In 1954, a psychiatrist by the name of Murry Bowen started a research project at the National Institute of Mental Health to study families that included an adult schizophrenic. Five years later, he took a half-time position at Georgetown University Medical Center. He founded the Georgetown Family Center in 1975. Through this time, Dr. Bowen was formulating a radical new theory about human behavior that stood in opposition to the mainstream of societal and psychiatric thought.

Dr. Bowen called this Family Systems theory. He formulated eight interlocking concepts to describe the complex behavior of the members in a family unit. These are:

- Triangles
- Differentiation of Self
- Nuclear Family Emotional System
- Family Projection Process
- Multigenerational Transmission Process
- Emotional Cut-off
- Sibling Position
- Societal Emotional Process

A family is emotionally connected. In a family, people feel close or distant, seek approval or attention, need support or reject it. Every family has interdependence, connectedness and reactivity. The balance that exists when things are ‘normal’ is called “homeostasis”. Dr. Bowen observed that tensions (emotional and otherwise) were heightened and intensified the cohesiveness and cooperation in the family unit. When the unity and teamwork were being strengthened, anxiety spread through the family. The emotional connectedness of the family began to suffer; it became more stressful than comforting.

A psychotherapist by the name of Edwin Friedman looked at Bowen’s work in relation to his practice. It fit well and the results were astonishing. Dr. Friedman was also a Reform tradition Rabbi, and he couldn’t help but notice that his congregation behaved exactly as Murry Bowen had predicted. This led Friedman to the inescapable conclusion that his congregation was huge and complex family.

Rabbi Friedman applied Bowen’s Generational Transmission to religious communities. Just as we, as individuals, are products of our predecessors, so is a parish a product of its predecessors. For example, if many years ago, someone injured the parish, unless that injury has been “healed”, it will continue to be inherited by the parish – even if no one actually remembers it!

Engineers will tell you that triangles are the most stable structure. It’s true, but when the three apexes of the triangle are people, things can get whacky. For example, A innocently tells B that A needs something from C, and so B tells C. Does B understand what happened? B just got stuck in the middle of the relationship between A and C. This kind of triangle is never stable. It leads to people (B in this example) being used by A to get to C, and upsets the balance, the homeostasis of the system.

The key to healthy, individual functioning in any family system is self-differentiation. A well-differentiated person understands his/her dependence on others, but thinks calmly and clearly in unemotional terms when confronted by conflict or change.

I hope you recognize some generational transmission wounds to this parish. They are not secret. They are not new. We just don’t talk about them. They need to be healed, and that requires talking about them. After two years together, we’ve reached a level of functioning that is different than before. We are making progress, but there is still a journey before us.

We’ll be exploring this in Christian Ed for a few weeks. Please join the conversation. It is important to our health and our future.

—Thomas
HIGHLIGHTS OF THE OCTOBER LITURGICAL CALENDAR

On Saturday, 3 October, we will have a Blessing of Animals in the Garden at 10:00AM. We’ll be anticipating the feast of Saint Francis of Assisi and remembering his devotion to all of God’s creatures, great and small. Bring your pets to the garden so that they can celebrate Francis’ wisdom with us.

At our Wednesday mass on 14 October, we will remember Samuel Isaac Joseph Schereschewsky, Bishop of Shanghai from 1877 to 1883. Schereschewsky was born into a Jewish family in Lithuania and his early studies seemed to be sending him to the rabbinate. While in graduate school, he became interested in Christianity. He emigrated to the US and entered seminary to train for the Presbyterian Church. After two years, he joined the Episcopal Church and continued his studies at The General Theological Seminary. Schereschewsky had a natural facility with languages and joined the missionary field in Shanghai. Living in Beijing, he translated the Bible and parts of the Prayer Book into Mandarin. Paralysis struck him in 1883, yet he continued his work the next 20 years.

Continuing our recognition of apostles and evangelists, we will celebrate the life and ministry of Saint Luke the Evangelist at our Sunday mass on 18 October. Luke, the self-identified author of the Gospel of Luke and the Acts of the Apostles, brings his own perspective on the person and ministry of Jesus and Jesus’ continuing effect on the world. Luke’s account of the spread of the early church and the ministry of Saint Paul help us to craft a picture of the world in the first century. His portrayal of the radical hospitality and inclusion that Jesus manifested still stands today as a standard by which we can judge our ministries.

We will remember Saint James of Jerusalem, the brother of Our Lord, at a said mass on Friday, 23 October 2009 at 12:15PM. Sometimes called “James the Just”, James supported the inclusion of Gentiles in the church. According to a second-century chronicler, James provoked the ire of the some factions in Jerusalem because of his success at bringing new converts into the church. Taking James to the pinnacle of the Temple, they commanded him to recant his faith and Jesus. When he refused, James was thrown from the roof and then cudgeled to death.

Saints Simon and Jude, Apostles will be remembered at our Wednesday mass on 28 October at 10:00AM. Sadly, our knowledge of these two original apostles is quite lacking. Simon is referred to as “a Zealot” and Saint John mentions Jude in his account of the Last Supper. Tradition associates both with the region of Persia, now Iran. Some accounts call them martyrs, some say that both died peaceful deaths in Edessa or Beirut. The Epistle of Jude brings us a unique doxology:

“No to him who is able to keep you from falling and to present you without blemish before the presence of his glory with rejoicing, 25 to the only God, our Savior through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and for ever. Amen.

Memorial Donations

Saint John’s wishes to extend a sincere thank you to Mardell Nicholl for her memorial gift in honor of her mother, Norma Stroecker Nicholl, on the 28th anniversary of her death.

Directory Update

Please make the following update to the parish directory you received in May:

Alice Walker
Newnan Hospital Nursing Home
244 E. Broad St.
Newnan, GA 30263
770-304-7623
The regular meeting of the Vestry and Wardens of Saint John’s was held on Tuesday September 8 at 7:00PM in the Great Hall.

The following are highlights from the committee reports:

- **Endowment:** We are slowly recovering from the value loss that affected the markets. This month, there has been a $9000 gain.
- **Finance:** We remain on-target for the 2009 budget year.
- **Outreach:** Reminder that 27 September will bring Home of Grace to Saint John’s. Recap of support allocations: $250 for Saint George’s – Baghdad, $515 to Wilmer Hall for building fund.
- **Parish Life:** Supper Club is 10 October at the Ross residence. 8 October is Discover Mobile, venturing to the Fire Museum, British Park, the Battle House, and the RSA Tower.
- **Stewardship:** On 8 November, following Pledge ingathering, we will have a parish luncheon. Breakfast will be moved to 1 November.

The Rector called for budget requests for 2010 to be turned in to Cindy Gass before the October meeting.

The Vestry had a discussion of nomination and election procedures. There was general agreement that the parish should adopt by-laws.

Through the efforts of the Outreach Committee, St. John’s welcomed the women of the Home of Grace on Sunday, September 28, 2009. Ms. Doris Littleton, director of the Home of Grace, spoke to the Adult Education class prior to Mass about the on-going work and challenges to Home of Grace in their ministry to approximately 45 resident women who are recovering from addictions. Residents and graduates of Home of Grace then joined us for Mass, bringing our congregation to a wonderfully appreciative 132 attendees.

Following the service we shared a delicious luncheon supplied by enthusiastic volunteers from St. John’s, and continued our conversations with these lovely young women. We are very grateful for this opportunity to share our lives and our bounty with women who individually face very great challenges. We are also grateful for the generosity of the volunteers who supplied food, gift items, set-up and clean-up help, and for everyone who personally welcomed and spent some time with our guests. Please remember these women in your giving and in your prayers.

-Cheryl Winter-Heard

**SUGGESTIONS FOR VESTRYPERSONS & CONVENTION DELEGATES**

Please give some thought and prayer as to whether your ministry at St. John’s might include a term on the Vestry. The nominating committee comprised of Pat Fulford, Pat Pritchard, Butch Yeager—all vestry members whose terms expire at the end of this year—plus Max Grice and Joyce Lee, are accepting suggestions for Vestrypersons. Any of these folks or Father Thomas would be happy to speak with you about the duties and responsibilities of serving on the vestry.

Some of the requirements for serving on the St. John’s vestry include: you must be a confirmed member of St. John’s, you must be at least 18 years of age, you should have pledged to the operating budget for the prior year, and you should be available for vestry meetings on the second Tuesday of each month. The committee will accept suggestions until 23 November. Elections will be held on Sunday, 6 December. Vestry members serve a three-year term, which begins in January.

The nominating committee is also accepting suggestions for delegates to Diocesan Convention. Our next convention meets Friday, February 26, 2010 at Christ Church in Pensacola, FL. Due to financial constraints of the economy, the convention will be a one day event only.
**BLANKETS FOR BABIES**

Lois Velaski Hamby and Mary Lou Varnes are awash with tiny blankets for premature babies. Lois has made 20, Mary Lou has made 60, and Mary Lou’s daughter, Sharon Brignac (formerly a member of Saint John’s before moving to Ocean Springs) has turned out over 100!

The blankets are not much bigger than a good-sized table napkin (18” x 18”) and are made of white or pastel colored baby yarn. The “baby yarn” is important because they must be soft. They can be crocheted or knitted using any kind of pattern.

The preemie babies are brand new patients at the Women’s and Children’s Hospital in Mobile.

Would you like to add to the number of blankets donated by Saint John’s members? Speak to Lois or Mary Lou after services at the social hour, or call Mary Lou at 478-8120.

-Joan Marie Elam

---

**CHURCH SUPPER**

Please join us at the home of Bob and Paula Ross for Supper Club:

Saturday, October 10
6:00 p.m.
6969 Falls Church Ct.
Spanish Fort, AL 36527

Bob and Paula will be serving barbequed chicken for the main course. There is a sign up sheet posted in the hallway for all of the side dishes.

---

The Book Nook was approved by the Vestry. We are in the process of preparing the cabinet and will be obtaining books. We hope everyone will participate in this project.

The Ladies of Home of Grace will visit St. John's Church on Sept. 27th. Some will attend Sunday School and others will join us for Mass. Plans are underway for preparation of food and small gift bags.

Plans are being formulated for the Rummage Sale on October 23rd and 24th. We are again asking the Men of the Church to set up the tables for us. The ECW plans to price and place sale items beginning Monday, October 19th.

Special mention was made on the appearance of the courtyard. Thank you, Joyce and Andrew Lee, and Pat and her "lay weeders."

Pat Pritchard has made plans to take lunch to the women of McKemie Place on December 30th. She has placed a sign-up sheet on the bulletin board for those who wish to volunteer to prepare a dish. McKemie Place is a shelter for homeless women and they service between 30 - 40 women a day. They are in need of anything. For particulars call Pat Pritchard.

Lois Hamby and Mary Lou Varner are making blankets for preemies at South Alabama. Those who knit or crochet are invited to join them. Details are on the bulletin board.

Pat Pritchard and the Parish Life Council are hosting a trip on October 8th to the Phoenix Fire Museum, the site of the Old St. John’s Church, the Battle House, and to Connie McLean’s Office. Everyone is invited to participate in this excursion.

-Audrey Garner
Everything has been at a standstill this month as far as the courtyard is concerned, but on the west side of the church Pat Pritchard and Allen Picardy were very busy. They trimmed bushes, weeded and cleared out debris under the bushes. It really looks nice. Thanks Allen and Pat!

Bill Sundie, our Jr. Warden, has called for a parish work day on October 3rd from 8:00 a.m. to 10:00 a.m. to work on the grounds. Please bring rakes, shovels, etc. and plan to participate. It will be a great day. We need you!

There has been a nip in the air a few times this past month and that makes me think of pansies, snapdragons, mums, etc. A nice anonymous donation was made for the courtyard and it will be used for plants sometime soon. Thanks!

We need your help:

- Volunteer to help us the week of Oct. 19 – 22 to set up, price, etc. We will be working from 9:00 a.m. until 12:00 noon each of these days.
- Provide baked goods. Please package your goods for sale—either individually or whole. Baked goods should be brought to the church on Friday morning.
- Volunteer to work Friday or Saturday – 7:00 a.m. – 12:00 noon.
- Volunteer to work a couple hours after the rummage sale Saturday afternoon to load and take to an agency the things that do not sell, and get the Great Hall back in good order for Sunday. (We need men!)
- Do Fall cleaning – and bring to the church anything that you can do without to help us with the sale. If you need help in having someone pick up the articles, please give me a call and we can arrange that. (626-6988)

We really need you. Help us to help St. John’s and others.

-Paula Ross

St. John’s will be parking cars for USA football games October 10, 17 and 31, beginning at 4:00 p.m. each day. Contact James Christiansen (533-4936) if you are available to lend a hand.
ST. JOHN’S “DISCOVER MOBILE” OUTING

Don’t forget to sign up for our parish outing to “Discover Mobile” on Thursday, October 8. The trip will include a tour of the Phoenix Fire Museum, lunch at the original site of St. John’s Episcopal Church (now British Park), and a guided tour of the Battle House Hotel. We will finish the day with a visit to Connie McLean’s office in the RSA Tower to enjoy a lovely view of Mobile Bay.

We will leave from the church parking lot at 9:15 a.m. Sign up on the list on the bulletin board.

BLESSING OF THE ANIMALS

Please join us at St. John’s on Saturday, October 3 at 10:00 a.m. in the courtyard for a blessing of all of our furry, feathered and finned friends. All types of animals are welcome, but please respect others and leash or restrain your pets.

HAPPY BIRTHDAY

Alice Walker 10/03  Marjorie Mattoon 10/13
Ashleigh Seymour 10/04  Audrey Meador 10/13
Jessica Sheffield 10/05  Shirley Hall 10/14
Meagan Partsch 10/08  LaVerne Foster 10/15
Alana Escobio 10/10  James Plash 10/17
Jack McCormick 10/10  Susan Girardeau 10/18
Bob Anderson 10/11  Helen Wetzel 10/24
Kay Meador 10/11  Marietta Ford 10/30
Marjorie Duhon 10/13  Audrey Garner 10/30
Shelbie Fuller 10/13  Gwen Johnson 10/31

Happy Anniversary

Ron & Marie Brown 10/07
Christopher and Melissa Gass 10/08
Bud & Connie McLean 10/22
For healing grace and continued strength, we pray for our members:
Andrew Lee, Bill Duke, Bud McLean, Bill Southall,
Leah Betts, Stephen Lee, Earl Garner,
Shannon Newberry, Ashley Garris, Gloria Lee

For our Homebound:
Alice Cieutat, Mae Dunn, Will Elam, Corinne Faust,
Gwen Johnson, Violet Kosko, Vevia Lund,
Angela McGuire, Audrey Meador, Jane Tate Moore,
Betty Plash, Chick & Dot Wohlert

For victims of war and their families, and members of our Armed Forces and their families:
Steven Garris, Jeffery Yeager, Ellis Eugene Garner,
Eric Mattoon, Cheryl Garner

For our Friends and Family:
Susan Riley, Jeffery Byrd, Marian Yearby
Tucker Stuckey, Phebe Lee, Marla B. Lovett, Betty
Chenoweth, William Dunn, Julie Hinton, Helen Baker,
Joe Strocker, Gracie Strocker, JoAnn Alioto,
Shirley Mayson, Rodene Nestman, Michelle Walker,
Mary Lou Johnston, Jim Owens, Maddie West

ELSEWHERE IN OUR DIOCESE

WILMER HALL MAINE EVENT:
Live Maine Lobsters are returning to Wilmer Hall. The cost is $20 per mouth-watering lobster. All lobsters are pre-paid (MasterCard, Visa, Discover & American Express accepted) and will be ready for pickup on October 10. To place your order or Save-A-Lobster call 342-4931. You may also order online at www.wilmerhall.org. All proceeds benefit Wilmer Hall.

ST. ANDREW’S EPISCOPAL CHURCH BAR-B-Q FEST:
Join in the fun at St. Andrew’s 19th annual Bar-B-Q Fest & giant yard sale/bake sale/plant sale on October 10th! The fun begins with yard and plant sales at 7:00 a.m., with food service beginning at 10:00 a.m. Eat in or take out rib or chicken dinners for $7.00. Call ahead to place your order for whole slabs of ribs ($15), whole chickens ($10), apple pies ($6), sweet potato pies ($5), and southern pound cakes ($12). Contact the church for more information—479-0336.

ST. JOHN’S ROBERTSDALE—DRAWDOWN AND SILENT AUCTION
St. John the Evangelist, Robertsdale, will hold its 2nd Annual Drawdown and Silent Auction, Saturday, October 10th, starting at 6 p.m. The event will be held at the Loxley Civic Center, 41988 Municipal Park Drive in Loxley, AL. You do not have to be present to win the grand prize. Additional prizes will be drawn during the evening for those attending. $100 donation per ticket admits 2 adults (minimum age 21). Tickets may be purchased by calling the church at 251-947-6011.
Come Worship With Us!
Monday—Friday:
8:30AM  Morning Prayer
Sunday:
9:00AM  Adult and Youth Christian Formation
10:00AM  Holy Eucharist
Wednesday:
10:00AM  Holy Eucharist; Healing on the 1st Wednesday of the month.
Other Feasts and Holy Days are observed throughout the year; see our website for the latest schedule.

Parish Office
Monday-Thursday
9:00 a.m.-2:00 p.m.
Telephone: 251-479-5474
Fax: 251-473-1230
www.stjohnsmobile.org

Thee Store Episcopal Books
Mon-Wed & Fri:
10 a.m.-2 p.m.
Sundays after church and by appointment
Telephone: 251-479-5086

RETURN SERVICE REQUESTED
# October 2009 at Saint John’s

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| MP = Morning Prayer  
HE = Holy Eucharist  
Rector out 10/12-10/17 | 4  18 Pentecost  
9A Christian Formation  
10A HE | 5  11A Loaves & Fish  
5:30 EfM | 6 | 7  
10A HE+Unction  
11A ECW  
7P Choir | 8  
9A Discover Mobile | 1 | 2 | 3  
10A Blessing of Animals |
| | 11  19 Pentecost  
9A Christian Formation  
10A HE  
11A Booth Birthday Celebration | 12 | 13  
12P DoK  
7P Vestry | 14  
10A HE: Samuel Isaac Joseph Schereschewsky  
7P Choir | 15 | 16 | 17  
4P Football Parking |
| | 18  20 Pentecost  
9A Christian Formation  
10A HE: St. Luke  
5P Evensong | 19 | 20 | 21  
10A HE  
7P Choir | 22 | 23  
7-12 Rummage Sale  
1215P HE: James of Jerusalem | 24  
7-12 Rummage Sale |
| | 25  21 Pentecost  
9A Christian Formation  
10A HE | 26 | 27 | 28  
10A HE: Sts Simon & Jude  
7P Choir | 29 | 30 | 31  
4P Football Parking |
<table>
<thead>
<tr>
<th>Date</th>
<th>Service</th>
<th>October 4</th>
<th>October 11</th>
<th>October 18</th>
<th>October 18</th>
<th>October 25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>HE-II</td>
<td>HE-II</td>
<td>HE-II</td>
<td>Evensong</td>
<td>HE-II</td>
</tr>
<tr>
<td>Lectionary Day</td>
<td></td>
<td>18 Pentecost</td>
<td>19 Pentecost</td>
<td>20 Pentecost</td>
<td>20 Pentecost</td>
<td>21 Pentecost</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>B Proper 22</td>
<td>B Proper 23</td>
<td>B Proper 24</td>
<td>1 Proper 24</td>
<td>B Proper 25</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>Psalm 8</td>
<td>Psalm 90:12-17</td>
<td>Psalm 91:9-16</td>
<td>Psalm 126</td>
<td>Psalms 7:23-28</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>Mark 10:2-16</td>
<td>Mark 10:2-16</td>
<td>Mark 10:35-45</td>
<td>Mark 10:1-12, 17-20</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psalm 8</td>
<td>Psalm 90:12-17</td>
<td>Psalm 91:9-16</td>
<td>Psalm 126</td>
<td>Psalms 7:23-28</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark 10:2-16</td>
<td>Mark 10:2-16</td>
<td>Mark 10:35-45</td>
<td>Mark 10:1-12, 17-20</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date</th>
<th>Service</th>
<th>October 25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>HE-II</td>
</tr>
<tr>
<td>Lectionary Day</td>
<td></td>
<td>21 Pentecost</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>B Proper 25</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>Genesis 2:18-24</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>Psalm 8</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>Hebrews 1:1-4; 2:5-12</td>
</tr>
<tr>
<td></td>
<td>Lessons</td>
<td>Mark 10:2-16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psalm 114, 115</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jeremiah 31:7-9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Psalms 7:23-28</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mark 10:46-52</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Greeters</th>
<th>Anderson</th>
<th>Elam</th>
<th>Grice</th>
<th>Yeager</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lector: OT</td>
<td>Brown</td>
<td>Moulton</td>
<td>Dunham</td>
<td>Brown</td>
</tr>
<tr>
<td>Lector: Epistle</td>
<td>Ross</td>
<td>Fulford</td>
<td>Sheffield</td>
<td>Brown</td>
</tr>
<tr>
<td>Intercessor</td>
<td>Anderson</td>
<td>Johnston</td>
<td>Winters-Heard</td>
<td>Brown</td>
</tr>
<tr>
<td>Eucharistic Minister</td>
<td>Johnston, Sheffield</td>
<td>Ross, Waites</td>
<td>McLean, Brown</td>
<td>Anderson, Moulton</td>
</tr>
<tr>
<td>Eucharistic Visitor</td>
<td>Waites</td>
<td>Brown</td>
<td>Ross</td>
<td>Johnston</td>
</tr>
<tr>
<td>Altar Guild</td>
<td>Fulford, Pearce, Gass</td>
<td>Bache, Waites</td>
<td>Bache, Waites</td>
<td>Partsch, Yeager</td>
</tr>
<tr>
<td>Vestry Tellers</td>
<td>Gass, Yeager</td>
<td>Johnston, TBD</td>
<td>McLean, Duke</td>
<td>Pritchard, Fulford</td>
</tr>
</tbody>
</table>