

The Preparer

The Episcopal Church St. John the Baptist
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June 2011

Vacation Bible School

June 13 - 17, 2011

5:30 to 8 pm



Vacation Bible School is coming June 13th through June 17th from 5:30 to 8 pm nightly! This year's theme is God & Me @ Sea! We will spend 5 days looking at 5 different stories in the Bible that involve the sea!! Each day will include fun activities, games and crafts for kids from 3 to 12! There are stations that are age appropriate for young kids and school age kids so there is something for everyone! The cost is \$15 per child and \$25 for 2 siblings. This is an exciting, hands-on VBS that kids will love!

On the first day of VBS, we go to sea with God... to meet the fish that He just created! It's their birthday, according to Genesis. It is the day God made them! Genesis 1:20-23

On the second day, we will go to sea with God again... this time after Noah has had to put up

with a whole lot of stuff. He had to become an architect, a zoologist, a trapper, a builder, and none of that was as trying as being laughed at by his bullying neighbors. He overcame- so we could all be here! Genesis 7-8

On the third day of VBS, we get a rough ride at sea... with Jonah in the belly of the whale. God was working a plan, and Jonah couldn't see the big picture. Sometimes we don't get the big picture either, but the story of Jonah can help us trust in God's direction! Jonah 1-3

On the fourth day of VBS, we get to witness one of the greatest miracles of the New Testament...Jesus walking on water. If Jesus can walk on a stormy sea, surely he can handle the storms of our everyday lives... and He can help us walk with him! Matthew 14:22-33

On the final day of VBS, the sea is finally calm! The storms are inside the disciples as they often rage on inside of us. It takes Jesus to calm them... as He will surely calm us. John 21:1-14
Registration forms are in the parish hall or you can email lynne@stjohnsaz.org . If you have any questions please email Lynne or call her at 602-400-6770.

Dear Sisters and Brothers in Christ,

One of the things that others have observed and I have felt is a new sense of excitement around St. John's. It's been great to see new faces and new young children in worship on Sunday mornings. There is a spirit of vibrancy.

As we see new people, I am reminded of how important it is for all of us to welcome them and make them feel at home. It really works when we extend our welcome and hospitality to everyone who comes through our doors.

One change that I am making is to be vested, ready to go, out front, welcoming people as they arrive before the service begins. This is a suggestion made in an email newsletter that I receive weekly and pass on to the members of the vestry. We really are a welcoming church.

What I ask of every parishioner is to be aware of our guests and make them feel at home. It's a skill that is so important to growing congregations.

Recently, we began a weekly email newsletter. The purpose is to keep members and friends of St. John's up-to-date with events of our parish life. It is not only for communication within the parish, but also, I hope, and means of building spirit and excitement. I've been very gratified by the response.

One way to share the good news about St. John's is to click on the Facebook "like" button on the newsletter. This will share the information about St. John's with your friends on Facebook. It's a simple thing to do to spread the word about St. John's.

Are you receiving St. John's email newsletter? If not, please let the office know your email address, so that you can receive it. You can even sign up for it by going to our website www.stjohnsaz.org and follow the link to sign-up.

One last word: Friday, June 24th is the Feast of the Nativity of St. John the Baptist, our Patronal Feast. We will be celebrating with the Holy Eucharist at 6:30 pm, followed by an ice-cream social for the whole family.

Faithfully yours in Christ,

Frank H. Clark

Military Personnel

1st Lt. Claudia Alday; PFC Charles Barker, Sgt. Lisa Beckett, Sgt. Stephen Beckett, Cpt. John M. Bergener; Cpl. Jeffrey Bolland, Paul Brezinski, Lt. Col. Stephen Brown, SSgt. John Burgess, Sgt. Terrence Carpenter; Spc. Adam Chase, Sgt. Sean Cook, SPC Andrew C. Diaz, Grant Donnally; A1C Mary Ellen Ellis; Sgt. Daniel Franklin, 2nd Lt. Nathan Franklin, LCPL Ryan Gardner; PFC Christopher Gates; MA1 Bernadette M. Gaul, Dr. Tim Goodrich, Nicholas Harris, SSgt. Bryan Highham, Cpl. Michael Jacobs, Matthew Lees; LCPL Michael Matter; 1st Steve Maxton, SPC Brett McGillen, Lt. Col. Laurence W.G. McSheffrey, Lt. Col. Marion Moxley, Lt. Col. William Moxley, 2nd Lt. Evan Munson, Maj. Kim Nail, SSgt. Benjamin Nelson, LCpl. Nicholas Drew Michael Nobel; Sgt. Erwin Rendon, Brian Ragsdale, Chris Ragsdale, Nicholas Ragsdale, Cpt. Steven Santamaria, PFC Michael Shoemaker; Sgt. Tim Stoner, Sgt. Jon Michael Stresing, Sgt. Tyler Tellez, Peter John Trompeter, P3 D. J. Tussing, Sgt. Gerad Voltmer, Josh.

MIA:

Staff Sergeant Ahmed Kousay Altaie
October 2006 (Iraq)
SPC E4 Bowe Robert Bergdahl
June 2009 (Afghanistan)



Youth Group News

MILC's San Francisco Mission trip is coming in one month! We are excited to be taking this trip and for the opportunity to help the homeless in California. The cost is \$300.00 per teen and we are looking for sponsors for a couple of our kids in need. If you would be willing to help one of our amazing teens go on mission work please make a donation to MILC San Francisco Mission trip. Thank you for helping these kids be the hands and feet of Christ... If you have any questions please email Lynne at lynne@stjohnsaz.org or call her at 602-400-6770.

Thank you so much to everyone who shared their pools with us for our annual Progressive Swim Party!! The kids of MILC really had a great time and made lots of memories! Our parish ROCKS!!! To see what fun we had go to smug mug or Facebook! If you have any questions or concerns or wish to sponsor one of our teens please contact Lynne at lynne@stjohnsaz.org or 602-400-6770.

Lynne Gardner



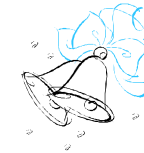
The Episcopal Church of St. John the Baptist
4102 W. Union Hills Drive
Glendale, AZ 85308-1702

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June Birthdays

- 1 Daniel Stresing
- 2 Chris Way
- 3 Margi Maisto
- 5 Trish Ryan
- 6 Tom Gonzales
- 8 John Butler, Sean Sipes
- 10 Vicki Cantrill, Larry Thorson
- 11 Kyle Dobson, Jessica Dugan, Noah Tudor
- 12 Todd Cantrill, Cherie Lee, Joseph Maisto
- 13 Susan Dobson
- 14 Sarah Ambrose
- 16 Marnie Layne, Helen Tibken
- 17 Charlotte Abram, Al Jasinski
- 18 Sam Brown, Tyler Kmetty, Debbie Lusson
- 19 Marj Homokay, Casey Klems
- 21 Peggy Boyle, Marge Mathewson
- 23 Elizabeth Teekasingh
- 24 Craig Cantrill, Betty Jasinski
- 28 Jeanne Waterman
- 29 Aaron Hall, Marcia Hudon
- 30 Sue Doucette



June Anniversaries

- 4 Gerald & Norma McSheffrey
- 6 Ron & Deborah Apodaca
Keith & Audrey Read
- 9 Craig & Vicki Cantrill
- 10 Carrol & Glenna Wheat
- 11 Scott & Loni Perkins, Jim & Jodi Whitelaw
- 12 Mel & Kathleen Rabon-Ney
- 17 Bob & Linda Johnstone
- 21 Al & Ruth Rich
- 23 Frank & Cynthia Pastula
- 26 Andy & Rebecca Grieco
- 29 Jamie & Deborah Seely

Newsletter articles for the July/August issue of The Preparer
must be submitted no later than 12 Noon Sunday, June 12th!

newsletter@stjohnsaz.org

(We do not mail a newsletter in August.)

Join us Friday, June 24th
for our Patronal Feast –
the Nativity of St. John the Baptist

On Friday, June 24, we will celebrate the Nativity of St. John the Baptist
with Holy Eucharist beginning at 6:30 p.m.

The party begins immediately following the service
with an ice cream social of everyone.

Donuts for Dads!

Kids and Moms!!

Show Dad how special he is on
Father's Day, Sunday, June 19th!
Bring a tasty breakfast treat to share –
Donuts, bagels, pastries or anything!
We'll celebrate after each service.



The History of Flag Day



The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association,

was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.

The Flags That Fly 24 Hours A Day

Historical Note: After the addition of the new House and Senate wings in the 1850s, even before the great dome was completed in 1863, photographs of the period show flags flying over each new wing and the central east and west fronts.

The custom of flying the flags 24 hours a day over the east and west fronts was begun during World War 1. This was done in response to requests received from all over the country urging that the flag of the United States be flown continuously over the public buildings in Washington, DC.



Faith of Our Fathers

*Faith of our fathers, living still,
In spite of dungeon, fire and sword;
Oh how our hearts beat high with joy
Whenever we hear that glorious Word!
Faith of our fathers, holy faith!
We will be true to thee 'til death.*

A Father's Day Meal fit for a KING!!

Take a less expensive cut of meat, marinate it a day or two, and you have the perfect Father's Day meal for your KING! (Serve this up with Dad's favorite sides and condiments.)

Baltimore Beef Bad Boy

Recipe courtesy Guy Fieri

Serves: 8 sandwiches Level: Easy



Ingredients

2 tablespoons seasoned salt	SOUR CREAM
Freshly ground black pepper	HORSERADISH
1 tablespoon onion powder	1/2 cup <u>sour cream</u>
1 tablespoon garlic powder	1/2 cup mayonnaise
2 teaspoons dried <u>oregano</u>	1 teaspoon <u>lemon juice</u>
1 tablespoon paprika	1/2 cup horseradish
1 teaspoon <u>chili powder</u>	1 teaspoon garlic, minced
4 pounds top round, cut in 2-equal pieces	1/2 teaspoon <u>sea salt</u>
	16 slices Rye bread, lightly toasted

Directions

1. Combine seasoned salt, 1 tablespoon black pepper, onion and garlic powder, oregano, paprika and chili powder in a 1-gallon sealable plastic bag. Mix thoroughly and then add 1 piece of meat, shake it around in the bag, remove it and repeat with the second piece of meat. When both pieces are done, return them to the bag, and let marinate for 24 to 48 hours in refrigerator. Remove meat from refrigerator at least 20 minutes, prior to grilling.
2. In a medium-sized bowl, combine the sour cream, mayonnaise, lemon juice, horseradish, garlic and sea salt and pepper. Mix thoroughly and place into refrigerator for at least 4 hours.
3. Set grill or large grilling pan to high heat. Cook meat for 20 minutes or until desired temperature.
4. Remove from heat, cover and let rest for 5 to 10 minutes. Best served medium-rare.
5. Slice cooked and rested steaks paper thin using either a knife or counter-top deli-slicer. Place 4-ounces of meat on a slice of toasted rye and spread on sour cream horseradish.



For your health...



June Is Men's Health Awareness Month

National Men's Health Week was established in 1994 by the Senate and House of Representatives, to show how simple, diagnostic, and screening tests can save lives. This has grown to a month-long educational event. The month of June gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Prostate Cancer

Prostate cancer is the second leading cause of cancer death in men, with greater than 186,320 new cases each year. More than 28,660 men are expected to die from this disease during 2008.

PSA (Prostate Specific Antigen) testing is a useful tool for screening and early detection of prostate cancer. Men are advised to have an annual digital rectal exam (DRE) and a PSA blood test beginning at the age of 40. This screening allows for earlier detection, and treatment, which may afford better patient outcome.

Risk factors are increasing age, high fat diet, family history, and race or ethnicity. Early detection is the key to improved outcome.