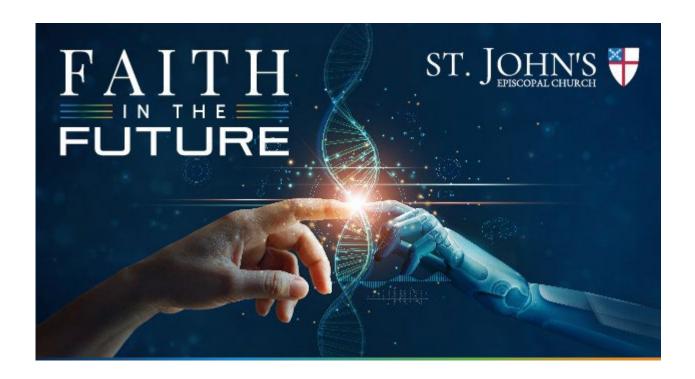


## April 28, 2024



Christianity and The Brain

"Doubts ok, questions welcome, please come as you are."

Main Church 1410 Main Street Dubuque, Iowa 52001 Stjohnsdbq.org Parish House Community Center, Offices 1458 Locust Street 563.556.0252 office@stjohnsdbq.org





# DOUBTS ARE OKAY. QUESTIONS ARE WELCOME. PLEASE COME AS YOU ARE.

www.stjohnsdbq.org

Welcome to St. John's. We're glad you're here. If this is your first time or one of your first times, thanks for checking us out. We know you won't understand everything we are doing. That is ok. Participate as you feel comfortable. Take in our historic beautiful church and start to get to know our friendly people. If you have any questions don't hesitate to ask one of our ushers or one of us.

Father Kevin Goodrich OP, Pastor Mother Susan Forshey SCP, Associate Pastor



**Restrooms** for men and women, as well as an individual gender-neutral restroom **are located downstairs.** There is an elevator. For questions about finding the restrooms ask an usher, who are the people wearing nametags. Also, you can follow the signs.



We love kids at our worship services. Our congregation understands that kids will be kids. We aren't bothered by their wiggling, giggling, and other antics. Many of us have experience with an energetic or upset child. We get it. We have a children's area in the back that you are free to use as you choose. There are activities there for children to use on an individual basis. All children through elementary age are invited to come forward early in the service for a short Children's Sermon. After that they may return to their seats or join the rest of the children in the back tower room for **Sunday School**. The children return to the service, joining their families at what is called "The Peace."



Please silence and refrain from using your phone, including texting. When people use their phones, it can distract other worshippers and communicate untended disrespect for what is happening in our sacred space. Obviously, if you are on call for work or dealing with an emergency, please discreetly use your phone as necessary. We believe it's healthy to unplug from technology and plug into God and into the community of people around us. On occasions where photos might be appropriate, please check with one of the priests first.



Use this worship guide (bulletin) to participate in worship. It follows the Book of Common Prayer (red books in the pew racks) which is used by Episcopal/Anglican Christians in over 165 countries. It is rooted in ancient patterns of worship which connect us to people throughout history and throughout the world. The service is divided into two parts: The Liturgy of the Word (Bible lessons, sermon, and prayers) and the Liturgy of the Altar (Holy Communion, also known as "The Lord's Supper," "Eucharist" and "Mass"). All baptized Christians may receive, for more information about Communion, including kids and Communion, read the text box later in this bulletin entitled, "About Holy Communion at St. John's." Some of the music we sing is included in this bulletin. Some of it is included in the blue hymnals in the pew racks.



Welcome to those of you joining us on Zoom. In-person worshippers will not be seen or heard clearly unless they sit near or stand in front of the camera.

For more information about St. John's see the back pages of this bulletin

#### Prelude

#### Welcome

## **Processional Hymn** A Mighty Fortress is Our God

Hymn 687, Blue Book

## **Opening Sentences**

pg. 355, Book of Common Prayer

Celebrant: Alleluia. Christ is risen.

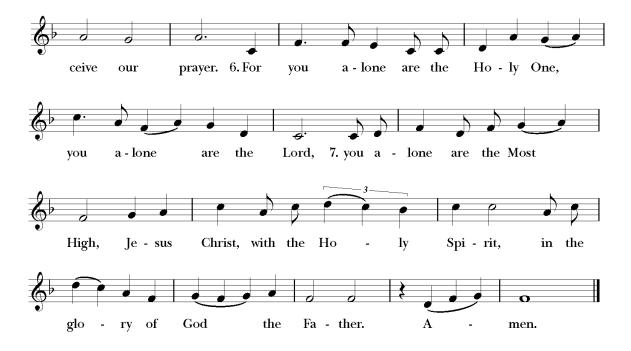
People: The Lord is risen indeed. Alleluia.

*Celebrant:* Almighty God, to you all hearts are open, all desires known, and from no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy Name; through Christ our Lord.

People: Amen.

Gloria S-280, Blue Book





Celebrant: The Lord be with you.

People: And Also with you

Celebrant: Let us pray.

Celebrant: Almighty God, whom truly to know is everlasting life: Grant us so perfectly to know your Son Jesus Christ to be the way, the truth, and the life, that we may steadfastly follow his steps in the way that leads to eternal life; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.** 

## The Lessons from Holy Scripture

#### The First Lesson Acts 8:26-40

An angel of the Lord said to Philip, "Get up and go toward the south to the road that goes down from Jerusalem to Gaza." (This is a wilderness road.) So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship and was returning home; seated in his chariot, he was reading the prophet Isaiah. Then the Spirit said to Philip, "Go over to this chariot and join it." So Philip ran up to it and heard him reading the prophet Isaiah. He asked, "Do you understand what you are reading?" He replied, "How can I, unless someone guides me?" And he invited Philip to get in and sit beside him. Now the passage of the scripture that he was reading was this:

"Like a sheep he was led to the slaughter, and like a lamb silent before its shearer, so he does not open his mouth.

In his humiliation justice was denied him. Who can describe his generation? For his life is taken away from the earth."

The eunuch asked Philip, "About whom, may I ask you, does the prophet say this, about himself or about someone else?" Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus. As they were going along the road, they came to some water; and the eunuch said, "Look, here is water! What is to prevent me from being baptized?" He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing. But Philip found himself at Azotus, and as he was passing through the region, he proclaimed the good news to all the towns until he came to Caesarea.

Lector: The Word of the Lord. People: Thanks be to God.

#### Psalm 22:24-30

- 24 My praise is of him in the great assembly; \*

  I will perform my vows in the presence of those who worship him.
- 25 The poor shall eat and be satisfied, and those who seek the LORD shall praise him: \*
  "May your heart live for ever!"
- 26 All the ends of the earth shall remember and turn to the LORD, \* and all the families of the nations shall bow before him.
- 27 For kingship belongs to the LORD; \* he rules over the nations.
- 28 To him alone all who sleep in the earth bow down in worship; \* all who go down to the dust fall before him.
- 29 My soul shall live for him; my descendants shall serve him; \* they shall be known as the LORD's for ever.
- 30 They shall come and make known to a people yet unborn \* the saving deeds that he has done.

#### The Second Lesson 1 John 4:7-21

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.

By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and do testify that the Father has sent his Son as the Savior of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God. So we have known and believe the love that God has for us.

God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgment, because as he is, so are we in this world. There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us. Those who say, "I love God," and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also.

Lector: The Word of the Lord. People: Thanks be to God.

#### Children's Sermon

All children through elementary age, as well as their parents, may come forward for a brief children's sermon with the preacher of the day. Afterwards they may attend Sunday School in the back Tower Room.

Concluding Prayer: Dear God, we thank you for our families, our friends, our St. John's family, and for loving us no matter what, in Jesus Name. Amen.

**Gradual Hymn** O Love Divine (v.1-2 before the Gospel, v.3 after) Hymn 516, Blue Book

The Gospel John 15:1-8

Deacon or Priest: The Holy Gospel of Our Lord Jesus Christ

People: Glory to you, Lord Christ.

Jesus said to his disciples, "I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If

you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples."

Deacon or Priest: The Gospel of the Lord.

People: Praise to you, Lord Christ.

**Sermon:** Christianity and The Brain Rev. Dr. Susan Forshey SCP

#### **Sermon Response and Conversation**

#### The Nicene Creed

We believe in one God,

the Father, the Almighty,

maker of heaven and earth,

of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,

the only Son of God, eternally begotten of the Father,

God from God, Light from Light,

true God from true God, begotten, not made,

of one Being with the Father.

Through him all things were made.

For us and for our salvation he came down from heaven:

by the power of the Holy Spirit

he became incarnate from the Virgin Mary, and was made man.

For our sake he was crucified under Pontius Pilate;

he suffered death and was buried.

On the third day he rose again in accordance with the Scriptures;

he ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,

and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son.

With the Father and the Son he is worshiped and glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,

and the life of the world to come. Amen.

## The Prayers of the People Form III

Father, we pray for your holy Catholic Church;

That we all may be one.

Grant that every member of the Church may truly and humbly serve you;

That your Name may be glorified by all people.

We pray for all bishops, especially Archbishop Justin Welby, Presiding Bishop Michael Curry, and Bishop Betsey Monnot, as well as Fr. Kevin who is preaching at Church of The Epiphany, Tempe, AZ, this morning, and for all priests and deacons;

That they may be faithful ministers of your Word and Sacraments.

We pray for all who govern and hold authority in the nations of the world;

That there may be justice and peace on the earth.

Give us grace to do your will in all that we undertake.

That our works may find favor in your sight.

We pray for those on our parish prayer list, as well as all who suffer from any grief or trouble; *That they may be delivered from their distress.* 

Give to the departed eternal rest.

Let light perpetual shine upon them.

We praise you for your saints who have entered into joy;

May we also come to share in your heavenly kingdom.

Let us pray for our own needs and those of others. Silence. Lord, hear our prayers.

We pray for those celebrating birthdays and anniversaries this week, those we name silently or aloud at this time. (silence) Lord, **hear our prayers.** 

We pray for wisdom in understanding the topics in our current sermon series, "Faith in the Future" and we also pray that the series will draw people closer to you, to this church, or a church in our local community. Lord, **hear our prayers.** 

The Celebrant adds a concluding Collect.

Celebrant: Let us confess our sins against God and our neighbor.

Silence may be kept.

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done, and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will, and walk in your ways,
to the glory of your Name. Amen.

*Celebrant:* Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen* 

#### The Peace

Celebrant: The peace of the Lord be always with you.

People: And also with you.

Children return from Sunday School. A testimony or other element may be shared at this time. people are given time to fill out connection cards. Instructions about Holy Communion follow. Birthdays & Anniversaries are noted.

#### About Holy Communion at St. John's Episcopal Church

All baptized and professing Christians (Roman Catholic, Orthodox, Protestant, etc.) are welcome to receive Holy Communion at St. John's. If you are not baptized or not ready to receive you may still come forward to the altar rail, cross your arms over your chest and receive a blessing. We believe to receive Holy Communion is to encounter God in a special way, to encounter the real presence of Jesus Christ and to receive a special outpouring of the Holy Spirit. To receive Communion is to renew your commitment to Christ and His way.

You are encouraged to kneel at the altar rail to receive but may stand if it is more comfortable for you. To receive the bread, cup your hands. To receive the wine, either receive from the larger common cup OR take the small cup from the priest then return it in the bowl to the assisting minister. The full benefits of the sacrament are available by just receiving the bread. Parents, please let the priest know if your children are receiving communion or would like to receive a blessing. If you need gluten free bread inform the priest prior to the Mass or at the altar rail. If you would like to receive but cannot come forward, please inform an usher and a priest will come to you.

### Offertory Song Now the Green Blade Riseth

Hymn 204, Blue Book

Connection cards are placed in the offertory plates. Worshippers may give via the plates, online at www.stjohnsdbq.org/give or by mail: 1458 Locust Street, Dubuque, Iowa, 52001.

## **Offertory Acclamation** Praise God

Hymn 380 v.3, Blue Book

Praise God, from whom all blessings flow; Praise Him, all creatures here below; Praise Him above, ye heav'nly host; Praise Father, Son, and Holy Ghost! Amen.

**The Holy Communion** Rite II, Eucharistic Prayer C

BCP, pg. 372, Red Book

Celebrant: The Lord be with you **People: And also with you.**Celebrant: Lift up your hearts. **People: We lift them to the Lord.** 

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give thanks and praise.

Celebrant: God of all power, Ruler of the Universe, you are worthy of glory and praise. **Glory to you for ever and ever.** 

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the stewards of creation. But we turned against you, and betrayed your trust; and we turned against one another.

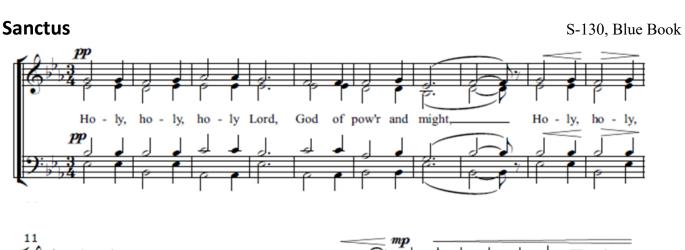
Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

By his blood, he reconciled us.

By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:







The people stand or kneel. Then the Celebrant continues

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving, We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Fathers and Mothers: God of Abraham, Isaac, and Jacob; God of Sarah, Rebecca, and Rachel. God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

#### Risen Lord, be known to us in the breaking of the bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **People:** *AMEN*.

Celebrant: And now, as our Savior Christ has taught us, we are bold to say,

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen

#### The Breaking of the Bread

Celebrant: Alleluia. Christ our Passover is sacrificed for us.

People: Therefore let us keep the feast. Alleluia.

## **Communion Songs**

Eat this bread, drink this cup, come to Me and never be hungry. Eat this bread, drink this cup, trust in Me and you will not thirst.

I love you, Lord, and I lift my voice to worship You, O my soul, rejoice. Take joy, My King, in what you hear. May it be a sweet, sweet, sound in Your ear.

## **Prayer after Communion**

BCP, pg. 365

Celebrant: Let us pray.

Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

#### **Benediction**

**Announcements** pg. 14-15 (bulletin)

**Recessional Hymn:** The Day of Resurrection 210, Blue Hymn Book

Dismissal

Deacon or Priest: Alleluia. Alleluia. Let us go in peace to love and serve the Lord.

People: Thanks be to God. Alleluia. Alleluia.

#### **Postlude**

#### Join us for Coffee and Further Discussion Downstairs

#### Serving in Today's Liturgy

Ministers: All of us, through Jesus Christ

Sacristan: Becky Johnson-Stewart

Doorkeepers: David Vanderah & Bud Geyer

Organist: Adam Smith Cantor: Marit Johnson

Ushers: Kim Miller & Glenn Miller

Sunday School Catechists: Aeriel Anderson & Pam VanVleck

Lectors: Ben Darr & Luke Roling

Intercessor: Stacey Bales

Acolytes: Neal Darr (Crucifer), Miles Darr (Server), Britany Thorpe (Chalice & MC)

Assistant: Rev. Reuben Manohar Celebrant: Mother Susan Forshey SCP

## **Parish Staff and Leadership**

Ministers: The People of St. John's

**Vestry:** Pam Van Vleck (Senior Warden), Ben Darr (Junior Warden), Kathe Richardson (Clerk), Megan McCready (Treasurer), Barb Horsfall, Ann Cameron Williams, David Vanderah, Stacey Bales, Vivian Roberts.

**Team Leaders:** John Stewart (Building and Grounds), Ann Kendell (Fellowship and Hospitality), Finance and Stewardship (Megan McCready), Evangelism and Outreach (Father Kevin), Worship and Formation (Mother Susan)

**Bookkeeper:** Ally Goerdt

Children's Worker: Aeriel Anderson

**Director of Development:** Susan Meyers, SusanMeyers@StJohnsDbq.Org

Parish Administrator: Jess Wiedenhoff, JessWiedenhoff@StJohnsDbq.Org

Music Scholars: Isabella Douglas, Marit Johnson

Organist/Pianist: Adam Smith

**Seminarians:** Britany Thorpe, Anna Beyersdorf

Associate Rector/Pastor: Mother Susan Forshey SCP, MotherSusanForshey@StJohnsDbq.Org

Pastor/Rector: Father Kevin Goodrich OP, FatherGoodrich@StJohnsDbq.org

#### **Notices**

**Join Us Downstairs for a Coffee and Conversation:** Connect with friends new and old, and for those interested have further discussion on the topic of The Brain.

**Spring Invitation Campaign:** Invite someone to join you next week as we continue our Spring Sermon Series, "Faith in the Future." Next week's topic is: "Multidimensionality."

**Wednesday Worship:** Every Wednesday at 12:10pm in the Flockhart Chapel at the Parish House Community Center, which is located at 1458 Locust Street.

**St. John's 101:** Learn more about St. John's during this one session over a meal. Chat with others new to St. John's as well as leaders of St. John's, lay and ordained. Talk to Fr. Kevin to learn more. This session is required of those interested in membership, but all are welcome to attend.

**Women's Group:** The Women's Group will meet Thursday, May 2, at 11:30 a.m. at for lunch at Caroline's, located in the Hotel Julien, 200 Main St, Dubuque, IA 52001. All are welcome to join us! We meet once per month for food and fellowship, and we take a collection that is used to support St. John's mission partners like the Dubuque Food Pantry and other community groups. Please RSVP to Alice Nothaft at 563.556.1672 or 563.542.5792.

**Spring Rummage Sale:** Friday-Saturday, May 3-4. Volunteers needed to help. Also, do you have items you'd like to donate to the sale? Drop off times, Wednesday May 1st from 4-6pm. Bake sale items drop off - Thursday, May 2nd from 4-6pm. Learn more by talking to Becky Johnson-Stewart.

**Rogation Sunday:** Next Sunday we will observe the ancient festival of Rogation. For centuries Christians marked the importance of their local lands, the boundaries of their communities, and prayed for good crops and the cultivation of the earth. You are welcome to bring soil from your home garden to be blessed during the service.

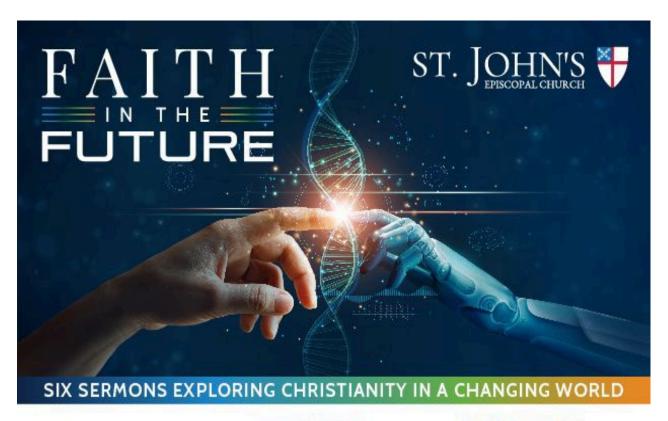
**Get Involved at St. John's:** Ushers, Sunday School teachers and helpers, Kindness volunteers and more needed. Have questions or interested in learning more? Contact Father Kevin.

**God as Mother:** Learn more about the famous 14th century English mystic, Julian of Norwich. Her Feast Day in The Episcopal Church is May 8. A session about her life and teachings will be offered twice next week. Sunday, May 5, at 4pm via Zoom and Wednesday, May 8 at 11am inperson in the Ruete Room at the Parish House Community Center. If you are interested in learning more contact FatherGoodrich@StJohnDbq.org

**Hablas español?** Do you speak Spanish and might be willing to speak Spanish to others on an occasional basis contact <a href="FatherGoodrich@Stjohnsdbq.org">FatherGoodrich@Stjohnsdbq.org</a>

**Outreach Events:** Make a difference and represent St. John's at one of these upcoming Dubuque community events. *PawStravaganaza*, *Sunday*, *May 5*, *from 12pm to 4pm*. We're looking for people to volunteer for an hour to staff the booth St. John's will have at this pet event at Five Flags. To find out more and how you can make a difference and "Serve at St. John's and Beyond' contact <a href="mailto:FatherGoodrich@StJohnsdbq.org">FatherGoodrich@StJohnsdbq.org</a>

Church Flowers: The outdoor Farmers Market opens on May 4th, and they have flowers! Perhaps you have been thinking about donating flowers for a special occasion or remembrance in your life. We have several Sundays coming up in which you could do so - May 12, 19, 26, June 2, and June 30, or after August 11th. You could either purchase the flowers or give the money to the altar guild to make the purchase. If you want to do either of these please see Becky Johnson-Stewart.



Aliens Sunday, April 7 | 10:00 a.m.

Artificial Intelligence Sunday, April 14 | 10:00 a.m. Augmented Reality
Sunday, April 21 | 10:00 a.m.
The Brain

Sunday, April 28 | 10:00 a.m.

Multidimensionality Sunday, May 5 | 10:00 a.m.

Time

Sunday, May 12 | 10:00 a.m.

StJohnsDBQ.org

**Our Motto:** Doubts are ok, questions are welcome, please, come as you are.



**Our Mission:** Love God. Love Neighbor. Make disciples.

St. John's Episcopal Church is a family of faith, united at the eucharistic altar, who love God and neighbor (Mark 12:30-31). St. John's pursues this mission in the belief that love transforms lives. The Bible says, "Love is from God" (1 John 4:7) and "Love is God" (1 John 4:8).

Disciples, intentional Christians, love God and love others according to the way of Jesus (Matthew 28:19-20). St. John's celebrates, teaches, and practices this way of life and love within the Episcopal/Anglican Tradition, which unites elements of Catholic and Protestant Christianity, stressing, "in essentials unity, in nonessentials liberty, in all things charity."

**Our Vision:** A church in downtown Dubuque for the wider region of Dubuque. A lively outpost of faith, welcome, and love, demonstrated in practical ways, positively impacting the lives of parishioners and the wider community. A spiritually rich, Christ-centered congregation.

St. John's will be a lively missionary outpost and supportive family of faith. A church that welcomes the young (children, teens, young adults, and families), as well as adults of all generations and diverse backgrounds to worship, fellowship, service, and discipleship. St. John's will further develop its campus, especially the Parish House, as a Community Center.

St. John's, as individuals and as a congregation, will demonstrate faith in practical and difference making ways for themselves and their Biblical neighbors. The ongoing Kindness Ministry will be part of this witness. St. John's will grow in faith, impact, and sustainability.

**Our Rule of Life**: Worship Regularly, Pray Daily, Serve at St. John's & Beyond, Love Others & Build Spiritual Friendships, Know the Christian Story & Invite Others, Give Generously, Rest Regularly.

A Rule of Life is an ancient Christian practice from the monastic tradition, now used by Christians from many denominations. A Rule of Life is a shared routine of spiritual practices or what are sometimes called marks of discipleship.

The Rule is a tool. The Rule is a guide to living out the faith for all the baptized. The Rule is not a requirement, but a resource for faith and for passing on the faith to others. The St. John's Rule of Life is broad and adaptable to people in a variety of life situations, stages, and seasons.