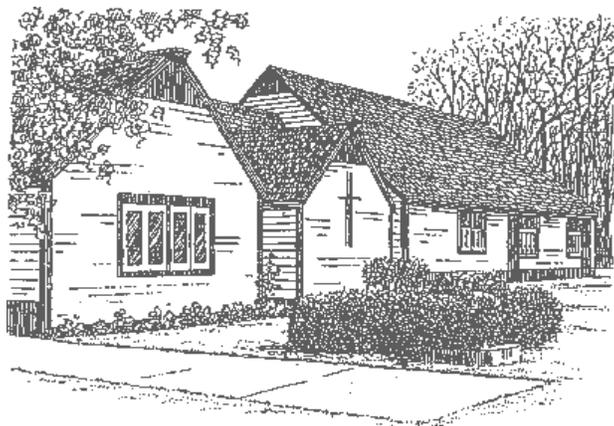


Church Notes

News, Events,
and
Notes of Interest

for the week ending
May 21, 2010



CHURCH OF THE APOSTLES
170 Fairview Avenue
Coventry, Rhode Island 02816

CHURCH OF THE APOSTLES

Evangelical Anglican



(John 8:32)

We are Christians proclaiming the Gospel of Jesus Christ who worship in the Anglican tradition. Church of The Apostles is a member of the Conservative Congregational Christian Conference.



United In Faith 2010
In God We Trust and Obey
September 4, 2010

UNITED IN FAITH 2010 BENEFIT SCHEDULE

June 4th • Daryle Borrows

Lighthouse Assembly of God Praise Team, Westport, MA
Location: Church of The Apostles, Coventry

July 9th • Spirit & Truth

Church of The Apostles Praise Team, Coventry, RI
Location: Faith Presbyterian Church, Cranston

August 6th • New Life Worship Team

New Life Assembly of God, Wakefield, RI
Location: Church of The Apostles, Coventry

*Outdoor concerts on the lawn.
Hamburgers and hotdogs available at 6:00 p.m.
Music at 7:00 p.m.
Bring your lawn chair or a blanket.*

For further information contact Deacon Cathy Morgan
at 499-3918 or 781-8577.

Pentecost 2010

*We praise and thank you, O glorious God!
Your power lifts the great light in the heavens.
Your glory shines forth in the risen Son.
Your majesty lies over all of creation.
Your splendor clothes us with dignity and honor.
Your goodness overcomes any weakness.
Your bounty satisfies all hunger.
Your grace proclaims our destiny.*



*Rejoice, O holy people, in this great Light:
the Spirit has descended
and the presence of the risen Christ
is firmly established among us.
Keep us safe in this light that never fades.
Amen.*

On
The Feast of Pentecost

May 23, 2010

Membership Sunday

Tia Nicole DePalma
Tyler Carlo DePalma
and
Billyjack DePalma

were baptized into the family of God.

Also on that day,

Warner Dauphinee	Cheryl Lewis
Kimberly DePalma	Donald Pillsbury
Linda Grausgruber	Sue Pillsbury
Duenna Karner	Dianne Sacchetti
Bill Karner	Jessica Tellier
Will Karner	Mark Tellier

*publicly renewed their commitment to Christ and
membership in this Congregation.*

***On behalf of the Elders, Deacons,
Church Staff and the entire Congregation ...***

Congratulations!!!

Christian Education News...

Christian Education Recognitions: On Sunday, June 13th, The Third Sunday after Pentecost, we will be celebrating our Christian Education Program, as it is our last day of classes for the 2009-2010 academic year! We will be recognizing all participants (especially our teachers!) during the announcement time. Please join us as we thank teachers, parents, and students for all of their hard work and dedication to learning about Jesus.

*“Train up a child in the way he should go;
even when he is old he will not depart from it.”*

(Proverbs 22:6)

and Study opportunities ...

Men’s Fellowship Breakfast

Saturday, June 12, 2010

7:30 a.m. to 9:00 a.m.

Please join with your brothers in Christ
to share food, fellowship and the Word of God.

Bring a friend!

For further information, please speak with
Diaconal Minister Bill Sexton (726-4549).

The Men’s Breakfast will not be offered in July and
August. They will resume in September.

More Study opportunities ...

The men's Bible Study, ***Joshua's Men***, meets on the second and fourth Thursdays of the month at 7:00 p.m. ... and the women's Bible Study, ***Joyful Women***, meets on the first and third Saturdays of the month at 8:00 a.m. All are welcome!!

The Truth Project

If you have participated in *The Truth Project* and either would like to review or have missed one of the teachings, please feel free to join the Wednesday night study group that meets at 5:30 p.m. at the Church. For further information, please speak with Diaconal Minister Kathy Kettle (822-2460).

The topics to be covered during June are:

June 2	Lesson 6	History
June 9	Lesson 7	Sociology
June 16	Lesson 8	<i>Unio Mystica: Am I Alone?</i>
June 23	Lesson 9	The State: Whose Law?

What they are saying about The Truth Project ...

I think that *The Truth Project* was very well conceived and delivered in a manner which is easy to follow but with enough mystery to entice you to the next lesson or journey. It is interesting to realize that, even though I have always had a belief in the Triune Deity, I am not as well prepared as I should be to defend my beliefs. Seemingly harmless explanations which non-believers have seeped into society easily can transform basic elements of behavior, such as the basis for law, from being Biblically based into being secularly based. I am more informed now, but I still have a journey ahead of me.

—Ed Farrell

Stewardship in Action ...

Over the past several Sundays during the announcement time, members of the Congregation have been speaking about some of the many ministries here at Church of The Apostles. God has blessed this Congregation with committed Christians willing to serve his Kingdom.

Following are the ministries that have been highlighted to date and the corresponding ministry leader.

Kitchen Ministry: Harry Sacchetti (374-4273)

The Kitchen Ministry prepares and serves dinners and breakfasts for Church events and other special occasions.

Sunday Brunch: Barbara Bickerstaff (828-7216)

Brunch is a pot luck meal served each week following the Christian Education classes.

Acolytes, Chalice Bearers & Readers: Beth Sexton (726-4549)

These servants proclaim the Word of God, lead the Congregation in prayer and assist the Elders at the holy Table.

Ushers: Dale Famiglietti (397-4819)

Ushers greet our Congregants and visitors, distribute the Sunday bulletins, bring forth the tithes and offerings, direct the traffic flow during at Communion time and generally assist where needed.

Flower and Altar Guilds: JoAnn Ruppert (826-8623)

These ministry members prepare the holy Table for the Sunday celebrations of the Holy Eucharist and other special services as needed.

If have any questions about any of these ministries, please contact the individuals listed. For further information about other ministries, please speak with Stewardship Minister Kathy Kettle (822-2460).

The Joy of the Lord Is My Strength

Everyone occasionally feels blue or sad, it is a natural reaction to stress and tension, but these feelings are usually fleeting and pass within a couple of days. When these feelings are severe or prolonged, the person may be experiencing depression.

Depression is a mood disorder that affects the whole person—mind, body, and spirit. Depression is a serious disorder that calls for professional help and treatment to get better. Depression, like most mental illness, runs the continuum of severity. It can be mild or major. It can last from weeks to months. It can involve anxiety symptoms as well.

Depression is a common problem in America today. Millions of people are affected by depression and yet, depression is widely misunderstood. It is often ignored or untreated and everyone involved suffers. People don't recognize their symptoms, are afraid to seem "weak," or are too depressed to take action. Untreated depression can disrupt work, family relations and social life.

Depression can affect anyone, at any time. Elderly people commonly get depressed as a result of physical problems, damaged self-esteem, retirement, declining income, loss of loved ones, loneliness, etc. Middle-aged adults are more likely to become depressed than any other age group. Goals seem unattainable, children are leaving home, parents are aging, etc. Young adults frequently become depressed as they struggle with intense job and family responsibilities and search for fulfillment. Adolescents experience social stress and rapid physical changes that often lead to wide mood swings. Children also can suffer from depression. It is usually related to family conflict, and symptoms quickly pass.

One of several factors can cause depression: biochemical functions, genetic patterns, personality type, and environmental influences. Biochemical suggests shortages or imbalances of mood-influencing chemicals. Depression is not inherited, but the tendency to suffer from some type of depressive illness does run in certain families. People who are highly self-critical, very demanding or unusually passive and dependent are more prone to

depression. Unfavorable family, social or working environments can cause depression, as can serious interpersonal conflicts, loss of a loved one, neglect and abuse as a child, etc.

There is a broad range of symptoms which may be experienced: changes in behavior and attitude (general slowing down, neglect of responsibilities and appearance), different feelings and perceptions (emotional flatness or emptiness, inability to find pleasure in anything, hopelessness, loss of sexual desire, loss of warm feeling for family and friends, exaggerated self-blame or guilt, loss of self-esteem, and suicidal thoughts and actions), and physical complaints often with no apparent physical cause (sleeping disturbances, early-morning wakefulness, sleeping too much, insomnia, chronic fatigue, lack of energy, unexplained headaches, backaches, and digestive upsets).

The general well-being of a person depends on a balance of mind, body, and spirit. When one part of the being is not working well, it will eventually have an impact on another part.

Here are some pointers for Christians to help deal with depression:

- Try to spend time with other people and confide in a trusted friend or relative. Try not to isolate yourself, and let others help you.
- Set realistic goals for yourself.
- Sing. Music can uplift your spirit as it did for King Saul (1 Samuel 16:14-23).
- Praise and give thanks. *“In everything give thanks; for this is the will of God in Christ Jesus for you”* (1 Thessalonians 5:18).
- Lean heavily on the power of God's Word.
- Rest confidently in the presence of God's Spirit. *“Hope in God, for I shall yet praise Him for the help of His countenance”* (Psalm 42:5).
- Engage in mild activity or exercise.
- Participate in church or social activities.
- Call a mental health professional.

A counselor can help you gain perspective about your illness; resolve problems that may be contributing to the depression; and assist you in developing coping skills. However, in addition to counseling, depending on the severity of the depression, medication may also be a treatment option. You can discuss this with your counselor, who could then refer you to a psychiatrist to prescribe and manage the necessary medication. Relief is available for difficulties that plague our minds. It is truly the wise that seek out the help, wisdom and counsel of those whom God has equipped to facilitate the healing of the mind.

One of the biggest reasons people do not seek help is the shame they feel about having a mental illness. The reality is that our minds are vulnerable to illness just like our bodies. There is no shame in developing the flu or some other medical condition, so why is there with the mind? Those who avoid seeking help because of the shame they feel only languish longer than necessary. Depression is often misunderstood even by people who suffer from it. But in all things, especially depression, we can be conquerors through Christ.

One of the greatest helps we have is in the wisdom found in God's Word. *"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you"* (1 Peter 5: 6-7).

Sharon Galloway, RN
Health & Wellness Minister

A Prayer for Trust in God

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. Amen.

(The Book of Common Prayer, p. 461)

Outreach Notes ...

The Crossroads Ministry

*“But whoever has the world’s goods and beholds his brother
in need and closes his heart against him,
how does the love of God abide in him?
Little children, let us not love with word or with tongue,
but in deed and truth.”*
(1 John 3:17-18)

For us planting flowers might be something simple or normal to do. For the homeless it is a break from the mundane life of living in a shelter and wondering where their next step might take them. During our last two visits to the Crossroads Family shelter we have brought terracotta pots, paints, decorations, soil, flowers to plant and “grow sticks” in bright colors with scripture verses in English and in Spanish, with blessings from Church of The Apostles. Our visits are truly a message of hope and Christ’s love. Smiles are a sure sign that adults and children alike appreciate that someone cares enough to spend a Friday evening with them.

We will be returning to Crossroads on Friday, June 11th for an evening of dress-up storytelling and simple scrapbooking. Our hope is to be able to take photos of each of the residents, print them out and include them in the scrapbooks they will be making. If you would like to be a storyteller or are willing or able to lend and/or operate a photo printer, please contact me.

It is my prayer that many more of you will share in the wonderful experience of visiting with the residents at the shelter. Jesus said, *“It is more blessed to give than to receive”* (Acts 21:35). The greatest blessing of giving love is the love you receive back, which, at Crossroads, is so much more than you could ever imagine.

Deacon Cathy Morgan
Outreach Minister

Honoring Our Veterans

The outreach committee is sending out postcards to all the veterans who were invited to the *Evening of Honor* this past February to remind them that we continue to be thankful for their brave and selfless service and that they continue to be on our minds and in our prayers. Let us all join together and pray for our soldiers and for our veterans as Memorial Day draws near.

The red and blue stars from the *Evening of Honor* with names of veterans and soldiers to be prayed for are hanging on the giving tree for Memorial Day. Additional stars are available in the Narthex for anyone who wishes to add a name to the cross for prayer.

We will be hosting a cookout for veterans on July 17th. More information will follow.

BLOOD DRIVE

Sunday, June 27th
9:00AM to 1:00 PM

Blood Donors provide hope - Please join us!

First come/first served! Refreshments for donors!

**We will have the MCS/Double Red machine
available at this drive!**

Be sure to have breakfast that morning!

We have a goal of 15 pints - with your donation,
we can meet or exceed that!

Any questions, please contact Joan Clarke [826-0784].

Youth Group News ...

Thank You!! to every one who has supported the Youth Group's fundraisers for their Summer Mission Trip. If you missed out on the earlier fundraisers, there will be two more opportunities to support our young people before they leave for this year's trip to Michigan in July.

Teen Auction

Sunday, June 6th

12 noon

(during Sunday Brunch)

The young people
(in small groups of two or three)
will be available for
household cleaning,
yard work, cleaning out garages
or basements,
babysitting, etc.



Car Wash

Sunday, June 27th

11:00 a.m.

(following the
9:30 a.m. Holy Eucharist)

Mark your Calendar ...

June

Tuesday, June 1	5:30 p.m.	Outreach Meeting
Friday, June 4	6:00 p.m.	<i>Summer Lawn Series</i>
Saturday, June 5	8:00 a.m.	<i>Joyful Women</i>
Saturday, June 5	9:30 a.m.	Flower Arranging
Saturday, June 5	7:00 p.m.	<i>Spirit & Truth: Upper Room</i>
Sunday, June 6	12 noon	Teen Auction
Monday, June 7	7:00 p.m.	Handbell Rehearsal
Thursday, June 10	7:00 p.m.	Women's Bible Study
Thursday, June 10	7:00 p.m.	<i>Joshua's Men</i>
Friday, June 11	6:00 p.m.	Crossroad's Ministry
Saturday, June 12	7:30 a.m.	Men's Breakfast
Sunday, June 13	9:30 a.m.	Sunday School Recognitions
Saturday, June 19	8:00 a.m.	<i>Joyful Women</i>
Thursday, June 24	7:00 p.m.	Women's Bible Study
Thursday, June 24	7:00 p.m.	<i>Joshua's Men</i>
Sunday, June 27	9:00 a.m.	Blood Drive
Sunday, June 27	11:00 a.m.	Car Wash

July

Monday, July 5		Office Closed: July 4th Holiday
Friday, July 9	6:00 p.m.	<i>Summer Lawn Series</i>
Saturday, July 17	6:30 p.m.	Veteran's Cookout

August

Monday, Aug 2	7:00 p.m.	Handbell Rehearsal
Friday, Aug 6	6:00 p.m.	<i>Summer Lawn Series</i>
Monday, Aug 16	7:00 p.m.	Handbell Rehearsal

Annual Leadership Retreat

August 18th — August 21st

Please prayer for the leadership of our Congregation.

Notices ...

Sunday Brunch

The Brunch Ministry is in a state of transition. Those who stay for Adult Education on Sunday morning know that Sunday Brunch is a potluck meal served each week following the Christian Education classes. During the summer months (beginning on June 20th) brunch is served immediately following the 9:30 a.m. Holy Eucharist. During this time of year, we ask that you bring crock-pot items, cold dishes, sandwiches, salads, fruit, or coffee hour treats. No oven items, please!

We are in the process of organizing the volunteers who serve in this ministry into “Brunch Teams.” It is our goal that teams will serve on a rotating schedule every three to four weeks. The weekly responsibilities include making coffee, readying and serving the food and cleanup after brunch.

If you are interested in serving on a “Brunch Team,” please speak with Barbara Bickerstaff (828-7216) or JoAnn Ruppert (826-8623) or sign up on the *Sunday Brunch Ministry* sheet in the Narthex.

The **Lay Visitation** ministry will not meet for the summer months of June, July and August. In lieu of our traditional Potluck supper in June, the ministry members invite you to support the Summer Lawn Concert at the Church on Friday, June 4th at 6:00 p.m. If you have any questions about this ministry, or if you would like to be visited, please contact Barbara Battey at 821-7609 or 480-2987.

Eucharist Instruction for children will be offered on Saturday, June 5th at 10:00 a.m. Eucharist Instruction is not necessary for children to partake in Holy Communion. The purpose of the class is to give the children (and their parents) a greater understanding of the nature and meaning of the

sacrament. There is a signup sheet in the Narthex. For further information, please speak with Elder Tvenstrup or Superintendent Galloway.

Flower Arranging: On Saturday, June 5th at 9:30 a.m., there will be a flower arranging class for anyone interested in joining the Flower Guild ministry. For further information, please speak with JoAnn Ruppert (826-8623) or signup on the Altar Guild/Flower Guild signup in the Narthex.

Spirit and Truth, the Church of The Apostles praise team, will be performing at the Upper Room Coffee House, 1221 Main Street, West Warwick, on Saturday, June 5th at 7:00 p.m. Please stop by and join them for this evening of praise and worship. You will be blessed!

The **Church Directory** has been updated with current names and addresses. Copies are available on the table in the Narthex. Please take one!!

Food Donations: Food is collected each week in the baskets under the coat rack in the Narthex and delivered alternately to Coventry Health and Human Services and the West Warwick Assistance Agency. Among the items suggested by the food closets are **tuna, canned meats, soup, and canned fruit**. Thank you (!!) to all those who faithfully support this ongoing outreach ministry to those in need in our community.

The following note was received:

My dear sisters and brothers,

Thank you so very much for all your beautiful cards and letters!

All your prayers were heard, God is an awesome God. Praise Him for all His healing grace! Amen.

All my love to you. Just trust in the Lord!

Anita Tourgee

The following thank you letter was received:



April 7, 2010

Dear leadership team at Church of The Apostles,

I want to express my sincere appreciation for your commitment to the *Sharing His Vision— More Than We Can Imagine* campaign. These are exciting times for the CCCC as we honor Jesus Christ together through church multiplication and church redevelopment. Northeast Regional Minister Terry Shanahan informs me that Church of The Apostles has expressed your commitment, as the Lord enables you, to contribute \$70,000 (quarterly contributions in the amount of \$3,500) during the five years of this campaign. I want you to know that the gifts of Church of The Apostles will assist us in making disciples of our Lord Jesus Christ.

We deeply appreciate the relationship enjoyed between Church of The Apostles and the CCCC, and look forward to an even stronger partnership in the years ahead. You will receive updates from time to time concerning the status of the campaign and the growth of the ministry of the CCCC. I am excited about the future of our shared ministry for the cause of Christ, because the CCCC has member churches like yours that are committed to kingdom expansion.

Thank you so much for your faithful support!

In Christ,

Steve Gammon
Conference Minister

CHURCH OF THE APOSTLES

Evangelical Anglican

170 Fairview Avenue
Coventry, Rhode Island 02816

Office Hours: Monday - Friday 9:00 a.m. to 2:00 p.m.

Church Office: (401) 821-7609 • Superintendent's Residence: (401) 230-7540

Website: churchoftheapostlesri.org

E-mail: churchoffice@churchoftheapostlesri.org

The Holy Eucharist	Saturday 5:00 p.m.; Sunday 8:00 a.m. & 9:30 a.m.
Christian Education	Sunday 11:00 a.m.
Sunday Brunch	Sunday 12:00 noon
Worship and Bible Study	Sunday 6:30 p.m.
Morning Prayer	Monday through Friday 9:00 a.m.

Church Staff

Superintendent	The Reverend Mark R. Galloway
Church Administrator	Barbara Battey
Communications Officer	Barbara Bickerstaff
Christian Education Director	Elder Chad Tvenstrup
Pastoral Assistant (MSW, LICSW)	Roberta Tvenstrup
Youth Minister	Roger Hall
Health and Wellness Minister	Sharon Galloway, RN
Organist and Music Director	Marianne Salisbury
Sacristy Minister	JoAnn Ruppert
Property Maintenance Technician	Jim Quinn
Sexton	Ray Martin
Treasurer	Bob Bickerstaff
Clerk	Susan Farrell

Board of Elders

Elder Chad Tvenstrup	385-9958
Elder Nina Deuel	789-3837
Elder Rob Geoffrey	943-4661
Elder <i>Emeritus</i> Conrad Ruppert	

Board of Servants

Deacon Tom Bourn	<i>First Diaconal Minister</i>	294-4186
Deacon Bill Sexton	<i>Congregational Care Minister</i>	726-4549
Deacon Cathy Morgan	<i>Outreach Minister</i>	781-8577
Deacon Kathy Kettle	<i>Stewardship Minister</i>	822-2460

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Church Notes

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Mark R. Galloway, Superintendent.
Edited by Barbara A. Bickerstaff,
Communications Officer.

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