A Message from Mother Anne

He commanded the skies above,
and opened the doors of heaven;
He rained down on them manna to eat,
and gave them the grain of heaven.
Mortals ate of the bread of angels;
he sent them food in abundance.

(Psalm 78: vv 23-25)

Dear Friends,

When I was still in the choir of my home parish and about to go to Seminary, our Soprano section leader asked me, “Does what we eat and drink at communion have to be bread and wine?” I replied that there were variations in different contexts, and that from a theological point of view, we could have angel food cake and champagne. She said, “I want to go to YOUR church.”

While I have never done it, I stand by my comment. As you can see from the psalm above, manna (derived from the Hebrew for: “What is it?”) is called the bread of angels. The words used in the distribution of communion are: “the Body of Christ, the bread of heaven.” So the bread of angels (heaven) is something that the Israelites didn’t recognize as the bread they had seen before. I rest my case.

The name Angel Food Cake (which comes from the texture being “so light that angels could eat it and still fly without being weighted down,”) has given it a special association in some communities. Among African Americans, the cake is often served at funeral receptions with the idea that the deceased person is now living in heaven among the angels. Among the Pennsylvania Dutch, it is considered a wedding cake, and the couple is said to be blessed by angels.

I love giving blessings! It is one of my favorite things about being a priest. A blessing and angel food cake came together recently when I was invited to offer prayers and blessings for the 70th wedding anniversary of beloved members of our parish, Les and Marylou Green. A great deal of St. Paul’s history is connected with both of them—their faithfulness, service and generosity are greater than I can recount here. The conversation that day turned to family stories, and I learned about Mrs. Douglas McKay’s Prize-Winning Angel Food Cake. Marylou’s mother, Mabel, was the wife of Governor, and later Secretary of the Interior, Douglas McKay. There was a photo, dating from when he served in Washington, D.C., of Mrs. McKay giving this cake to Mamie Eisenhower (something that happened frequently!).

To celebrate an abundance of love and blessing, and in honor of all this family means to St. Paul’s (their daughter Leslie Dinsdale has co-directed our children’s choirs for thirty years, and two of her grandchildren are in the choir), I thought I’d share the recipe for which Mrs. McKay won a Grand Champion Blue Ribbon at the state fair in 1941. Please find it on page 7 of this newsletter. If you bake it, treasure the heavenly connection and abundant blessings of God that it represents.

Grace and peace,

Many of you are aware that my mom passed away on August 5, after this article was written. She lived a very full and happy 92 years and was proud of her McKay heritage. Her life was all about giving to others, so sharing this special recipe is perfect! —Leslie Dinsdale
Building Bridges

A relationship is a bridge between people. Sometimes the gap is narrow, like a woodland creek easily spanned by a couple of planks and a length of rope, constructed in a matter of hours. And sometimes the distance is vast, requiring lots of thought, skill, hard work, and most of all, time. But, like a well-designed and carefully-built bridge, a good relationship can bear a lot of weight and stress, even if it takes some effort to maintain. Famously, the Golden Gate Bridge is constantly being repainted, a never-ending struggle against the corrosive effects of the ocean air.

I knew this about ministry, even before I was ordained. But I see more clearly now that “relationship” is not just knowing someone’s name and more-or-less getting along. The bridge metaphor signifies a connection, a bond, and an exchange: traffic goes in both directions. What bridges do is get people across some sort of divide.

So as I approached the end of my initial commitment as your curate, I saw it wasn’t just that I knew your names and found you a likeable bunch: relationships had developed which, like a bridge, make it possible to go from one place to another. And so, after prayer and reflection, I asked if I might be able to stay, so that—paradoxically—we can keep going.

There isn’t a lot of bridge-building in our world right now. In fact, there’s a lot more energy for erecting walls. Regardless of fraught matters of public policy, I find the metaphor revealing. One structure helps people connect, the other tries to keep them apart. A while back I saw a religious Op-Ed on border security pointing out that even heaven has walls. How sad, I thought: the author never noticed that the gates are always open (Isaiah 60:11; Revelation 21:25).

Our culture far too readily promotes division over political difference. But partisan divides are not the only problem: we must confront racism and a host of other –isms, as well as the growing crisis of social isolation and disconnection. As Christians, we should be in the metaphorical bridge-building business. Bridges connect people who are otherwise separated. They don’t make distances shorter or gaps disappear—the rivers of the world still mark all kinds of boundaries. But they make it possible for people on both sides to go from one place to another. Like the tenacious, salty winds constantly threatening the Golden Gate, our political climate is actively corroding the structural integrity of our relationships. Let’s work together to maintain our existing bridges, and build some new ones, too.
CHILDREN AND YOUTH

Summer Recap

M&M Camp
In July, middle schoolers attended the annual three-day summer mission trip in Eugene for community service, worship, fellowship, and fun! ▼

SPARK ▲
This summer, 25 children ages 6-11, and a wonderful group of youth and adult volunteers, came together for a week of fun and learning at our annual St. Paul’s Arts and Rhythm for Kids camp. This year we spent the week learning about the arts and culture of Egypt. Thank you to everyone who participated and supported this year’s adventure! To see photos and videos from the week find us on Facebook.com/stpaulsoregon.

▼ YMT 2019 Fort Defiance, AZ
Thank you for supporting our youth! Our group of 24 youth and adults from around the Diocese of Oregon had a wonderful week of learning and relationship-building. Please continue to remember the youth and leaders of St. Paul’s, and the Diocese of Oregon in your prayers.

Coming This Fall

Children’s Faith Formation Open House
September 15, 9:15 am in the Library
Join us for an introduction to the Godly Play and Seasons of the Spirit classes offered at St. Paul’s for children in grades K-2 and 3-5. Come enjoy some breakfast goodies and register your children for these fantastic faith formation opportunities.

Both classes meet regularly at 9:45 am in Room 110 on the 2nd, 3rd and 4th (5th) Sundays of the month. Children join the 10:00 am service with their families during the Peace.

SPY Events

Fall Kick-off: September 15, 12:00 pm
Back to school and back to SPY! Youth grades 6-12 will meet for our fall kick-off from 12:00-3:00 pm. Join us for food, games and a time to make friends and talk about faith!

Harvest Fest
October 20 - TBA

Diocesan Youth Fall Retreat
October 25-27 - TBA
PROFILE A PARISHIONER

Sue Miller

If you don’t know Sue Miller, you may want to check behind the scenes. Sue has been a member of the Altar Guild for 20 years, and she cheerfully handles her duties with a smile. She is currently co-directress of the Guild and finds working with “the wonderful and dedicated members” to be one of her favorite things about St. Paul’s.

Sue has attended St. Paul’s for almost 21 years. When her husband’s job brought the family to Salem in 1998, they visited the church and were immediately impressed. “The youth program was a perfect fit for my girls back then, and now it’s the people that keep me here.”

Oregon has been Sue’s home state since college. She graduated from Oregon State (“Go Beavs!”) with a degree in elementary education, and then taught 4th grade until her oldest daughter was born. While raising her daughters, she was a substitute teacher in Pendleton, Ore. for many years. Sue retired this past fall after holding secretarial positions at two Salem churches for a total of 16 years.

Though Sue was born in Portland, Ore., she grew up living in several places. By the time she started college, she had moved with her Air Force family nine times! She particularly enjoyed living overseas in the Philippines, Spain and Germany. “My folks believed in fully experiencing the areas where we were stationed. We traveled a lot!”

Sue still enjoys traveling. Her most recent trip was to Chicago with her oldest daughter’s family. “We saw two Major League Baseball games, compared different Chicago pizzas, toured the Field Museum (where there is a famous fossil of a T. Rex named Sue!), walked around several parks, saw lots of statues, and met up with my husband’s college friend. I loved it all.”

Sue also enjoys reading and is involved in a monthly book group. “We take turns choosing a book to read. My favorite genre is historical fiction.”

While travel and reading are hobbies, Sue’s passion is her family. She and her husband Gary have been married 41 years and have three daughters. Sue loves to talk about her grandchildren: “My favorite subject! I currently have six grandchildren. The oldest is 10, and the youngest just turned 1.” Sue is looking forward to bringing her 5-year-old granddaughter to Wednesday practices for the Primary Choir, beginning this fall.

We’re so glad to have Sue and her family with us at St. Paul’s. Her kindness and positive attitude are a blessing.

Chi Yo

The 2019 Chi Yo Project was a success. Over 150 St. Paul’s volunteers came together in July to sell our special Vietnamese spring roll to hungry patrons at the Salem Art Fair. Proceeds allowed us to send $1,750 to the Helping Hands ministry in Salem!

We were also able to provide scholarships for some of our young music ministers, including:

- Ellie Starr for All-Northwest Orchestra in Seattle
- Eleanor St. Clair, Irena Preppernau and Olivia Curry for the Royal School of Church Music camp in Tacoma
- Emma Tiffany for travel to Europe with the Oregon Ambassadors
- Israel Perez for a concerto competition with the U. S. Marine Band in Washington, DC

Congratulations to all of the scholarships recipients and thanks to all who volunteered their time for this annual church tradition.
MUSIC MINISTRIES

Upcoming Music Guild Events

Hymn Workshop: Singing with Spirit and with Understanding
Saturday, October 5, 2019
9:00 am - 4:00 pm at St. Paul’s Episcopal Church

The Rev. Dr. Carl Daw will be leading a workshop for clergy, church musicians and hymn enthusiasts, exploring hymn-singing in the 21st century church. A morning session will explore the “Spirituality of Christian Hymns” and the afternoon will explore the question “What Kind of Hymns Do We Need More Of?” Registration for the workshop can be found at the Episcopal Diocese of Oregon website: www.diocese-oregon.org

Hymn Festival: Finding the Psalms in Our Hymns
Sunday, October 6, 2019
4:00 pm at St. Paul’s Episcopal Church

The congregation is invited to attend and participate in the singing of ten traditional hymns interspersed with scripture and special readings by Dr. Carl Daw. Dr. Paul Klemme will lead a choir and brass ensemble during the festival. There is no service of Evensong this day.

Allegria: Italian Baroque Concerti
Sunday, November 3, 2019

Cellist Annabeth Shirley will serve as cello soloist and leader of an all-Baroque Concerti after the service of Evensong at 4:00 p.m. Ms. Shirley, a native of Salem, is a member of the Portland Baroque Orchestra and concertizes extensively on Baroque cello all over the northwest United States. She is a graduate of South Salem High School, the University of Michigan, and the Hague Conservatory of Music in the Netherlands. Ms. Shirley has chosen a program that include works by J. S. Bach, Antonio Vivaldi and Dutch Composer Pieter Hellendahl. She will be joined by a 12-piece period instrument orchestra made up of mostly Portland Baroque Orchestra members.

Advent Lessons and Carols
December 1, 2019 at 4:00 pm

The entire music ministry program at St. Paul’s will be featured at this concert to welcome the Advent season. Dr. Paul Klemme will lead the service from the Gabriel Kney organ. A brass and string ensemble will join forces with the St. Paul’s Ringers, and all of the vocal choirs, in this service of carols interspersed with Advent lessons. A special arrangement of “O Come, O Come Emmanuel” written by choir member Walt Farrier will be presented. There is no service of Evensong this day.

Amahl and the Night Visitors
January 4, 2020 at 7:00 pm
January 5, 2020 at 4:00 pm

Gian Carlo Menotti’s miracle operetta will be staged in the main sanctuary at St. Paul’s. This child-friendly, 50-minute operetta tells the story of a poor, crippled boy and his mother who greet the three kings on their way to meet the Christ child. During the king’s visit, the boy is healed and joins them on their quest. The church will be transformed into a theater with lighting and special costumes. Mikaela Starr will play the role of Amahl, and Brook Brooks will play Amahl’s mother. David Nelson, Barry Nelson and Sean Brooks will play the three kings, with Ray Phipps as the page. Written in 1951, “Amahl and the Night Visitors” was the first operetta to be broadcast on live television. There will be no service of Evensong.

The Rev. Dr. Carl P. Daw, Jr. served as the Executive Director of The Hymn Society in the United States and Canada from 1996 to 2009, while this ecumenical organization had its headquarters at Boston University School of Theology. He has remained there as Curator of Hymnological Collections and Lecturer in Hymnology.

He began to write hymns while a consultant member of the Text Committee for The Hymnal 1982, and his texts now appear in most English-language hymnals and hymnal supplements in North America, the United Kingdom, Australia, and New Zealand, and have been translated into Spanish, German, Dutch, Korean, Japanese, and Chinese. More than 70 anthem settings of his texts are currently in print. Hope Publishing Co. has published five collections of his hymns, and in 2018 they brought out the first volume of Praise, Lament, and Prayer: A Psalter for Singing, his current project to create a new metrical paraphrase of all the Psalms. He is also the author of nine other books on liturgical and musical topics.

He holds degrees from Rice University (B.A.), the University of Virginia (M.A., Ph.D.), and the University of the South (M.Div.). He was made a Fellow of the Hymn Society in the U.S. and Canada in 2007 and a Fellow of the Royal School of Church Music (U.K.) in 2011; he has received honorary Doctor of Divinity degrees from Virginia Theological Seminary (2009) and the University of the South (2012). As an Episcopal priest he has served parishes in Virginia, Connecticut, and Pennsylvania, and he taught in the English Department of the College of William and Mary for eight years before entering seminary. In Fall 2018 he was also appointed as a Lecturer in Sacred Music at Yale Divinity School/Institute of Sacred Music.
### CALENDAR

#### Upcoming Events

| SEP | Sun. Sep 1 | Pentecost XII  
First Wednesday Night Activities |
| Wed. Sep 4 | Pentecost XIII  
Mass on the Grass, 10:00 am  
Parish Picnic, 11:30 am |
| Sun. Sep 8 | Pentecost XIV  
Children's Faith Formation Open House, 9:15 am  
SPY Kick-off, 12:00 pm |
| Sun. Sep 15 | Pentecost XV  
Pentecost XVI |
| Sun. Sep 22 | Pentecost XVII  
Blessing of the Animals  
Hymn Festival, 4:00 pm |

| OCT | Sat. Oct 5 | Hymn Workshop, 9:00-4:00 pm |
| Sun. Oct 6 | Pentecost XVIII |

| Wed. Oct 9 | Parishioner Rummage Sale, 4:00 pm  
Public Rummage Sale, 9:00 am |
| Thu. Oct 10-12 | Pentecost XIX  
Harvest Fest |
| Sun. Oct 13 | Diocesan Youth Fall Retreat  
Pentecost XX |
| Sun. Oct 20 | Pentecost XXI  
Allegria: Italian Baroque Concerti |
| Fri. Oct 25-27 | Pentecost XXII |
| Sun. Oct 27 | Pentecost XXIII |
| Sun. Nov 3 | Pentecost XXIV |
| Sun. Nov 10 | Pentecost XXI |
| Sun. Nov 17 | Pentecost XXII |
| Sun. Nov 24 | Pentecost XXIII |

#### Join Us Regularly

| SUNDAYS | Holy Eucharist (Rite I) 8:00 am  
Holy Eucharist (Rite II) 10:00 am |

| WEDNESDAYS | Community Dinner 5:15 pm  
Celtic/Healing Eucharist 6:10 pm |

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DAY</th>
<th>TIME</th>
<th>FALL DATES</th>
</tr>
</thead>
</table>
| Advent Bells | Wednesdays | 3:45 pm | Sep 4, 11, 18  
Oct 2, 9, 16, 23, 30  
Nov 6, 13, 20, 27 |
| Advent Choir | Wednesdays | 4:15 pm | Sep 4, 11, 18  
Oct 2, 9, 16, 23, 30  
Nov 6, 13, 20, 27 |
| Coffee Class | Select Sundays | 11:30 pm | Sep 22  
Oct 13  
Nov 10 |
| Contemplative Prayer | Thursdays | 12:00 pm | Sep 5, 12, 19, 26  
Oct 3, 10, 17, 24, 31  
Nov 7, 14, 21 |
| Finance Committee Meeting | Third Tuesday of the month | 12:00 pm | Sep 17  
Oct 15  
Nov 19 |
| Grace Notes Choir Rehearsal | Wednesdays | 4:15 pm | Sep 4, 11, 18  
Oct 2, 9, 16, 23, 30  
Nov 6, 13, 20, 27 |
| Grace Notes Choir Rehearsal | Sundays | 5:30 pm | Sep 8, 15, 22, 29  
Oct 6, 13, 20, 27  
Nov 3, 10, 17, 24 |
| Handbell Choir Rehearsal | Thursdays | 5:30 pm | Sep 5, 12, 19, 26  
Oct 3, 10, 17, 24, 31  
Nov 7, 14, 21 |
| Knit, Pray, Crochet | Second Tuesday of the month | 7:00 pm | Sep 10  
Oct 8  
Nov 12 |
| Men’s Bible Study | Wednesdays | 8:00 am | Sep 4, 11, 18  
Oct 2, 9, 16, 23, 30  
Nov 6, 13, 20, 27 |
| Parish Life Ministries Meeting | First Wednesday of the month | 11:30 am | Sep 4  
Oct 2  
Nov 6 |
| Personnel Committee Meeting | First Tuesday of the month | 10:00 am | Sep 3  
Oct 1  
Nov 5 |
| Primary Choir Rehearsal | Wednesdays | 3:45 pm | Sep 4, 11, 18  
Oct 2, 9, 16, 23, 30  
Nov 6, 13, 20, 27 |
| Property Committee Meeting | First Tuesday of the month | 4:00 pm | Sep 3  
Oct 1  
Nov 5 |
| St. Anne’s Guild Meeting | Third Monday of the month | 1:00 pm | Sep 16  
Oct 21  
Nov 18 |
| St. Clare’s Guild Meeting | First Tuesday of the month | 1:00 pm | Sep 3  
Oct 1  
Nov 5 |
| Trinity Choir Rehearsal | Thursdays | 7:00 pm | Sep 5, 12, 19, 26  
Oct 3, 10, 17, 24, 31  
Nov 7, 14, 21 |
| Vestry Meeting | Third Tuesday of the month | 6:30 pm | Sep 17  
Oct 15  
Nov 19 |
| Women’s Bible Study | Tuesdays | 10:00 am | Sep 3, 10, 17, 24  
Oct 1, 8, 15, 22, 29  
Nov 5, 12, 19, 26 |

*Please see our website for the most updated information: stpaulsoregon.org/calendar*
EVENTS

FALL 2019
Coffee Class

You're invited to any or all upcoming Coffee Classes that meet on select Sundays following the 10:00 am service. Join us in the Parish Hall, where featured speakers present on topics of interest to the St. Paul's community. Presentation and discussion lasts about 45 minutes total. Bring your coffee and your questions!

Sep. 22: The Story of Jacob & Israel
Mother Anne

Sep. 29: Sacred Jazz
Marilyn Keller

Oct. 13: Contemplative Prayer Practices
Panel TBA

Oct. 27: Diocesan Convention Recap

Nov. 10: Friendship Brigade
Heidi Miller, City of Salem

Nov. 24: Everyday Evangelism
Jon Langenwalter

Dec. 8: The Gospel of Matthew
Father Andy

Mrs. Douglas McKay’s Prize-Winning Angel Food Cake

Whites of 13 large eggs
1 ¼ tsp. cream of tartar
1 cup and 1 tablespoon cake flour
1 teaspoon vanilla
Pinch of salt
1 ½ cups sugar

Sift sugar and flour separately six times and set aside. Put whites of eggs on a very large platter, sprinkle a couple shakes of salt from large salt shaker, and beat until frothy with a wire whip. Add cream of tartar and beat until mixture makes little mountains—not too stiff. Add sugar one tablespoon at a time, fold in gently. Add flour one tablespoon at a time, then vanilla.

Pour into large ungreased, flour-dusted angel pan (tube pan). Put the cake in a cold oven, set temperature at 150 degrees for 10 minutes, 200 degrees for 10 minutes, 225 degrees for 10 minutes, 250 for 10 minutes, 275 for ten minutes and the last 10 minutes at 325. At the end of hour, if cake is not macaroon color, bake it for another 10 minutes. Remove from oven, turn upside down on board or rack, and do not disturb (do not touch board or rack) for at least two hours. Remove from pan by running spatula around edge and funnel. Serve with whipped cream concoctions or frosting.

Contact Us

1444 Liberty Street SE
Salem, Oregon 97302
503-362-3661
stpaull@stpaulsoregon.org
www.stpaulsoregon.org

CHURCH OFFICE HOURS
Monday-Thursday: 9:00 am-4:00 pm

RECTOR
The Rev. Anne Emry
motheranne@stpaulsoregon.org
650-430-3318
www.sacredstory.org
Office hours: Tuesday-Thursday
(All other days and times by appointment)

ASSOCIATE RECTOR
The Rev. Andy McQuery
fatherandy@stpaulsoregon.org
503-349-2846
Office hours: Monday-Thursday

DIRECTOR OF MUSIC MINISTRIES
Dr. Paul Klemme
paulklemme@stpaulsoregon.org
503-490-8874

COORDINATOR OF CHILDREN’S MINISTRIES AND YOUTH LEADER
Amy Goerger
amygoerger@stpaulsoregon.org
503-508-1943

PARISH ADMINISTRATOR
Kati Arp
katiarp@stpaulsoregon.org
St. Paul’s Episcopal Church publishes the Word quarterly. If you would like to be added to the mail list please contact us. 503-362-3661 or stpauls@stpaulsoregon.org

St. Paul’s Annual Parish Picnic

Sunday, September 8
11:30 am, after Mass on the Grass, at Bush Park (across from St. Paul’s)

The Annual Parish Picnic is coming up. Enjoy a time of food, outdoor games, and fellowship. St. Paul’s will provide fried and baked chicken, beverages, plates, utensils and napkins.

Please bring a dish according to your last name:

- If your **last name** begins with A-F: **Side Dish**
- If your **last name** begins with G-M: **Salad**
- If your **last name** begins with N-Z: **Dessert**