



An invitation to learn, sing, pray and have fun: St. Paul's choir is restarting

By Music Director Edward Grimes

It is with enthusiasm and joy that we announce the restarting of choir at St. Paul's! I have been able to reach out to most previous choir members. If I have not reached out to you yet, please expect an outreach from me soon.

This is also an opportunity for those who have not previously sung in choir at St. Paul's to prayerfully consider taking part in this important (and extremely fun) ministry. There is no audition process and participation in this ministry requires no formal training or experience. It does require a love of singing and a willingness to learn.

Everyone is welcome, without exception. There will be an organizational meeting and a bit of singing on March 17th, 7:30 p.m. in the chancel at St. Paul's.

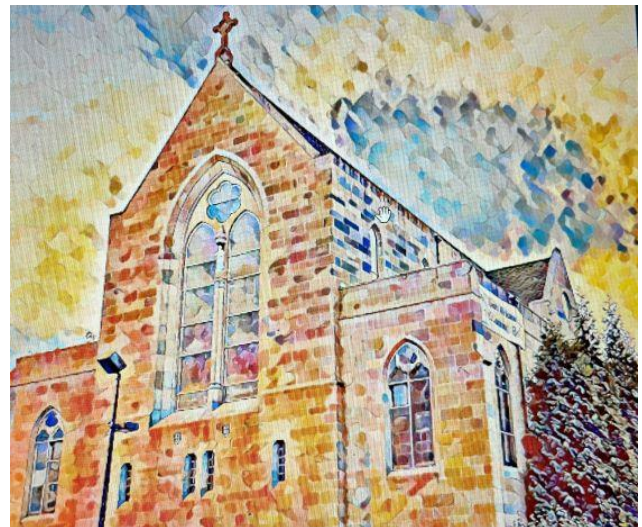
If you are interested, please contact me with any questions or concerns by phone: 330-968-7487, or email: etgrimes71@gmail.com.

2022 at St. Paul's: What will it take?

By Senior Warden M.L. Schultze

In some ways, 2022 is a reset year. We've resumed in-person Sunday services and are gathering again on Fridays through Lent for Stations of the Cross. The Guild Hall is open for our monthly H.O.T. lunch with our Canton neighbors and for coffee hour after Sunday services. Wednesday Book Study is beginning a new video series, "Witness at the Cross." And the choir is restarting!

But 2022 also offers St. Paul's a chance at more than a reset. It's a chance to move ahead, revitalized and re-energized – fully understanding that we face challenges, but also opportunities.



Think of this as the year of: "What will it take?" What will it take to do the things that strengthen our ties to each other, to our community and to God? This doesn't mean massive projects that require big money, long time-frames and dramatic changes in direction.

It means a range of ideas – some big, some small and some falling in the middle. It means

inventorying the resources we have and the resources we need to respond to a challenge and grab hold of an opportunity. It means consulting with the people and groups in the church and beyond, inviting them to join us and focus us.

It means arriving at a blend of actions that do what the Rev. Dr. Tricia Lyons identified at the Diocesan Winter Convocation as “micro and macro evangelism”: The experiences that strengthen our everyday foundation AND take us to the mountaintop.

“I don’t want to work for God like some kind of nice boss. ... I want to live with God, now and forever. Evangelism is joining God in whatever God is doing in the world.”

The Rev. Dr. Tricia Lyons

It means purposeful joy – or maybe a joyful purpose.

Toward that end, the Vestry Retreat on Feb. 25 included an open-ended exercise, covering a table with ideas of short-, medium-, and long-term actions, things we can integrate into what we already do and things that can take us in a new direction.

The list is long. And it is incomplete, awaiting your input as well.

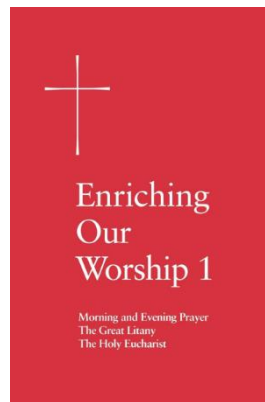
Vestry will be coming together at the next meeting (6 p.m. on March 21 in the Guild Hall), to select at least one from each category and to begin answering the question:

“What will it take?”

Thanks to Clerk Cara Warren’s careful notetaking, you’ll find the list of the ideas on **page 8**. And thanks to Cara, one has already been accomplished: Tidying the Narthex!



The differences in our Lenten Services



You may notice some differences in the Liturgy St. Paul's is using during the Lenten season. That's because it's drawn from “Enriching Our Worship,” a collection of supplemental materials authorized by the 1997 General Convention of the Episcopal Church.

In her introduction to “Enriching our Worship,” Phoebe Pettingell for the Standing Commission on Liturgy and Music explained: “The committee sought language and imagery which would speak to the diversity of people who worship in the Episcopal Church today, both those who are well steeped in the tradition and those whose knowledge of scripture and the

Christian tradition is fragmentary and to whom much traditional liturgical language is puzzling. The goal was to employ evocative language which would lead worshipers deeper into the mystery of God.”

For some, the most noticeable difference is in the Nicene Creed – especially the omission of the words “and the Son.”

“Enriching Our Worship” includes an extensive explanation by the Rev. Dr. Ruth Myers of the evolution of the Creed we usually recite and of the difference in this work. (You can read that by going to the News page of stpaulscanton.org)

By My Hand For My Sake

Fr. Phil is also incorporating into our Lenten services the series "By My Hand For My Sake," which asks, “What is your role in the suffering and death of Christ?”

Week by week, this question is addressed by biblical characters who actually did have a hand in the crucifixion of Christ. Characters include Adam, Nicodemus, Judas, Barabbas, Pilate, the father of the Thief on the Right, Peter.

SERVICES

March 2 (Ash Wednesday): Adam

March 6: Nicodemus

March 13: Judas

March 20: Barabbas

March 27: Pilate

April 3: The Thief’s father

April 14: (Maundy Thursday): Peter

To view parts of the series you have missed, you can go to our Facebook page

<https://www.facebook.com/stpaulscanton>

Stations of the Cross returns



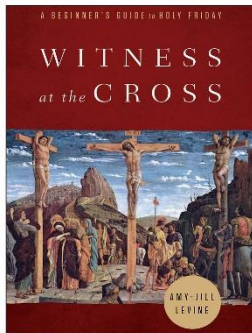
St. Paul's also will be marking the Lenten season with Stations of the Cross each Friday. The special devotions will begin at 6 p.m. Fridays throughout Lent, except on Good Friday, when they'll begin at noon. The St. Paul's sanctuary has eight stations -- bas reliefs based on events recorded in the Gospels from Jesus' condemnation to his burial.

Jesus is condemned
Jesus takes up his Cross
The cross is laid on Simon of Cyrene
Jesus meets the women of Jerusalem
Jesus is stripped of his garments
Jesus is nailed to the Cross
Jesus dies on the Cross
Jesus is laid in the tomb

Episcopalchurch.org notes that churches often include six other stations "based on inferences from the gospels or pious legends."

The history of Stations of the Cross dates back to early Christians' visits to the Holy Land to trace the path of Jesus' Passion.

Wednesday Bible Study: Witness at the Cross



SESSION 1

Wednesday Bible Study has begun a six-part video series called “Witness at the Cross,” by Amy Jill-Levine, a professor of New Testament and Jewish Studies at Vanderbilt Divinity School.

Her book and video focus on Holy Friday and the perspectives of those who witnessed Jesus’s death, including his mother, Mary Magdalene, Nicodemus and the thieves crucified with Jesus.

The study group meets Wednesday mornings in the St. Paul’s library. Everyone is welcome.

As Covid cases plummet, St. Paul’s reviews protocols

Stark’s Covid numbers continue to show a sharp and steady drop. Average new cases have dwindled to about 2 percent of their peak in mid-January, and the positivity rate, hospitalizations and deaths have shown similar declines.

Though they don’t treat Covid as a thing of the past, CDC guidelines have changed, and St. Paul’s Vestry will be revisiting our own protocols at our March 21 meeting.

You can find our current guidance on the News page of stpaulscanton.org. We would appreciate your input and invite you to contact any Vestry member directly or write to stpaulsoffice@att.net with suggestions.

The 2022 Vestry members are:

Demetrius Carrothers
Douglas Colmery
Valerie Frear
Stephen Johnson
David Lewis
Dr. Richard Oloya
M.L. Schultze
Carol Sutek
Cara Warren

Breaking bread together again

In February 2020, we finished our monthly H.O.T. lunch fully expecting to do it again four weeks later -- just as we have every third Saturday of the month for nearly six decades.

In no way did we anticipate the tsunami of Covid and the disruptive impact it would have on our church life and the lives of our families, friends, neighbors and community.

While we continued to distribute frozen meals over the last two years, last month was the first for full resumption of H.O.T. in the Guild Hall. We were so happy to see familiar faces among the three-dozen Canton neighbors who joined us.

Thanks to Carol Sutek and the extended Sutek clan, Cara Warren, Susan Phillips, David Lewis and others for putting on the spread of Salisbury steak, chili, potatoes, green beans, salad, cookies and, of course, ice cream.

We're back on schedule, and the next H.O.T. lunch is Saturday, March 19. We welcome



Carol Sutek and Susan Phillips clean up after St. Paul's February H.O.T. lunch.

volunteers and donations. A signup sheet is on the Narthex bulletin board. Anyone with an interest in joining us, please talk to Carol or email her at carolsrn@aol.com.

Parish nurses' notes

By Carol Sutek

Today I am thinking more of emotional than physical practices to make ourselves healthy. It has been a long hard winter and it may have taken a toll on our mental health and emotional wellbeing. We should be as aware of that as we are of a cough or fever that stresses us physically.

We need to have treatment for both our minds and bodies. Some of us meditate to help reduce stress. Some of us have another practice to clear our minds but many of us have no way to relieve the stress of daily living, especially in the last two years.

Maybe now is the time to think about doing something to relieve and release. Learn a new

way to deal with stress. Talk to someone if you need to. Be kind to yourself.

Lent is here, a time of reflection. Easter will soon be here, a time for joy. Spring is just around the corner. It is the time of year that new life is about to begin.

The cold of winter will disappear, and we will head outdoors again. Maybe you like to garden. Maybe you are more interested in tending to your yard. Or, maybe you just like to observe the changes as the trees bud out and the spring flowers shoot up and bloom. Whatever your preference, now is the time to watch and enjoy the coming to life of nature. Songbirds herald in the season. Bees and butterflies show up to do their jobs. Life is good in nature and can be good for us too.

The snow will be replaced by spring rains that will wash the winter blues and blahs away and can bring new energy to your days.

So take a walk around the neighborhood, around the block or just around your yard and take joy in the abundance of life showing up.

We have all lost much in the last two years, but this can be a time to take stock of all we have been given and let our souls rejoice in our blessings even as we remember our losses. It can be a good time for our souls and bodies if we let it be.

Please note that St. Paul's livestreams and posts all our services to our Facebook page.

Heritage House's Legacy

Representatives from the three churches that oversee the legacy fund from the sale of Heritage House are reviewing applications from a handful of community groups for this year's grants.

Our priority for the estimated \$35,000 distribution will be efforts to meet housing needs in Canton.



Last year, we divided the money among Habitat for Humanity, Hammer and Nails and Legal Aid. The money was key in helping Habitat meet soaring construction costs for homes it built for three families on 24th Street NE in Canton. Hammer and Nails helps repair (often elderly) people's homes so they can remain habitable. And Legal Aid has been working on eviction relief.

The emphasis on housing springs from the original purpose of Heritage House. The multi-story apartment building northwest of St. Paul's was built by the Timken Foundation and overseen for decades by eight downtown churches. When they decided to sell the building two years ago, St. Paul's, Christ Presbyterian and St. Stephen's Lutheran (the successor to Trinity Lutheran) opted to pool their portion of the proceeds through the Stark Community Foundation and make annual distributions.

The legacy board will make its recommendation for the governing boards of St. Paul's and the other two churches to vote on this Spring.

Barbara Nowlin: A beloved and loving optimist

Barbara Vaughan (McCoy) Nowlin
Feb. 18, 1942-Feb. 12, 2022

At her funeral on March 3, Jeffrey Nowlin remembered his wife, Barbara, wearing many hats: A violinist, a world traveler, an excellent golfer – even the “Duck Lady of Edgewood.”



He remembered what Barbara was wearing nearly 53 years ago, when he first met “the most beautiful girl I ever laid eyes on,” and how she responded when he offered to pull her golf cart (“she was perfectly capable of doing it herself”). He remembered their trip in a convertible in a rainstorm heading to the Florida Keys –

sheltered by nothing more than a golf umbrella; her laugh when he flooded a laundromat; her determined protection of a mother duck and her ducklings.

“But most of all,” he remembered, “she loved her family” -- sons Michael and David and daughter Kathleen, and grandchildren Madeline, Alex, Jenna, Lindsey, Elaine Grace, Ava Grace and twins Everly and Harper. And, he said, she loved St. Paul’s.

Barbara was born in Duluth, Minn., on Feb. 18, 1942; her mother, Ruthann McCoy, died when she was 3. Her father, Wirth, remarried and he and Dorothy McCoy included an early education in Paris and a focus on music in Barbara’s upbringing. She graduated from Pennsylvania State University with a bachelor of arts in applied music, the first to receive that degree from Penn State as a violinist. She continued her graduate music studies in Philadelphia, but opted instead to become a banking loan officer, a profession she continued when she and Jeffrey settled in Canton after stops in Atlanta, Chicago and Minneapolis.

They were married for 52 years; 21 years ago, Barbara was diagnosed with Multiple Sclerosis. But as Jeff, Fr. Phil and many of her friends at St. Paul’s noted, she remained an optimist. Hers was a “richly blessed life,” Fr. Phil said, and Barbara was a “gift that God gave to us.”

“Death is not the last word,” Fr. Phil reminded those gathered for her funeral.

“The last word is resurrection.”

The family has asked that donations in Barbara’s name be made to the Organ Fund of St. Paul’s Episcopal Church, PO Box 21333, Canton, OH 44701-1333

Lenten recipes

Lenten discipline can change, among other things, what we eat. But our diets don’t have to revolve around tuna noodle casseroles. From the recipe box of Jo Lubnick, here are some oldie-but-goodie alternatives.

SALMON LOAF 350° 1 hour

2 cans pink salmon, drained
1 egg, beaten
1/2 – 1 can cream of celery soup
1 cup dried bread crumbs
1/2 cup onion, finely chopped
1/4 cup green pepper, chopped
1 T lemon juice
3/4 tsp salt
1/4 tsp pepper
1/2 cup Miracle Whip Salad Dressing
Mix all ingredients together and place in greased 8 1/2 x 4 1/2 loaf pan. Bake at 350° for 1 hour. Let rest 5-10 minutes before slicing to help hold together. Serve with cucumber sauce.

CUCUMBER SAUCE (can be doubled)

1/4 cup finely chopped cucumber
1/2 cup sour cream
1/4 cup Miracle Whip
Salt and pepper to taste (We like to use Aunt Jane’s Crazy Salt)
Mix together. Serve over sliced salmon.



SALMON PATTIES W/ CREAMED PEAS

1 can pink salmon drained and deboned
1 egg
1/2 cup Town House crackers, crushed (breadcrumbs or saltine crackers can be substituted)
1/2 cup Miracle Whip Salad Dressing (recommended over mayo)
1 small onion, chopped finely
1 tsp dried parsley or 1 T fresh, chopped
Mix together. Shape into 4 patties. Add 1 T butter or oil to skillet and bring to moderate heat. Place patties in skillet and cook about 5 minutes on each side. Serve with creamed peas

and home fries for a traditional and hearty Lenten meal.

CREAMED PEAS

- 1 can green peas, drained.
- 1/4 cup chopped onions
- 1 T butter
- 1 cup sour cream

Melt butter in small pan. Add onion and saute until translucent. Add drained peas and sour cream. Heat through and serve. Adjust amount of sour cream to your preference.

**For an alternative to sour cream, add 2 tsp flour to melted butter and onions to make a roux. Add 1 cup milk. It will have a totally different taste and texture but be just as good.* Serving with home fries or pieroghi's and coleslaw makes this an especially tasty meal.



EASY PEASY COLESLAW

Add Marzetti's coleslaw dressing along with some celery seed and paprika to bagged shredded coleslaw mix. Add a small amount of Marzetti's at a time, mix well and wait about 10 minutes between additions because the cabbage will shrink more than you think and it can easily be too wet if you're not careful. Let it sit at least an hour or overnight for best results. Will keep for a week.

You can also mix in some chopped salad green olives to add some interest.

Time to order Easter flowers



Please order your Easter flowers by April 10. Return the form on **page 10** and payment to the St. Paul's office.

What will it take? (continued from page 2)

Here's the initial list of long-, medium- and short-term tasks St. Paul's is considering tackling in 2022. We welcome your additions, thoughts and questions.

LONG-TERM

- Support group for caregivers
- How do we minister to lapsed Catholics?
- Partner with Canton city on events planned for downtown, e.g. Earth Day celebration in Centennial Plaza
- Partner with someone with a small bus to set up rideshare with nursing home/wheelchair access?
- LGBTQ+ outreach
- How can we welcome and minister to AA and NA groups?
- How to minister to LGBTQ+ community?
- Hold concerts
- Meditation time and space
- NA/AA meditation supports
- Sober House
- Engage with the arts community
- Increase access to livestream
- Clothing giveaway at H.O.T., hats, gloves, etc.
- Partner with social service agency for clothing for adults
- Incorporate social service info at H.O.T.
- Engage with Crossroads
- Further explore use of building by other groups
- Articles/presentation on items of interest (church architecture terms, instructional/informational Eucharist)
- Beef-up Web site content
- Support StarkFresh grocery store
- Ecumenical faith alliance
- Transportation to church

- Memory garden
- Schedule prayer time for open chapel

MEDIUM-TERM

- Finish community room
- Tutoring
- Host African Children's Choir again
- Provide specific ways to donate items or time
- Coffee hour list donations
- Dialog with other downtown churches
- Children's books
- Bible study group
- Connect with downtown businesses & residents
- Refuge of Hope partnership
- Good karma cupboard
- Ministries/knitting group?
- Revive spiritual formation classes
- Outreach committee to do good works in community
- Community room showers & laundry
- Friendship Center partnership
- More community projects missions
- Mission involving foster children
- Clean up day 2 x a year for the church
- Clean up day spring and fall
- Little library

SHORT-TERM

- Visitation committee to visit new, prospective and existing members
- Return to (in-person) and expand Courageous Conversations
- Revise mission statement
- MOW Monday route (additional route)
- Speakers to spread news of St. Paul's to other groups and get ideas for St. Paul's
- Hand out small flyers about our church at HOF parade
- Lights
- Shared vestry email box
- Lenten journey project
- Meditation or prayer at a set time
- Calendar and bulletin more explanation

- Sung responses in liturgy
- MOW
- Set goals measurable metrics for each vestry meeting
- Straighten up sanctuary/Narthex
- Prayer request repository in central location
- Additional services weekday mass and return to Evensong
- Evensong
- Wed night service
- Open 5th Street door
- Signs around the building (do we have our hours posted for services?)
- Signs outside building

Want to get involved? Here are the committees and ministries of St. Paul's:



- Vestry
- Choir
- Worship Committee
- Acolytes
- Altar Guild
- Ushers
- Finance Committee
- H.O.T Harvest Outreach Table
- Lazarus Committee
- Parish nurses Committee
- Search Committee
- Long-Range Planning Committee
- Building and Grounds
- Social Justice Book Group
- Christian Formation Committee
- Stewardship Committee
- Communications Committee
- Lay Eucharistic Visitors
- Healers

To place your order for Easter Flowers, please complete this form and return it to Peggy in the Parish Office. Make checks payable to St. Paul's. Thank you for making our Sanctuary special this Eastertide!

Name: _____ **Total Enclosed:** \$ _____

In loving memory of: _____

In honor of: _____

To the Glory of God for: _____

Quantity	Type	Price	Donate *	Purchase **
_____	Easter Lily (7.5"/double)	\$16.00 ea.	_____	_____
_____	Easter Lily (8.5"/triple)	\$23.00 ea.	_____	_____
_____	Paschal candle flower ring (one needed)	\$45.00	_____	XXXXXXXX
_____	Majesty palm plant (4 needed)	\$40.00 ea.	_____	_____

*Flowers donated will be distributed to shut-ins when the chancel area is cleared, and are tax-deductible.

**Flowers purchased will be labeled with the buyer's name and may be picked in the Narthex when notified (non-deductible).

Deadline to order flowers: Sunday, April 10



Barbara Anderson, Altar Guild Director



Shirley Brown, Flower Coordinator

Bishop Hollingworth on the Russian invasion of Ukraine

February 24, 2022

Dear colleagues and friends,
The news reports emanating from Ukraine bring directly into our homes and hearts the terrifying reality of war. With it come emotions including anger, fear, and helplessness. We feel these both for ourselves and for all those more immediately in harm's way.

It seems unimaginable that, as an advanced civilization, we are unable to find ways to move toward peaceable resolutions that, in the words of our baptismal covenant, "respect the dignity of every human being" and protect the vulnerable and undefended. It is hard to accept that destruction and death constitute an acceptable way to find stability and security.

We may be thousands of miles from where the missiles are launched and the bombs land, but we are all complicit. In continually succumbing to a we/they construct in addressing our local, national, and global differences, we are inevitably led to polarization and destructive results. I offer this not in judgment, but in confession. It remains our common human condition.

As disciples of the one who said, "Peace I give to you, my own peace I leave with you," we turn to him now for guidance and help. We hold before him our human brokenness that keeps leading us into dehumanizing behavior, and we offer our broken selves back to the God who has given us this life to share. Our prayer for the victims of this attack on Ukraine and our prayer

for those who have initiated it must be accompanied by our prayer for ourselves, that we will give ourselves to peace. Such willing self-sacrifice is at the heart of all intercession. Indeed, God can do anything, but always demands our participation.

The answers Jesus gives to our prayers at this moment will doubtless cost us. They will require us to pick up the peace he has given us, his own peace, and make the same sacrifice of ourselves that he made for us. They will require us to hear what God needs of us to incarnate the peace of Christ in our own lives and be willing to pay the price.

Let us, therefore, pray for peace; for the safety and comfort of all victims in this time of fear and devastation; for those in leadership and those carrying out their orders; and for ourselves, that we will give all that we are to the peaceful resolution of all conflict:

Almighty God, kindle, we pray, in every heart the true love of peace, and guide with your wisdom those who take counsel for the nations of the earth, that in tranquility your dominion may increase until the earth is filled with the knowledge of your love; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen. (Book of Common Prayer, p. 258)

Know that you are in my prayers,
The Rt. Rev. Mark Hollingsworth, Jr.
Bishop of Ohio

Our mission

*St. Paul's is a radically welcoming
Episcopal community in downtown
Canton, grounded in faith, called by
God's Love to minister to the world.*

St. Paul's Episcopal Church

425 Cleveland Avenue S.W.

Canton, OH 44702

<https://www.stpaulscanton.org/>

<https://www.facebook.com/stpaulscanton>

The Rev. Philip F. Kunder, Long-term Supply
Priest

Organist/Choirmaster: Edward T. Grimes

Staff: Peggy Neidig, office manager; Paul
Schmucker, sexton

Newsletter: M.L. Schultze and Rick
Senften

Vestry: Sr. Warden M.L. Schultze, Jr. Warden
Carol Sutek; Clerk Cara Warren; Treasurer
Douglas Colmery; Assistant Treasurer David
Lewis; Members Dr. Richard Oloya,
Stephen Johnson, Valerie Frear, Cara Warren,
Demetrius Carrothers

Parish Musician Emeritus: William Kendrick

MARCH 2022