

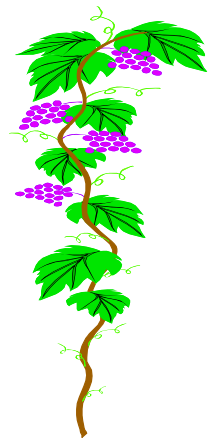
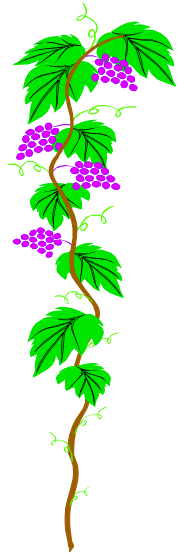
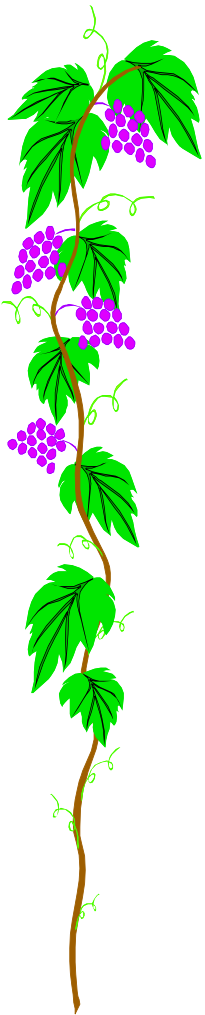
**ST. SIMON OF CYRENE  
EPISCOPAL CHURCH**

810 Matthews Drive  
Lincoln Heights, OH 45215

**GRAPEVINE**

Ideas \* news \* events

**JANUARY - MARCH – 2019**



## From the Desk

of our pastor

Rev. Dr. Mary Laymon



“I am the Light of the world” – John 8:12

“Let your Light shine before others...

” – Matthew 5:16

I find it interesting that during the darkest season of the year, when the nights are long and the days are short, our sacred calendar focuses on Light. It has been my experience, shared by the many faithful people I encounter, that God’s Light shined brightest in my life during my darkest seasons. I often wonder if this is because it’s easier to see certain light when the surroundings are dark... like the way we see stars in the night sky, that are always there, but can only be perceived when the light of sun can’t outshine them. Or, if it’s because we need the Light most when we’re in the dark, so God lovingly provides us with what we need. Maybe it’s both.

Regardless, when the natural world goes dark in the winter, the sacred world gives us Epiphany, the season of Light. We begin this season with a star...the story of the star that led the Wise Men on a long journey, through the dark, into the presence of Jesus. We too will begin our season with a star. On Epiphany Sunday, January 6<sup>th</sup>,

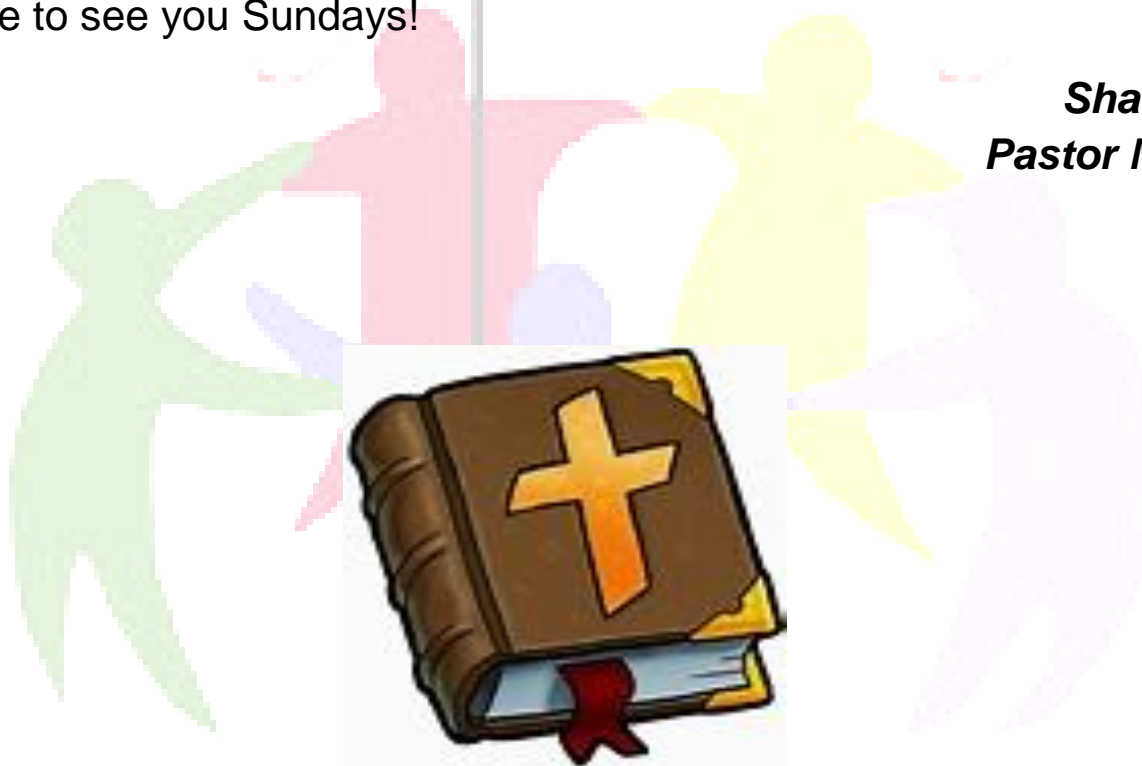


come to church to receive yours. Everyone will pick a star to lead them through the year. It will accompany you through dark moments as well as joyful ones. And I hope this time next year we will have stories to tell about how our stars led us more deeply into the presence of God's Love.

To get you started on your Star journey we will listen in on other stories. In these stories we will hear how God's Light broke into ordinary lives, during ordinary moments, like weddings, work or coming to church, changing forever the way they saw God, themselves and world. And we will consider how God breaks into our life with a Light that changes how we see... and then how we Love.

I hope to see you Sundays!

***Shalom,  
Pastor Mary***



***PS...If you did not get your star...there are stars available, speak to pastor Mary!***

From the Desk  
Of  
Senior Warden  
Rosie Holloway



from the Senior Warden:

*our Minister*

The time of New Year is a joyous for all of us. The Christmas spirit is not even over yet and the extended holidays make us cheerful and let us welcome the New Year with great happiness. 2018 was a wonderful year only because all of you were a part of it. I pray that the coming year brings you fun, success, and good health and that we all stay together to enjoy it.

**What's your name?** In a few weeks we will be celebrating the birthday of Dr. Martin Luther King, Jr. It is important that we remember him, not as another Christ, but like John the Baptist, a man sent from God. It is important to remember Dr. King, not so much as a social reformer and a civil rights leader; but as a minister of the Gospel of Jesus Christ. Only a person armed with the spirit of God could do battle against such forces. "Put on the whole armor of God, that you may be able to stand against the wiles of the devil." Ephesians 6:11.

The racist and the oppressor isn't sure of his name, his identity, so, he puts down his brother in order to feel good about himself. The oppressed, or the victim, becomes convinced that he isn't any good in a resulting of inferiority and self-hatred. To people who knew no hope Dr. King gave hope that if no one cared, God cared. To know God as your Father is to know each person as your brother and sister.

**What's your name?** When we were baptized we were given a Christian name and inscribed in the eternal book of life forever. What's your name? As a child of Jesus Christ we are signed with the sign of his cross and marked as his own forever.

What's your name? Christian?

God Bless,

***Rosie Holloway: Senior Warden***

# PARISH HEALTH MINISTRY

## Conference Location

The Cintas Center at Xavier University  
1624 Herald Ave, Cincinnati, OH 45207  
*(Do not register with the University. Please follow registration instructions below.)*

## Hotel Information

Visit parishhealthministry.com/RYS for details.

## Registration for Refresh Your Soul

Space is limited! You can register online or by mail.  
Online registration is preferred.

To register online with a credit card payment,  
visit parishhealthministry.com/RYS.

To register by mail, complete and detach the form below.  
Make checks payable to ERS Parish Health Ministry and mail to:

ERS Parish Health Ministry - RYS  
3870 Virginia Avenue  
Cincinnati, Ohio 45227

No registrations accepted at the door.

## Refunds & Cancellations:

All requests for refunds MUST BE RECEIVED  
no later than Wednesday, February 20, 2019.

Questions? Call 513.979.2246

Registration, exhibitors and continental breakfast open  
at 8 a.m. Conference starts promptly at 9 a.m.

**OPTIONAL VIP Luncheons**  
Tickets: Additional \$30.  
Online registration only –  
parishhealthministry.com/RYS

**Refresh Your Soul Conference Registration**  
Please check all that apply:  
All registrations include continental  
breakfast, box lunch and event materials.

**Registration without contact hours**  
 \$69     on or after Feb. 12, 2019 - \$79

**Registration with contact hours (check all that apply)**

\$89     on or after Feb. 12, 2019 - \$99  
 RN/LPN     OT     Social Work

Please accept my tax deductible gift for ERS Parish  
Health Ministry in the amount of \$ \_\_\_\_\_.

**TOTAL ENCLOSED:** \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Church/Organization: \_\_\_\_\_

If you need assistance registering online for an optional  
speaker luncheon, please contact Rebecca at 513.979-2246.

Non-profit Org.  
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Permit No. 5782



**Parish Health Ministry**  
A Service of Episcopal Retirement Services  
3870 Virginia Avenue  
Cincinnati, OH 45227



Submitted by: Joe Dorris

Parish Health Ministry  
A Service of Episcopal Retirement Services

# Refresh Your Soul 2019

## Living Well with Purpose

Keynote speaker: Kathryn Spink, authorized biographer for Mother Teresa, “Saint of Calcutta”



**Living with Meaning and Purpose**  
Tracing the life and work of Mother Teresa, Kathryn Spink will reveal wisdom and knowledge gained from the saint as she cared for the poor, sick, and dying.



**The Purpose of Life is a Life of Purpose**  
Rabbi Abie Ingber will relate valuable lessons from his parents who survived the Holocaust and inspired him on his pathway to peace.



**Food as Medicine**  
Leah Sarris, RD, LDN will explore the growing field of Culinary Medicine and its amazing effect on our health.



**Aging with Zest and Vigor**  
Kay Frances will share effective ways to cope with stress and leave you laughing and enlightened on how to age with zest and vigor.

**OPTIONAL VIP LUNCHEONS:**

**Perseverance and the Dark Night of the Soul**  
by Kathryn Spink

**Rewarding Yourself – Healing the World**  
by Rabbi Abie Ingber

**Using Food in the Battle Against Cognitive Decline**  
by Leah Sarris

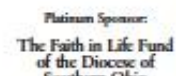
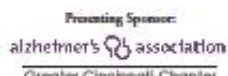
**Monday, March 18, 2019 • 9 a.m. – 3:15 p.m.**

Visit [parishhealthministry.com/RYS](http://parishhealthministry.com/RYS) • Questions, call 513.979.2246

Conference Location: The Cintas Center at Xavier University in Cincinnati

Presented by Episcopal Retirement Services’ Parish Health Ministry

**SPONSORED BY:**



**POINSETTIAS DONORS**



**NAME**

**INTENT**

|                          |  |
|--------------------------|--|
| The Allsop Family        | In Thanksgiving for the Birth of Christ                      |
| Rosie Holloway           | Many Blessings   |
| Dorothy Williams         | In Memory of Veronica Santiago                               |
| John & Alice Harris      | Thanksgiving   |
| Dan & Peggy Sanchez      | In Memory of Tom & Betty Ost<br>and Alphonso & Anita Sanchez |
| Eric Elliott             | Thanksgiving & Forgiveness                                   |
| LaVerne Mitchell         | Thanksgiving for Family                                      |
| Beatrice & Joe Dorris    | For Blessings  |
| Evelyn Perkins           | Emma & Paul Jones Rest in Peace                              |
| Carmen Williams & Family | For Blessings  |
| Frank Carr, Jr.          | In Memory of Wymer & Frank Carr, Sr.                         |
| Ralph Edwards            | In Thanksgiving for my family<br>and love ones               |
| Kathryn McMillan         | Blessings  |





**CELEBRATING WITH THE SAINTS**

From the Register



| <b><u>JANUARY BIRTHDAYS</u></b> |                 |
|---------------------------------|-----------------|
| Marjorie Johnson                | Henrietta Smith |
| Theorphilis Borden              | Courtney Cowan  |
| Agnes Grimes                    | Richard Headen  |
| Kandis Smith                    | Mary Stenson    |
| Ernestine Bryant                |                 |



**JANUARY ANNIVERSARY**  
Willie & Mary McGriff

**CELEBRATING WITH THE SAINTS**

**FEBRUARY BIRTHDAYS**

Joe C. Dorris  
Colenthia Hunter  
Carolyn B. Gentry  
Michelle Reynolds

Brandon Perkins  
Keith Reynolds  
Esther Gordon  
Richard C. Clay

**MARCH BIRTHDAYS**

Helen Derkson

LaVerne Harris

Ralph Edwards

Sheila Morgan

Nyshuma Mitchell

Ruby Cooper

# ARTICLES FOR YOUR READING PLEASURE

We all know that A.S.A.P. means, and sometimes being pushed to get something done in a hurry can be stressful. Maybe if we think of this abbreviation in a different way, we will begin to find a new way to deal with those rough days along the way.

There's work to do, deadlines to meet;  
You've got no time to spare.  
But as you hurry and scurry-  
**ASAP -ALWAYS SAY A PRAYER!**

In the midst of family chaos, "Quality time" is rare.  
Do your best; let God do the rest-  
**ASAP - ALWAYS SAY A PRAYER!**

It may seem like your worries are more than you can bear. slow down and take a breather-  
**ASAP - ALWAYS SAY A PRAYER!**

God knows how stressful life is:  
He wants to ease our cares,  
And He'll respond to all your needs  
**ASAP - ALWAYS SAY A PRAYER!**

*Submitted by: Evelyn Perkins*



## A PRAY OF THANKS

Dear Lord, I thank You for this day. I thank you for my being able to see and hear this morning. I'm blessed because You are a forgiving and understanding God. You have done so much for me and You keep on blessing me. Please forgive me this day for everything I have done, said or thought which is not pleasing to You.

Please keep me safe from all danger and harm. Help me to start this day with a new attitude and plenty of gratitude. Let me make the best of each and every day to clear my mind so that I can hear from You.

Please broaden my mind so that I can accept all things.

Let me not whimper and whine about things over which I have no control. Let me see sin through God's eyes and acknowledge it as evil. And when I sin, let me repent, and confess my wrongdoing with my mouth, and receive God's forgiveness.

And when this world closes in on me, let me remember Jesus' example to slip away and find a quiet place to pray. It is the best response when I'm pushed beyond my limits. I know that when I can't pray, You listen to my heart.

Continue to use me to do Your will. Continue to bless me that I may be a blessing to others. Keep me strong that I may help the

weak. Keep me uplifted that I may have words of encouragement for others.

I pray for those who are lost and can't find their way. I pray for those who are misjudged and misunderstood. I pray for those who don't know You intimately. I pray for those who don't believe, but I thank You that I believe.

I believe that God changes people and God changes things. I pray for all my siblings, for each of their households, and for peace, love and joy in their homes, that they are out of debt and all their needs are met.

I pray that every eye that reads this knows there is no problem, circumstance or situation greater than God. Every battle is in Your hands for You to fight. I pray that these words be received into the hearts of every eye that sees them and every mouth that willingly confesses them.

In Jesus' name,  
Amen



***Submitted by: Evelyn Perkins***

GOD GRANT US HOPE  
AND FAITH AND LOVE

Hope for a world  
grown cynically cold,  
Hunger for power  
and greedy for gold.

FAITH to believe to believe  
when within and without  
There's a nameless fear  
in a world of doubt.

LOVE that is bigger  
than race or creed,  
To cover the world  
and fulfill each need.

God grant these gifts  
To all troubled hearts  
As the old year ends  
And a new year starts.



**Helen Steiner Rice**



On December 15, 2018, approximately 20 members of St. Simon of Cyrene completed The Healthy "U" program on Chronic Disease Self-Management. In order to be a "completer", you had to attend one of the first two sessions and three (3) of the remaining sessions for a total of 4 of the 6 workshops. In addition, there were several observers who met the requirements to be "completers." This program was sponsored by the Council on Aging through a grant.



It was expertly trained and administered by Melanie Moon. The other outstanding trainer was Yolanda Kelsor. We also, were treated to the skills of Christine Harris who trained the first session with Ms. Moon.

The purpose of this workshop was to enable the participants to become better at managing chronic diseases such as high blood pressure, depression, arthritis, diabetes and excessive weight. The topics included goal setting, relaxation techniques, healthy eating habits, and communicating with your health care professionals.

The participants were provided with a great deal of useful information and tips of how to manage chronic diseases more proactively. They were also provided a free book entitled "Living a Healthy Life with Chronic Conditions" that contains a great deal of current information on everything from portion sizes to stress reduction techniques.

One of the most powerful parts of the workshop was the manner in which the participants bonded. We discovered that everyone has ups

and downs in our journey through this world. Or to quote Marvin Gaye "We are all sensitive people with so much to give." We were practicing our faith by being supportive and encouraging of each through the six-week workshop.

I would like to thank everyone who helped pulled this program off and ensured it success. I would especially want to recognize Deborah Alsop whose skills in organizing were extremely valuable. Once again I would like to thank all the participants for their faithful attendance.

St. Simon of Cyrene will hold a workshop on the Matter of Balance in the next few months, ideally in March 2019. Details about sign up will be found in the church bulletin and made verbally during the church announcements starting in late January 2019.

God Bless



**Melanie Moon, James Allsop, Yolanda Kelser**

***Submitted by: James Allsop***



**PARISH NEWS & ANNOUNCEMENTS*****BECOMING THE BELOVED COMMUNITY***

***“That they may all be one, as you, Father, are one and I in you. May they also be one in Us, that the world may believe that you have sent me.” John 17:21***

This past Sunday just after worship service as I was walking from the sanctuary over to the Parish Hall, I was so pleased to see “Becoming the Beloved Community” poster on the wall that I took a photograph of it.



As you know “Becoming the Beloved Community” was the theme of the 144<sup>th</sup> Convention of the Diocese of Southern Ohio which was held on November 3, 2018, at Procter Conference Center.

Diocesan convention passed Resolution R2018-03 Becoming Beloved Community which affirms and endorses the resolutions of the 79<sup>th</sup> General Convention of the Episcopal Church which was held in July, 2018 in Austin, Texas. The Diocesan Resolution encourages every congregation and entity of the Diocese of Southern Ohio to live into our baptismal covenant to “strive for justice and peace among all people, and respect

the dignity of every human being” and create communities in which all people are beloved and embraced; and be it further resolved, that we commit ourselves to work diligently and to pray fervently for the transformation of ourselves and our communities of faith to dismantle racism and injustice in all of their forms; and be it further resolved that the Becoming Beloved Community Task Force be directed to oversee diocesan efforts to comply with the 79<sup>th</sup> General Convention resolutions and be required to report to Diocesan Council at each of its meetings until the 145<sup>th</sup> Diocesan Convention.

For members of St. Simon there are three opportunities to participate in this effort, some of which are already taking place. A number of our members are participating in Bible study and the “Big Read” which was a study of the Books of Exodus and now the Book of Luke.

There are ongoing discussions around the revitalization of the ACTS ministry which is a collaboration of the Episcopal presence in the Millcreek Valley made of: Ascension & Holy Trinity, Wyoming; Christ Church Glendale, Sisters of the Transfiguration and St. Simon of Cyrene.

This newly formed Beloved Community Task Force will join the Bishop Herbert Thompson chapter of the Union of Black Episcopalians and Christ Church Cathedral is sponsoring the annual Absalom Jones Symposium of Social and Economic Justice and Festal Eucharist.

The 2019 Absalom Jones commemoration will be hosted and held at St. Margaret’s Episcopal Church in Dayton, Ohio. Transportation will be provided from Columbus, Ohio and carpooling from the Cincinnati area for this event.

***Submitted by: John Harris***

**PARISH NEWS & ANNOUNCEMENTS**

**Rev. Dr. Gayle Fisher-Stewart on Becoming Beloved Community  
Sunday, January 20, 2019 – 3:00 PM – 5:00 PM  
125 E. Broad St., Columbus, OH 43215**



This event is free and open to all. Rev. Dr. Fisher-Stewart will share her experiences from connecting ministry, law enforcement, and the community, and provide insight as to what it means to answer the call to Become Beloved Community. A brief reception will be hosted by Trinity Episcopal Church afterward.

The Rev. Dr. Gayle Fisher-Stewart currently serves as the associate rector of Calvary Episcopal Church, Washington, D.C. Dr. Fisher-

Stewart is also the founder of the Center for the Study of Faith in Justice, an independent non-profit of Calvary Episcopal Church. Her call to ordained ministry brings over forty years' experience as an active police officer, consultant to law enforcement agencies, and university-level teacher of criminal justice. The Center examines the intersection of faith and justice in the world, provides a safe space for discussing issues that divide the body of Christ, and organizes speakers and training to guide faith communities and organizations in seeking reconciliation.

Through her work, Rev. Fisher-Stewart is bringing the church into the national conversations on racial reconciliation, gun violence and policing at a time when these issues are foremost in American consciousness.

This event is made possible through a collaborative of The Diocese of Southern Ohio's Becoming Beloved Community Task Force, the Bishop Herbert Thompson Chapter-Union of Black Episcopalians, Trinity Episcopal Church of Columbus, St. Matthews Episcopal Church of Westerville, and St. Philip Episcopal Church in Columbus. This event is free and open to all. For more information go to: <http://dsobeloved.org>.

***Submitted by: John Harris***

**PARISH NEWS & ANNOUNCEMENTS**



**Upcoming Events:**

On **Monday, January 21**, at 10:00 AM, we will hold the **15th Annual Dr. Martin Luther King, Jr., celebration and service**. This year we will be at the Lincoln Heights Church. The theme for our young people is **“We Shall Overcome”** is the anthem/song of the Civil Rights Movement. When your generation sings that song **today** what is it that you believe your generation needs to overcome? **Our overall theme is “We Are Still Overcoming,” Romans 8:37**. Our honoree this year is Mr. Paul Booth, Cincinnati Symphony Orchestra, and board member, Freedom Center. God is good and we are blessed greatly to be servants at this time. I love each of you and look forward to our working and worship on **January 21**. Thanks, pastor Cuff. St. Simon’s youth participation pending.

**Becoming the Beloved Community in the Midst of Fear, Injustice and Incivility**

**January 20 @ 3:00 pm - 5:00 pm**

- [« An Epiphany Procession at Christ Church Cathedral](#)
  - [National Puzzle Day community event at All Saints, Pleasant Ridge »](#)



Becoming the Beloved Community in the Midst of Fear, Injustice and Incivility: A Celebration of the Legacy of Dr. Martin Luther King, Jr.  
Featuring the Rev. Dr. Gayle Fisher-Stewart

Sunday, January 20, 2019

3 to 5 p.m.

Trinity Episcopal Church

125 E. Broad Street, Columbus Ohio

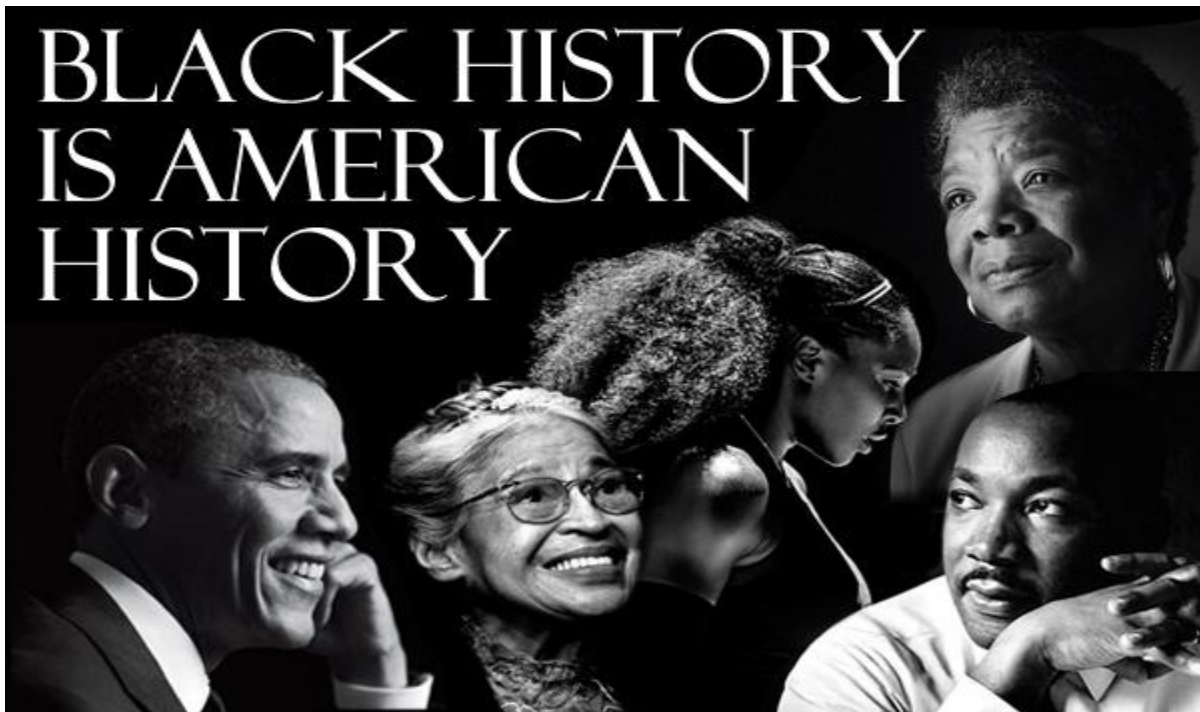
### **Absalom Jones offering to assist Historically Black Colleges**

Presiding Bishop Michael Curry invites Episcopalians to deepen their participation in Christ's ministry of reconciliation by dedicating offerings at observances of the Feast of Absalom Jones to support the two remaining Episcopal institutions.

**[Read more](#)**

**[www.dsoconnections.org](http://www.dsoconnections.org)**

**Month of February:  
Celebrating Black History  
Details forthcoming**



Black History Month



**NEW CONSTRUCTED  
WEBSITE**

**is up and running,  
Please check it out**

**[WWW.SSOCEC.ORG](http://WWW.SSOCEC.ORG)**

**There are a few tweaks to  
workout but for the most part its  
finished.**







**ANNUAL MEETING**  
**Sunday, January 27, 2019**  
**Place: St. Simon Parish Hall**  
**Following the 9AM Service**

**LITURGY AND WORSHIP**



**LAY EUCHARISTIC VISITOR**

**2<sup>ND</sup> & 4<sup>TH</sup> Sunday:**

Rev. Theorphlis Borden and Katelynn Clark

*Lay Ministers*

**Chalice and Lector Schedule**

Schedule for January, February and March to follow via individual Email and or hard copy!

Watch your mail!

**2<sup>nd</sup> Quarter Grapevine Deadline is March 16, 2019.**  
**Article should be submitted to Dorothy Williams at**  
**[dwilli4425@aol.com](mailto:dwilli4425@aol.com)**  
**Or**  
**[stsimonsoffice@fuse.net](mailto:stsimonsoffice@fuse.net)**  
**Let us hear how you spent your summer, prayers,**  
**recipes etc.**

**LITURGY  
And  
WORSHIP**

**ALTAR GUILD-Beatrice Dorris,  
Chairperson**

**1<sup>st</sup> Saturday**

Rosie Holloway\*  
Beatrice Dorris \*

**2<sup>nd</sup> Saturday**

Shirley Miller  
Beatrice Dorris

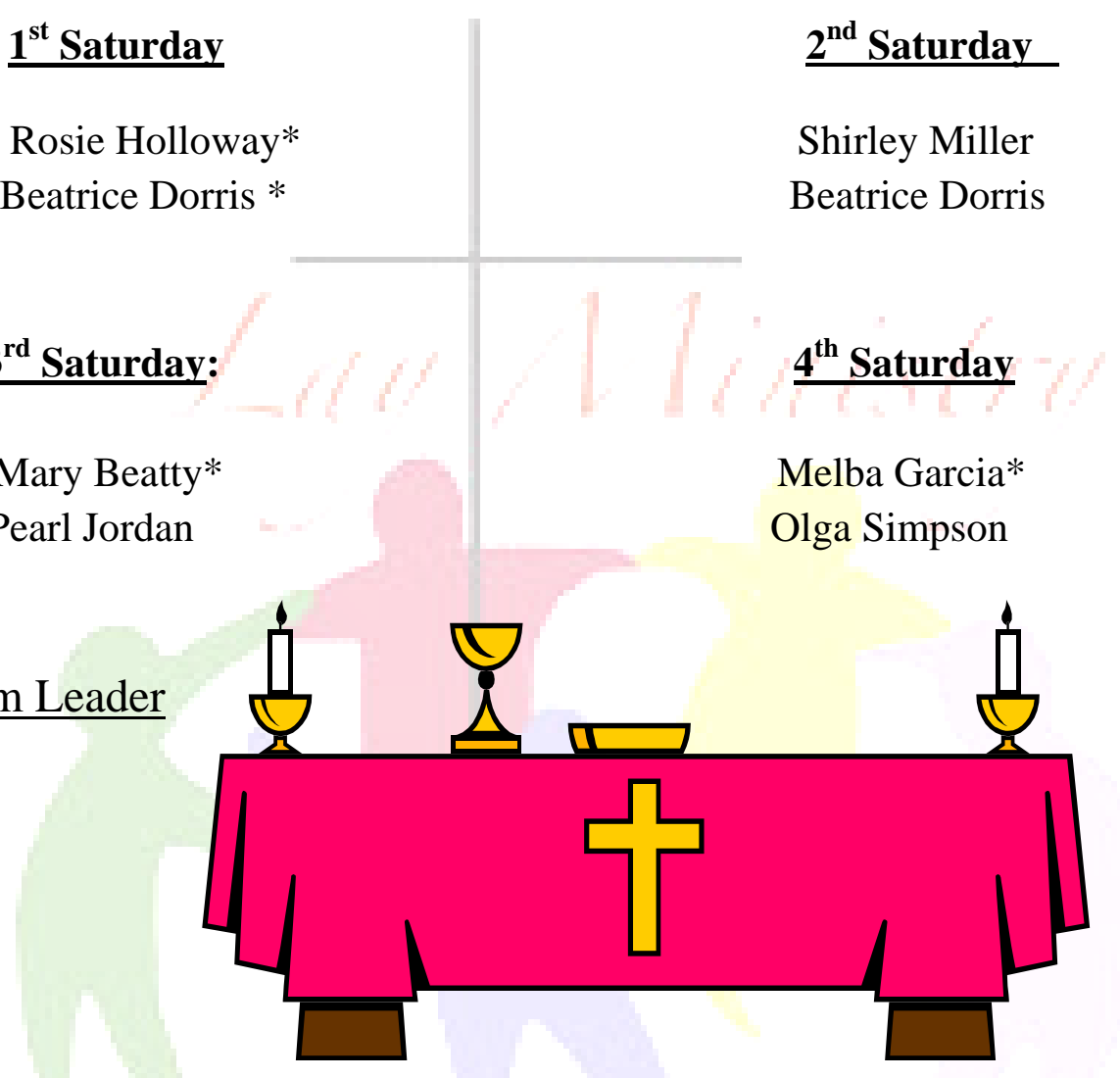
**3<sup>rd</sup> Saturday:**

Mary Beatty\*  
Pearl Jordan

**4<sup>th</sup> Saturday**

Melba Garcia\*  
Olga Simpson

\*Team Leader



If you would like to serve on the Altar Guild  
please speak to Chairperson Beatrice Dorris.  
We are in need of volunteers!

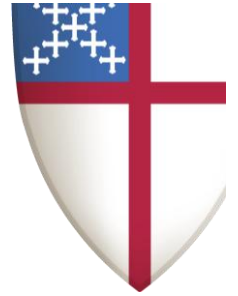


**ST. SIMON OF CYRENE EPISCOPAL CHURCH  
LINCOLN HEIGHTS, OH**

**513-771-4828 FAX: 513-771-7388**

Email: (Administrator) [Stsimonsoffice@fuse.net](mailto:Stsimonsoffice@fuse.net)

WEBSITE: [WWW.SSOCEC.org](http://WWW.SSOCEC.org)



**WORSHIP SERVICES**

**SUNDAY**

9:00 a.m. HOLY EUCHARIST RITE II

9:00 a.m. Youth Sunday school

1:00 p. m. Bible Study -Tuesdays

**The Rt. Rev. Dr. Thomas Breidenthal, Bishop**

**The Rt. Rev. Kenneth Price, Jr. /Suffragan Bishop of Southern Ohio**

**The Rt. Rev. Nedi Rivera, Assisting Bishop**

**The Rev. Dr. Mary Laymon, Pastor**

**The Rev. Dr. Colenthia Hunter, Deacon**

**The Rev. Theorphlis Borden, Deacon**

**The Rev. James Mobley, Deacon**

**Rosie Holloway, Senior Warden**

**Joe Dorris, Junior Warden**

**Dr. Daniel Pater, Director of Music**

**Rev. Phil Brown, Gospel Choir Director**

**Beatrice Dorris, Parish Administrator**

**VESTRY MEMBERS:**

*Mary Beatty - Vestry Secretary, James Allsop, Ralph Edwards,  
LaVerne Mitchell, Denise Pitts, Mary Stenson*

*Newsletter Committee: Dorothy Williams & Beatrice Dorris*

