



The Deacon

Volume 107, Issue 7

August 2007

A Monthly Publication of St. Vincent's Cathedral Church

Sunday Schedule

Morning Prayer 7:05am
 Holy Eucharist7:30am
 Choral Eucharist 9:00am
 Christian Education 10:15am
 Holy Eucharist 11:15am
 Evening Prayer6:00pm
 Evensong is offered on select Sunday evenings at 6:00pm

Weekday Schedule

Morning Prayer

Monday, Tuesday, Thursday, Friday, and Saturday9:00am
 Wednesday.....8:40am

Holy Eucharist

Monday, Friday12:00pm.
 Tuesday6:30am
 Wednesday.....9:00am
 Thursday 6:00pm
 Saturday.....11:00am

Evening Prayer

Daily (except Thursday).....5:00pm
 Thursday 5:40pm

Confession

Saturdays at 10:00.m.-10:30a.m.
 (or by appointment)

All weekday services take place in St. Mary's Chapel

St. Vincent's uses the 1979 *Book of Common Prayer* as its standard form of worship

A Time For Prayer

With everything that is about to take place in the Anglican Communion, the Episcopal Church, and the Diocese of Fort Worth, now, more than ever, is a time for prayer.

The Anglican Communion Network is now working in concert with most of the Global South Anglican Leaders toward a goal that an orthodox and biblical Anglicanism exist in the United States. The Episcopal House of Bishops is facing a September 30 deadline from the Primates of the Communion and is meeting in September with the Archbishop of Canterbury in New Orleans. A Common Cause gathering of Bishops from multiple Anglican jurisdictions has been called by the moderator of the Network for the end of September in Pittsburgh. Finally, our diocesan convention will meet in November with some very difficult decisions before us. The content of those decisions will be delivered to diocesan delegates in September as well.

With all that as background, I would like to call every member of St. Vincent's in September to a "month of intentional prayer". I ask your prayers for our Bishop, for the Episcopal Church, for the Archbishop of Canterbury, and for our delegates who will be attending Diocesan Convention. At the bottom of this article, I have offered a prayer for the Church that I ask each member of the parish to include in your own daily prayers. In your intercessions and petitions, I also want to challenge you to pray specifically for St. Vincent's.

These are difficult times for every Anglican at every level. Yet it is often in the midst of difficult times that God pours out His Spirit upon his faithful people. The First Great Awakening took

place in the 1730's among Christians in the American colonies during a time of great uncertainty. This great revival took place when men and women were willing to repent and recommit themselves to faithfulness. And as God poured out his Spirit among those people, Christianity in North America was changed.

Regardless of what happens nationally, or internationally, what we need here at St. Vincent's is the blessing of God's presence among us. Revival and renewal only begin when there is repentance so the first thing we need to do is ask for God's forgiveness: forgiveness for where we have failed as a parish and as individuals.

Instead of praying to win or to triumph or to get our way, let us pray for renewal and revival in this parish. Let us pray for a renewal that brings about faithfulness, obedience, and holiness. These three characteristics, lived out among this community, will allow the love of God, and the redeeming work of Christ, to shine forth in our lives as a church.

Pray each day in September for God to pour out his Spirit upon us all, so that, we in turn, may show for the love of God to all around us. Pray without ceasing.

Dean Reed

Gracious Father, we pray for thy holy Catholic Church. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it; where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it; for the sake of Jesus Christ thy Son our Savior. Amen.

The year is already half over and we have been busy at St. Vincent's. Sharon Wilson and the Parish Nursing team have organized important health screenings for us. Many of you took advantage of the Stroke-Scan recently. You can have your blood pressure checked on the 1st Sunday of the month between 8:30 and 12:30 in the church conference room. Thank you to Sharon and her team for keeping us on track health wise.

We are currently in need of volunteers in two major areas. Father Jordan is looking for volunteers to help with our youth program. Andy and Laura are leaving for Nashotah House this month and we will need to fill the void left by them. If you are interested in working with the youth please contact Father Jordan.

Joan E Miller needs help on the Mission Outreach committee at Union Gospel Mission. If you are available the 2nd and 4th Friday of each month, please join Joan E and others serving dinner for the less fortunate. They meet in the church parking lot at 4:00 and normally return to church by 7:30 pm. Please contact Joan E Miller for more information.

If you are missing the joyful sound of our church bells do not worry they will be back soon. They were struck by lightening during one of the storms this spring and are under repair. The next few months will be continue to be busy here at St. Vincent's. If you are interested in joining a committee or volunteering your time to help others, please contact the church office or me. There is always opportunity to get more involved.

God's Peace
Joe Kalbfleisch

Martin Luther King, Jr. once said that "the ultimate measure of a man is not where he stands in moments of comfort but where he stands at times of challenge and discovery". St. Vincent's School now stands at the crossroad of challenge and discovery. Currently, the school is challenged to increase enrollment and ensure the future of the institution. The first step in meeting these challenges was to evaluate the expansion plan through high school and consciously redirect the school's energies to focus on a strong school that encompasses preschool through the eighth grade. This required changes in the staffing structure, as well as changes in the services that our school offers. Change is never easy and often causes anxiety, but change can also be exciting. Within the context of the changes that are occurring at St. Vincent's, there are many positive additions to the program.

- Expanded before and after school hours
- A proposed summer program, as well as care for our students during school holidays

- While recognizing that our enrichment subjects are important to a well-rounded education, the school is dedicating more classroom time to the core curriculum
- Fifth grade students are taking an "Introduction to the Bible" class and lower school students may have monthly Bible stories presented by the clergy
- Additional curriculum and technology enhancement
- An expanded and refurbished playground

By rising to meet the challenges ahead of the school, the school community is discovering its capacity to explore the benefits of change. We are discovering that change can lead to progress, growth, and development. Through measured and prayerful decisions, the leaders of the school along with the School Committee and Vestry will ensure the future of St. Vincent's School by putting into place the components needed to run a successful school. We ask every member of the Parish to prayerfully support us in this process.

St. Vincent's School is seeking a full-time director to coordinate the Before and After-School program and the summer program. The School is also seeking local college students to work in the program from 3:15-6:30 pm on school day and full day on school holidays. If you are interested in one of these positions, or if you know of someone who might be interested, please contact Sharon Mayes or Lynn Buffington at 817-354-7979.



Parish Nursing Notes

The National Stroke Association is committed to changing how men and women view stroke. The Parish Nursing Ministry wishes to thank everyone who participated in the stroke screening. In December we had 19 participate and on June 30th, we had 68 in attendance. Preventative medicine and information is part of what Parish Nursing is about. The screening will become a yearly event.

Stroke is Preventable. Learn to recognize stroke symptoms and realize that stroke is an emergency. The first 3 hours are the most important. Once you pass 3 hours after the first signs of a stroke, doctors may be limited in how they can treat your stroke.

Stroke is not only your Grandparents' disease. Realize that stroke can happen to anyone at any age, not only the elderly -- more than 30 percent of strokes occur before the age of 65.

The National Stroke Association brings you the latest information on stroke risk reduction, treatment, and recovery at their website at www.stroke.org. Women and men need to know that there are options to protect themselves and their loved ones.

Stroke is the third leading cause of adult disability. It kills 160,000 people every year. There are more than 4.7 million stroke survivors living today in our country and 2/3 of them are disabled.

What is a stroke? A stroke is a brain attack! It occurs when a clogged artery stops the flow of blood and oxygen to the brain or when a blood vessel bursts in the brain. Without oxygen rich blood, brain cells begin to die, causing a stroke. It is the number one reason for nursing home admission. Stroke can impair or completely take away your abilities to walk, talk, think, remember, swallow, or even breathe.

Are you at risk? Stroke risk rises if you

have certain medical conditions if you have high blood pressure, diabetes, high cholesterol, and atrial fibrillation (a form of irregular or racing heartbeat.) Your lifestyle can also raise your risk for stroke. Smoking is one of the top risk factors for stroke. An unhealthy diet, physical inactivity and weight problems can also increase the risk.

Know your stroke risk! The National Stroke Association publishes the following guidelines to help people take control of their health and prevent a first stroke.

Talk with your doctor about how to reduce your stroke risk. A recent poll showed that less than 30 % of patients talked to their doctor about stroke during their annual exams.

Know your blood pressure! Have it checked regularly. A blood pressure reading consistently higher than 120/80 is considered pre-hypertension. You and your doctor should constantly monitor your blood pressure. **Remember, the Parish Nursing Ministry does blood pressure screenings here at St. Vincent's the first Sunday of every month.**

If you smoke, STOP!

If you drink alcohol, do so only in moderation.

Know your cholesterol number!

If you are diabetic, your doctor can help you control your diabetes.

Include exercise in your daily routine.

Follow a low sodium (salt), low fat diet.

Ask your doctor if you have circulation problems.

Do you know what a stroke "looks" like? A recent poll showed that 30% of women and 36% of men were not able to identify even one stroke symptom.

Remember to think FAST when you see stroke.

F -- Face

A -- Arms

S -- Speech

T -- Time

Recognize and treat stroke as the emergency it is.

Stroke symptoms include:

Sudden numbness or weakness of the face, arm, or leg -- especially on one side of the body

Sudden confusion, trouble speaking, or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden severe headache with no known cause

It is also important to know where stroke center hospitals are located in the area.

We are fortunate to have two stroke centers near by, our covenant hospital, Harris Methodist Fort Worth and Arlington Memorial Hospital. Both hospitals are prepared with special teams to treat patients who are actively in the process of stroke.

If you or a loved one experiences any of the symptoms of stroke ---- **call 911 immediately** ----

For more information, please go to www.stroke.org

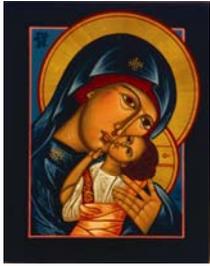
Sharon Wilson RN, C Parish Nurse



St. Vincent's Cathedral Church and School Father Hadley Financial Aid Fund Benefit Golf Tournament

The Father Hadley Tournament is Friday, September 21st which is really just around the corner. We are looking forward to a great turnout at a wonderful event. The kids of St. Vincent's need us and look to us for support. Speak to your co-workers, neighbors and your weekend golf buddies. Maybe there is someone at church who you do not get a chance to spend time with, possibly a newcomer. Talk with them about it, then sign-up. Full details of the event are on our website: <http://www.stvc.org/index.html> You can even register on-line.

The tournament will be held this year at Split Rail in Aledo. We have even set up an afternoon start (1:00pm), so you work-a-holics can get in some morning time at the office. Hole sponsorships are still available. Speak to your boss about it.



Icons: Prayers Made Visible

Master Iconographer, Jane Ladik, will speak to our Adult Forum on Sunday August 19th. She will give a brief overview of the history of iconography and how icons are made.

She will also speak to the relevance of icons in our personal prayer lives and their place in the church today. Ms. Ladik will be glad to answer any questions you might have.

North East Emergency Distribution

The North East Emergency Distribution Center is located at 422 W. Bedford Eules Road, in Hurst. The Twice Blessed Thrift Store takes your gently used clothing and household goods to financially support the adjacent food pantry and resource assistance center to help in accessing state and federal programs.

The average family in need are single mothers with a couple of children and elderly people needing to supplement their Social Security, so regular sized jars of peanut butter and jelly is more suitable than mega-size. Canned tuna, canned fruits and vegetables, soups, baby food and diapers are always needed. The travel size soaps and shampoos you collect on trips are also needed.

The first Sunday of each month is our NEED food collection day, and we participate in collecting funds for the Back to School Supplies, as well as the parish-wide Thanksgiving food collections. Your serviceable items can be left at the north end of our entrance, or you may receive a tax donation receipt when you deliver to the Twice Blessed Thrift Store. Shopping there is open to all.

St. Vincent's has been a supporter of NEED for over 30 years, along with a coalition of other area churches. We are following Christ's command to "feed my sheep" when we make regular contributions of money or non-perishable food to N.E.E.D. a part of our personal stewardship
The Mission Committee.

NOTE: Cereals, nuts and grains should not be left in the drop-off area of the courtyard because they attract rodents. Those items may be taken directly to the NEED Distribution Center.



Parent's Day Out

A Program For 2yr Olds

The St. Vincent's Parent's Day Out Program is designed to ensure that your child's first school experience is positive.

Every child's day includes personal attention, gentle guidance and developmentally appropriate activities. This foundation is built through a curriculum designed to keep children interested as they mature.

We offer a mornings-only program from 8:00am-Noon on a two-day per week basis throughout the school year, September through May.

Our program fee is \$160 per month; a \$50 registration fee is due at sign-up.

For more information, contact:
Luanne Graham
817/545.5480



Dear St. Vincent's Family,

Over a year and half ago I was brought on to lead the youth here at St. Vincent's and it has been an incredible time for my wife, Laura, and myself. We have grown to not only love the students, but the whole parish. In many ways I have come to think of the whole parish as my cure; St. Vincent's certainly became our family, for which I am extremely grateful. As most of you know by now, I have been accepted to attend Nashotah House this fall and, Lord willing, will have an incredible time of growth and learning over the next three years in seminary. Hopefully I will return to this diocese a holier and wiser man and I thank you all—and most importantly thank God—for the opportunity to go. It has been a very bumpy ride getting to this point in my life to say the least, but my time at St. Vincent's was very smooth and edifying. I know that whatever good I contributed here was because of God's grace, not because of anything good within me. I also ask to be forgiven of whatever bad I brought here and to assure you that I tried my best, but like everyone, am still a sinner in desperate need of a Savior. So, this is certainly a time of mixed feelings for sure.

My main goal with the youth, and with everyone I have gotten to know and love at St. Vincent's, is to communicate the importance of holiness. It is a state of being from which I am certainly far away, but it is something for which we all should strive. Being holy is the chief way we are to fulfill our purpose in life: to glorify God and enjoy Him forever. In preparation for seminary, I've been asked to read a couple of books. One of those is *Life Together*, by Dietrich Bonhoeffer. In it he discusses what a Christian community should look like and what the members are to do. He brings up the importance of confession for combat-

ing sin and promoting holiness. He writes,

In confession a man breaks through to certainty. Why is it that it is often easier for us to confess our sins to God than to a brother? God is holy and sinless, He is a just judge of evil and the enemy of all disobedience. But a brother is sinful as we are. He knows from experience the dark night of secret sin. Why should we find it easier to go to a brother than to the holy God? But if we do, we must ask ourselves whether we have not often been deceiving ourselves with our confession of sin to God, whether we have not rather been confessing our sins to ourselves and also granting ourselves absolution. (*Life Together*, 115-16)

Of course for him, confession was not quite the Sacrament of Confession, being the good Lutheran that he was, but he hits upon the quintessential truth: confess your sins one to another (Jas. 5:16). And if I may be allowed to convey any parting words of edification, it is to begin now—along with your regular habits of attending Mass, receiving the other sacraments as you can, private and corporate prayer, performing good deeds, and reading and proclaiming the Word—to regularly make your confession to a priest. I know that many do, and I hope I can encourage others to as well. It is necessary for becoming the holy people that God calls us to be.

Finally, I want to ask for your prayers as Laura and I move to Wisconsin and begin a new chapter of our life. I've been told that the youth are in good hands and I hope you continue to support the youth program as you have done while I have been here. The youth are the future of the Church and are so important. It has truly been a great blessing

to be a part of St. Vincent's and I cannot thank you all enough for the kindness you have shown us while we were here. Even though I am excited about going to seminary, I am sad that I must leave and I hope that by God's grace, maybe Laura and I can return to St. Vincent's sometime in the future.

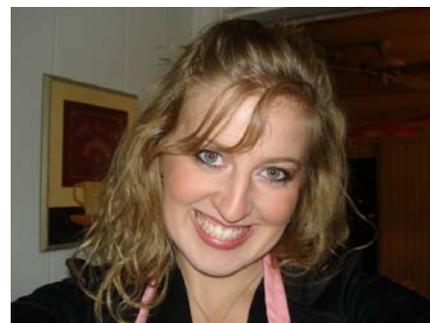
May God continue to bless you all, as you remain faithful to Him and contend for the Catholic faith that has been handed down to us.

Yours in Christ,
Andy Bartus

(Keep in touch with Andy and Laura at Nashotah House, 2777 Mission Road, Nashotah, WI 53058)

New Children's Choir Director Named

Miss Annie Sarah Laing, a recent graduate of TCU with a major in vocal performance, will be joining the staff in the fall to direct the Holy Family Choir (grades 2 – 5). Miss Laing has always been active in church choirs, enjoys working with and teaching kids, and also has a private voice/piano studio. Holy Family Choir will begin rehearsing in September, meeting on Wednesdays from 5:30 to 6:15, concurrent with the St. Cecilia's/St. Dunstan's Choir.



Annie Sarah Laing

AUGUST 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sunday Schedule 7:30am, Holy Eucharist 9:00am, Choral Eucharist 10:15am, Christian Ed 11:15am, Holy Eucharist 5:00pm, Evening Prayer (Evensong on selected Sundays at 6:00pm)	Weekday Mass Schedule 12:00noon, Mon. & Fri 6:30am, Tuesday 9:00am, Wednesday 6:00pm, Thursday 11:00am, Saturday		1	2	3	4
5 Pentecost 10 (proper 13) 8-9am Brotherhood Breakfast 12:30pm Parish Planning Meeting	6 The Transfiguration of Our Lord	7 John Mason Neale	8 Dominic	9	10 Laurence of Rome	11 Clare of Assisi Diocesan Christian Education Conference
12 Pentecost 11 (proper 14)	13 Jeremy Taylor	14 Jonathan Myrick Daniels	15 St. Mary the Virgin 7:00pm, Holy Communion	16 7:30pm Parish Nursing (P)	17	18 William Porcher DuBose 9:00-12:00noon, Safeguarding God's Children
19 Pentecost 12 (proper 15)	20 Bernard of Clairvaux	21	22	23	24 St. Bartholomew	25 Louis of France
26 Pentecost 13 (proper 16)	27 Thomas Galludet and Henry Winter Syle St. Vincent's Students return to School	28 Augustine of Hippo	29	30	31 Aidan of Lindisfarne	

AUGUST MINISTRY SCHEDULE

Legend:

- SD – Sub Deacon
- LM – Lay Minister
- C – Chalice
- Ofc – Officiant
- S1 – Sr. Server
- Cr – Crucifer
- CC – Clergy Cross
- Th – Thurifer
- Clergy Cross/Thurifer
- S2 – Jr. Server
- T/Bn – Torch/Banner



Please update your contact information, including email address, with the office **and** your team leader.

Cathedral Staff

The Right Rev. Jack L. Iker, Bishop
The Very Rev. Ryan S. Reed, Dean
The Rev. Canon Richard A. Cantrell
The Rev. John W. Jordan, Curate
The Rev. Kerwin K. Wade, Deacon

Barbara M. Burton	<i>Music Director</i>
Katie Bates	<i>Parish Administrator</i>
Virginia Butchard	<i>Receptionist</i>
Julie Kirkwood	<i>Children's Ministries</i>
Spring Chaltas	<i>Nursery</i>
Luanne Graham	<i>Parents Day Out Coordinator</i>
Barbara Wojnicki	<i>Facilities Manager</i>
Sharon Mayes	<i>Head of Upper School</i>
Lynn Buffington	<i>Head of Lower School</i>

Vestry

Joe Kalbfleisch	<i>Senior Warden</i>
Thom Murrell	<i>Junior Warden</i>
Ann Atkins	Robert Boyer
Joe Graber	Van Holbrook
David Midgley	Joan E. Miller
Blane Nunez	Mike Polley
Ron Turner	Liz Ward

Chris Webb, Clerk
Rick Jones, Treasurer

ST. VINCENT'S MISSION STATEMENT:
"TO MAKE JESUS CHRIST KNOWN IN
ALL THAT WE DO"

ST. VINCENT'S CATHEDRAL CHURCH

1300 Forest Ridge Dr.
Bedford, TX 76022

Phone: 817-354-7911
Fax: 817-354-5073
E-mail: parishoffice@svcs.org
www.stvc.org

The Deacon
August Deadline
July 13th

Tape Ministry Table

Sunday Services, Special
Celebrations, Adult Fo-
rum, Basic Christianity
and Select Classes
All Tapes, \$1.00

From the Parish Records ***Baptisms Confirmation***

The next opportunity for baptism and confirmation will be at Bishop Iker's visit on September 9th. Please contact the office regarding Baptism. Those who have been prepared for confirmation need to speak with Fr. Cantrell (adults) or Fr. Jordan (youth) to be certain that the necessary information is on file so that certificates may be prepared.

Transfers Sent

ecarroll@stvc.org

ST. VINCENT'S CATHEDRAL BOOKSTORE
To make Jesus Christ known in all that we do.

Elizabeth Carroll, Manager



**Baptism
First Communion
Confirmation**

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