



# Epistle

AUTUMN 2019

## A Note From The Rector

BY THE REV. ROB COURTNEY



This summer I had the opportunity to travel with ten of our youth and other adult leaders to Houston for a mission trip. I was so proud to see our youth work so hard for the people we served. They really did push themselves to step outside of their boxes, and it was

exciting to watch them grow. Whether it was learning to use power tools when they helped with a house devastated by Hurricane Harvey, or serving food to people experiencing homelessness, they met the challenges set before them with a lot of grace and fortitude. They also treated all the people they worked among with respect and dignity. Along with service work, our youth also had to do some challenging spiritual work. We took part in daily meditations each morning, praying together from the Book of Common Prayer, reading and reflecting on scripture, and

sharing with one another (in sometimes personal ways) about our experiences on the trip. That kind of vulnerability can be challenging enough for adults, but these youth made themselves available and open to one another. Perhaps their most daunting spiritual challenge was to pray aloud and extemporaneously throughout the week. On our first evening our hosts took us on a “prayer tour” of the city, and our young people were asked to pray in this way at each stop. That first night there was a lot of stumbling and bumbling, trying to find the words, trying to get over the sheer terror of being asked to pray aloud off of the tops of their heads. Again, I know few adult Episcopalians who would know exactly how to approach that kind of request. In that respect, they did fine even on that first night. Over the next few days, however, we got to do some teaching about how to pray, aloud or not. Anytime you hear someone pray aloud and off the cuff, they’re always using some kind of prayer form to help them along. We offered them a simple form in the spirit of Jesus’ teaching on prayer. “God, I thank you today . . . , God I ask you today . . . , in Jesus’ Name we pray. Amen.” If you think about it, most prayers follow a similar pattern. It gave me a lot of joy to hear our young people become more and more comfortable with this as the week went along. Some of them got quite good at it, in fact, and touched our hearts with their words. I was grateful for the opportunity to work with them in learning to pray, but it also made me realize that this is something we, as the church, are not great at doing. In our tradition, we’re used to praying prayers that have been written for us. Some of those beautiful prayers are centuries old, have nourished many generations, and are always helpful... *Continued on next page*

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# *A Note From the Rector Continued...*

BY THE REV. ROB COURTNEY

...to us in times when we ourselves cannot find the right words. Jesus' disciples asked him to teach them to pray, and he taught them the "Our Father." We've learned that one well, but I think Jesus was doing more than teaching his disciples one set prayer to pray over and over. He was teaching them about the shape of prayer. The "Our Father" teaches us that our prayers are to address God personally, to offer praise, to ask for the things we need the most: bodily needs, forgiveness, freedom from many temptations, and deliverance from the worst this world can deal out. What does prayer look like for you? Maybe reflecting on the shape of the "Our Father" can help you think about what you need to pray for more deeply. Maybe even the "God I thank you / God I ask you" form can be a way forward for you. I hope that you'll take the example of our youth, and the teaching of our Savior, and learn to be more vulnerable and open with God in prayer, even if it's when you're alone. And if you ever need a little guidance, don't hesitate to come see me or Mtr. Liz. We know how prayer can change people—we saw it this summer! We would be honored to help you find a way to deepen your experience of communicating with God.

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# *A Letter from Mother Liz*

BY THE REV. LIZ EMBLER-BEAZLEY



This year, St. Paul's went on its first mission trip in recent memory. For a community that has seen many missionaries come here to serve and rebuild, this is a big deal! We took 10 high school aged youth to Houston, TX in mid-June, and what we found there looked a lot like what we see here at home. Each day we got up, ate breakfast together, read our prayer partner notes, and piled into the van and car we brought with us and headed across town to a different service site. The first day we found ourselves at a home that had been flooded when Hurricane Harvey bore down upon Houston. The woman who owned the home was staying with family and would come back every single day to take care of her beloved plants and pets, she had several cats that lived around the property and we really enjoyed catching a quick glimpse of them every now and again. Our youth worked hard to remove damaged dry wall, quarter round, and put down new flooring. And we recently received news that the homeowner is now back in her home! We spent the rest of the week at a number of different sites, visiting one in the morning and one in the afternoon. Our youth reported that one of their favorite service sites was a place called the Baker-Ripley Day Center, an organization that provides day time activities and care for adults living with Alzheimer's and dementia. At the Baker-Ripley Day Center, our youth played games, did puzzles, and performed songs and dances for the center's participants. It was wonderful to see our group work together and have so much fun. Many of them said that this was their favorite service site. Our youth also had the opportunity to experience different types of cuisine from around the world when we ate at a different restaurant each night. While not everyone loved every meal, they were wonderful about trying new things.

The most important thing I want to say about this mission trip, our first mission trip, is that I am so proud. I'm proud of the ways our youth served people in need with respect and dignity. I'm proud of the ways they worked together, helping and supporting one another throughout a long week. I'm proud of the ways our youth prayed on this trip, which Father Rob talked about earlier in the newsletter. I'm proud of the ways they presented on their trip at our first Service, Supper, and Substance program on Wednesday, September 4th. I wish all of you could have seen them that week, because you would be proud too. Our youth represented St. Paul's so well, sharing the love of Jesus they have experienced here with others. If you get a chance, sit down with one of them at a potluck and ask them to tell you their favorite mission trip memory, or perhaps a challenging one. The youth are our future, but they are our present too. They have so many gifts for ministry that bless our church and our world.

We are eagerly looking forward to our next trip in the summer of 2020. Stay tuned for more info!

# ST. PAUL'S CENTER FOR COUNSELING AND EDUCATION



## *Who does Dr. Jeanne see?*

Individuals, families, couples. Everyone who is part of the St. Paul's church and school community.

## *How much does it cost?*

It's free. This is a ministry of St. Paul's Episcopal Church.

## *What can we talk about?*

Anything and everything: life transitions, marriage, divorce, children, finances, job or career changes, grief and loss, death, moves, change.

We can talk about big decisions, how to say no without hurting feelings, communication, discipline (for self, for children), how to deal with extended family, alcohol issues, and much more.



**For more information or to make an appointment with Dr. Jeanne Robertson, call 504-330-2549 or email [jrobertson@stpauls-lakeview.org](mailto:jrobertson@stpauls-lakeview.org).**

**Growing in Relationships. Growing in Service. Growing in Christ.**

# *The Tale of Two Wolves*

## *A Cherokee Indian Legend*

BY DR. JEANNE ROBERTSON

There is a Native American story of a Cherokee elder who was teaching his grandchildren about life.

The Cherokee elder said to his grandchildren, “A fight is going on inside me... it is a terrible fight, and it is between two wolves.

One wolf represents terrible, negative thoughts and feelings: fear, hate, anger, regret, envy, jealousy, lies, greed, self-pity, resentment, and arrogance.

The other wolf stands for thoughts of love, joy, peace, patience, kindness, benevolence, generosity, truth, gentleness, self-control, empathy, and humility.

And he said to his grandchildren, “This same fight is going on inside you and inside everyone.”

They thought about that for a while, then one child asked, “Grandfather, which wolf will win?”

And the wise old Cherokee replied quietly, “The one you feed.”

Perhaps it's hard to admit we all feed that negative wolf sometimes, but we do. Sometimes we do it more than at other times. Sometimes what we feed it changes. BUT whenever we feed it, the other wolf goes hungry. Are there ways to starve the negative wolf, (we will never illuminate it) so it is less able to win the continuous fight? Ways to feed the positive wolf to give it strength? Give me a call and we can talk.

Jeanne Robertson, Ph. D., LMFT, LPC

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*Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.*

1 CORINTHIANS 13:4-8

# Scenes from St. Paul's Parish Life



# Scenes from St. Paul's Youth Mission Trip



# Find Us and Worship

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## REGULAR SERVICE TIMES

### SUNDAYS

7:45 AM Quiet Eucharist (no music) in the Solomon Chapel

9:00 AM Christian Education for all ages

10:15 AM Choral Eucharist in the Sanctuary\*

*\*Childcare is available during this service, and we offer a Children's Chapel within the service for ages 4-11. Children move to the chapel during the hymn before the Gospel reading and return after the sermon.*

### WEDNESDAYS

8:30 AM Morning in the Solomon Chapel

5:30 PM Holy Eucharist in the Solomon Chapel



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### St. Paul's Episcopal Church

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