



LOVE GOD. LOVE OTHERS. MAKE DISCIPLES.

July 28, 2024



Tenth Sunday of Pentecost

“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



ST. JOHN'S
EPISCOPAL CHURCH



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. Sunday School is on a break during the summer, and will return in the Fall. In the meantime, please use the Tower Room and Bible lesson materials as you wish.



Please silence and refrain from using your phone, including texting. When people use their phones, it can distract other worshippers and communicate unintended 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 *All things bright and beautiful*

405, Blue Hymn Book

Opening Sentences

pg. 355, Book of Common Prayer

Celebrant Blessed be God: Father, Son, and Holy Spirit.

People And blessed be God's kingdom, now and for ever. Amen.

Celebrant: Almighty God, to you all hearts are open, all desires known, and from whom 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

The musical notation consists of five staves of music in common time, treble clef, and key signature of one sharp (F#). The lyrics are as follows:

1. Glo - ry to God in the high - est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly
King, al - might - y God and Fa - ther, we wor - ship you, we
give you thanks, we praise you for your glo - ry. 3. Lord Je - sus
Christ, on - ly Son of the Fa-ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy
on us; 5. you are seat - ed at the right hand of the Fa - ther: re -

ceive our prayer. 6. For you a - lone are the Ho - ly One,
 you a - lone are the Lord, 7. you a - lone are the Most
 High, Je - sus Christ, with the Ho - ly Spi - rit, in the
 glo - ry of God the Fa - ther. A - men.

Celebrant: The Lord be with you.

People: And Also with you

Celebrant: Let us pray.

Celebrant: O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Lessons from Holy Scripture

The First Lesson *2 Samuel 11:1-15*

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem.

It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, "This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite." So David sent messengers to get her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, "I am pregnant."

So David sent word to Joab, "Send me Uriah the Hittite." And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, "Go down to your house, and wash your feet." Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his lord, and did not go down to his house. When they told David, "Uriah did not go down to his house," David said to Uriah, "You have just come from a journey. Why did you not go down to your house?" Uriah said to David, "The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife? As you live, and as your soul lives, I will not do such a thing." Then David said to Uriah, "Remain here today also, and tomorrow I will send you back." So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house.

In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, "Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die."

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

Psalm 14

1 The fool has said in his heart, "There is no God." *

All are corrupt and commit abominable acts;
there is none who does any good.

2 The LORD looks down from heaven upon us all, *

to see if there is any who is wise,
if there is one who seeks after God.

3 Every one has proved faithless;

all alike have turned bad; *
there is none who does good; no, not one.

4 Have they no knowledge, all those evildoers *

who eat up my people like bread
and do not call upon the LORD?

5 See how they tremble with fear, *

because God is in the company of the righteous.

6 Their aim is to confound the plans of the afflicted, *

but the LORD is their refuge.

7 Oh, that Israel's deliverance would come out of Zion! *

when the LORD restores the fortunes of his people,
Jacob will rejoice and Israel be glad.

The Second Lesson *Ephesians 3:14-21*

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever.

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.

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 *Book of books (1st verse before the Gospel, 2nd verse after.)* Hymn 631, Blue Book

The Gospel John 6:1-21

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

People: Glory to you, Lord Christ.

Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming toward him, Jesus said to Philip, "Where are we to buy bread for these people to eat?" He said this to test him, for he himself knew what he was going to do. Philip answered him, "Six months' wages would not buy enough bread for each of them to get a little." One of his disciples, Andrew, Simon Peter's brother, said to him, "There is a boy here who has five barley loaves and two fish. But what are they among so many people?" Jesus said, "Make the people sit down." Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were satisfied, he told his disciples, "Gather up the fragments left over, so that nothing may be lost." So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled

twelve baskets. When the people saw the sign that he had done, they began to say, "This is indeed the prophet who is to come into the world."

When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

When evening came, his disciples went down to the sea, got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. The sea became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the sea and coming near the boat, and they were terrified. But he said to them, "It is I; do not be afraid." Then they wanted to take him into the boat, and immediately the boat reached the land toward which they were going.

Deacon or Priest: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Sermon

Gordon Cunningham, M. Div.

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 II

I ask your prayers for God's people throughout the world; for our Bishops, Archbishop Justin Welby, Presiding Bishop Curry, Presiding Bishop Elect Sean Rowe, and Bishop Betsey Monnot, for this gathering; and for all ministers and people.

We pray for the Church.

I ask your prayers for peace; for goodwill among nations; and for the well-being of all people.
We pray for justice and peace.

I ask your prayers for the poor, the sick, the hungry, the oppressed, and those in prison.

We pray for those in any need or trouble.

I ask your prayers for all who seek God, or a deeper knowledge of him.

We pray that they may find and be found by him.

I ask your prayers for the departed.

We pray for those who have died.

We pray for those celebrating birthdays and anniversaries this week, Michelle Warner, and Glenn Miller, as well as those we name silently at this time (silence). Together we say,

Amen

Praise God for those in every generation in whom Christ has been honored

We pray that we may have grace to glorify Christ in our own day.

The Confession

BCP, pg. 360, Red Book

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.

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.

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.

Offertory Song *Lord of all hopefulness*

Hymn 482, 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 B*

BCP, pg. 367, 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 God thanks and praise.**

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus

S-130, Blue Book

The musical score consists of two staves of music in common time, key signature of one flat. The top staff is in treble clef and the bottom staff is in bass clef. The music is divided into two sections. The first section starts with a dynamic of **pp** (pianissimo) and ends with a dynamic of **mp** (mezzo-forte). The lyrics for this section are: "Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might, Ho - ly, ho - ly," followed by a repeat sign. The second section begins at measure 11 with a dynamic of **pp** and ends with a dynamic of **mp**. The lyrics for this section are: "ho - ly Lord, God of pow'r and might. O, Hea-ven and earth are full," followed by a repeat sign.

The people stand or kneel. Then the Celebrant continues

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, 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; and when he had given thanks, he gave it to them, 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."

Therefore, according to his command, O Father,
We remember his death, We proclaim his resurrection, We await his coming in glory;

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with St. Mary, St. John and all the saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

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: Christ our Passover is sacrificed for us.

People: Therefore let us keep the feast.

Celebrant: The Gifts of God for the People of God.

Healing Prayer Available On Selected Sundays

When announced, a priest will be available in the Lady Chapel (side chapel) during Communion to pray for you or for someone else at your request. Anointing with oil is also available with the prayer; this is an ancient practice in the Christian Church when praying for healing.

Communion Songs

Jesus remember me when you come into your Kingdom

Bless the Lord, my soul, and bless God's holy name.

Bless the Lord, my soul, who leads me into life.

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 *At the Name of Jesus*

Hymn 435, Blue Book

Dismissal

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

People: Thanks be to God.

Postlude

Join us for Coffee and Further Discussion Downstairs

Serving in Today's Liturgy

Ministers: All of us, through Jesus Christ

Sacristan: Jim McGough & Stacey Bales

Doorkeepers: Corky Vance & Janet Vance

Organist: Adam Smith

Cantor: Pam VanVleck

Ushers: Ann Cameron-Williams & Glenn Miller

Lectors: Bud Geyer & Stacey Bales

Intercessor: Megan McCready

Acolytes: Ben Darr (Crucifer & Server), Kim Miller (Server), Ann Kendell (Chalice & MC).

Preacher: Gordon Cunningham, M. Div.

Assistant: Father Kevin Goodrich OP

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: Vacant

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

Parish Administrator: Jess Wiedenhoff, JessWiedenhoff@StJohnsDbq.Org

Music Scholars: Vacant

Organist/Pianist: Adam Smith

Seminarians: Vacant

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

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

Notices

The flowers for this week's service are in celebration of Glenn Miller's birthday.

Join Us Downstairs for a Coffee and Conversation: Connect with friends new and old.

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

Summer Bible Study: Five sessions will be offered over the summer. Come to one, come to all.

Subject: The Letter of James. A short (5 chapters) but powerful book of the New Testament.

Martin Luther, the father of the Protestant Reformation, had issues with this book. Perhaps, as you read it, you'll figure out why. Please read chapter 2. The next session will be **THIS**

Wednesday, July 31 at 5pm in the Parish House library. Future dates, all Wednesdays, 8/21, and 9/4.

Women's Group: The Women's Group will meet **THIS Thursday, August 1, at 11:30 a.m.** for lunch at Stone Cliff Winery, 600 Star Brewery Dr Ste 100, 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.

Young Families Gathering: Wednesday, August 28, at 5pm. Fun and fellowship for adults and kids. A Bible lesson to be included. All young families through Sunday School age welcome. Location TBC. For more information contact the parish office.

Parish Prayer List Reset: From time to time we "reset" the parish prayer list. If you'd like someone listed on this list please email your request to one of the parish priests or to the parish administrator.

Bulletin & Messenger announcements: If you have any items to be included in the Sunday bulletin or Friday messenger, please submit to Jess by, Thursday @ 5pm.

Worship Assistance: If you would like to assist with one of the roles during worship, or are not receiving the monthly availability emails to volunteer, please contact Jess.
jesswiedenhoff@stjohnsdbq.org or 563-556-0252. Full training is provided.

Questions Welcome! Based on parishioner feedback, our fall sermon series will be, "Questions Welcome." For the next couple of weeks we are seeking questions about God, faith, spirituality, and the church, from people in the wider community. Ask your friends, co-workers, family, strangers, whoever. Mother Susan and Father Kevin will address the most asked questions during the series. Questions can be submitted at office@stjohnsdbq.org, in-person with the preachers, DM on social media, and more.

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.