their birthdays and anniversaries, and provide food and kitchen help for requested receptions. All church women are invited to attend, enjoy fellowship and a tasty selection of desserts. For more information, please contact Lucia Webster at [luciawebster33@gmail.com](mailto:luciawebster33@gmail.com)

### Stone Soup Project

In partnership with Solidarity Not Charity, St. Matthew's Stone Soup prepares and serves food to our brothers and sisters in Whitman Park on the **last Saturday of each month**. It is through the contribution of canned goods and cash offerings from our members that keeps Stone Soup an important part of our congregation's outreach. Our goal is to provide a nourishing meal and a friendly smile. If you are interest in volunteering to prepare or serve meals, please contact Kathy Morgan at [Kathleen.morgan@yahoo.com](mailto:Kathleen.morgan@yahoo.com)

### St. Matt's Piecemakers

#### No Kid Sleeps on the Floor in Our Town!

We meet on the third Saturday of each month. Members of the group have been busy piecing quilt tops. We gather to help cut and layer the quilts. Fabric and supply donations are housed at the church. Batting has been purchased and is available for Piecemakers to use. Contact Kathy Morgan at [kathleen.morgan@yahoo.com](mailto:kathleen.morgan@yahoo.com) if you are interested in joining us.

### Fr. Nick's Gospel Study Tuesdays at 10:00 AM

The group meets in the conference room and are currently studying the **Prophet Isaiah**. All are invited to attend!

### Noon Service of Eucharist and Healing Wednesdays at 12:15 PM

This is a small, priest led service perfect for those who prefer not to worship in larger crowds.



## Mark Your Calendars!



### Fall Kick Off - October 15, 2023

It's time to dust off your favorite recipe and start preparing for the annual Chili Cookoff, which is scheduled for **October 15th after the 10:00 service!** Look for sign-up sheets for chili entries, cornbread, and cookies are under the butterfly window starting in September. There will also be a sign-up sheet for judges.

Contact Janette Deagle at [janette.deagle@gmail.com](mailto:janette.deagle@gmail.com) or Sue Emerson at [zianutz@gmail.com](mailto:zianutz@gmail.com) if you have any questions. Thank you!

### Men in Heels Race

Every year, men from the Grand Valley don a pair of high heel shoes (secured with generous amounts of duct tape) to raise money for the Latimer House, an emergency shelter for victims of domestic violence and sexual assault. Watch for details on date and time. For questions, contact Deacon Rich Paul at [richpaul84@gmail.com](mailto:richpaul84@gmail.com). Thanks in advance for your prayers and support!

### The Feast of St. Francis of Assisi Blessing of the Animals October 8th at 5:00 pm

On Sunday, October 8 we will gather to celebrate the Feast of St. Francis with the Blessing of the Animals at 5:00 PM. There will be a brief liturgy at the pavilion and clergy will be available to provide individual blessings for all our furry, feathered, shelled, and finned animals who bring joy and companionship into our lives. All animals (or pictures) are welcome! Friends and neighbors are welcome. Leashes / cages please!

### Thank You St. Matt's!

Dear Rich + members of St. Matthew's Church,

Thank you so much for your generosity and hospitality. It is because of people like you that we're able to continue to raise money for and spread the Ulman Foundation's mission. We're so grateful for the homestays. We felt spoiled with beds, laundry, and homecooked meals. We appreciate you all sharing your stories and connections to cancer, as well as your wisdom about the area. We're well rested and energized leaving Grand Junction thanks to you all!

we're so grateful! much love!  
Team  
Tahoe 4K for Cancer  
2023



**St. Matthew's Episcopal Church**  
**3888 27 1/2 Road**  
**Grand Junction, CO, 81506**

**Clergy**

The Right Reverend Doctor Kimberly (Kym) Lucas, Bishop  
The Reverend Stephen D. Hood, Rector  
The Reverend Janice Head, Priest Associate  
The Reverend Rich Paul, Deacon  
The Reverend Teri Shecter, Deacon  
The Reverend Jamie Galbasini, Deacon

**Assisting/Retired Clergy**

The Reverend Emil Belsky  
The Reverend Nick Mayer  
The Reverend Judy Schneider  
The Reverend Charlotte Shepic

**Vestry**

Jason Vroman, Sr. Warden  
Heidi Plank, Jr. Warden Building & Grounds  
Janette Deagle, Jr. Warden Community Life  
Rebekah Feigh, Jr. Warden Technology  
Bruce Noble, Treasurer

Blake Bickham  
Kevin Bouwhuis  
Dave Emerson  
Cora Galbasini  
LaReina Kalenian  
Terry McDanel  
Sandy Moore  
Matthew Ross

Church Office Hours  
Monday thru Thursday, 9:00 am - 2:00 pm,  
Friday 9:00 am - noon.

Finance Office Hours  
By appointment only.  
(970) 242-3293

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