



ST. PETER'S
EPISCOPAL
CHURCH

302 MERCHANTS AVE.
FORT ATKINSON, WI 920-563-3889



AUGUST 2025

PARISH PROFILE: CARMEN GARCÉS

My August Profile is on Carmen Garces

I asked Carmen if she has always been an Episcopalian and she said she was raised in the Catholic Church. She was born and lived most of her young years in Cali, Colombia. Carmen spent most of her school years in Cali. She has a long-term friendship with Patricia with whom she has been friends since she was 6 years old. There are many other friends from school in Columbia.

When did you come to the United States? was my next question. She responded "I was an exchange student and went to Maine." At the age of 24 Carmen took on a very large challenge and moved to Germany! She said this was a very challenging and brave thing to do...she didn't know the language or much about

Germany. She lived there for about 23 years. She stated..."I survived" with a smile on her face.

One of Carmen's biggest accomplishments is getting her Masters in Counseling Education. I asked also what was the most important decision you have made as an adult? She answered "Meeting and marrying Cole Jones." They met in Massachusetts, being introduced there by a mutual friend. Together they moved to Fort Atkinson and Carmen was introduced to St. Peters Episcopal Church by Fannie Highsmith, Cole's Aunt. She has attended St. Peters since 2010 and she and Cole were married at St. Peters in 2016 by Father Andrew who was the priest there at that time.

When asked "is there anything you wish people would understand about you or what makes you unique?" she responded with the following: "I really go with the flow and accept things that happen along the way as needed. I wish there was more acceptance and less judgement of others. Everyone is unique in their own way.

Speaking of travels I asked where would you say is the coolest place you have traveled? She told me one of her favorite places is the Ice Age Trail because of the beauty of nature and being able to experience its perfection and peacefulness. She really enjoys that.

When I asked "Is there something on your bucket list that you would share with me now?" Carmen replied "I would like very much to go to and walk between Camino to Compostela in the North of Spain".

Moving on to "What makes your day and instantly makes you smile?" Her response was "Seeing my 2 dogs and of course my husband Cole. They always make my day better."

Next I asked if she has any siblings. She said she has 2 sisters who live in the United States.

Carmen likes to read or listen to audio books on the Libby app which allows her to listen anywhere she wants. She also would like to learn French and play the piano.

(Continued on page 2)



(Continued from page 1)

Is there a favorite gift you were ever given? She laughed and told me that she was given a tool box full of tools for her 30th birthday. She then built a cupboard all by herself. We laughed so much over this one as the interview ended.

- Interview by Jane Waters -

PICTURE HIGHLIGHTS FROM JULY



A wonderful evening at the Fireside, with great food and the hilarious and poignant production of "Church Basement Ladies". What could be more fun?

That night, we also celebrated the Birthday of Ginny Laurent!

NOTES FROM YOUR PARISH NURSE: SAVE YOUR SOLES!

Holy Motions Foot Care & Footwear — Tuesday, August 26 • 5:30 PM, St. Peter's Parish Hall

Join Nurse Ann (“Toe Trimmer”) and pedorthist Bob from Dale’s Bootery for a fast-paced, hands-on look at healthier feet and smarter shoes. Bring your toughest foot questions (and your most troublesome pair of shoes) for live fixes. RSVP by August 24 and step into comfort!

10 Foot-Care Facts Every Maturing Foot Should Know

- Wear shoes that really fit and close securely — Shoes that hug your foot with laces, straps, or Velcro help you stay steady and lower the chance of tripping.
- Keep heels low—about 1 inch or less — Higher heels shift your weight forward and make it easier to lose balance.
- Add extra cushioning — As we age, the natural “padding” on the bottom of our feet gets thinner; soft insoles and gel pads absorb shock and reduce soreness.
- Pick shoes with a roomy toe box — A wider front keeps toes from squishing together, which can slow down bunions and cut down on painful calluses.
- Soft orthotics can be just as helpful as hard ones — Many people find that flexible, custom insoles ease heel and arch pain without the high cost of stiff inserts.
- Exercise your feet — Simple moves like towel curls and “short-foot” squeezes (5 minutes a day) can build muscle, improve balance, and help prevent falls.
- If you have diabetes, check your feet every day — Wash, dry, and look for cuts or blisters. Wear seamless, well-fitting shoes—never go barefoot—to avoid sores that can lead to infection.
- Try higher-cut shoes for added ankle support — Sneakers or walkers that hug the ankle give extra stability when the ground is uneven.
- Look for slip-resistant soles — Grippy tread plus a midsole that isn’t too soft or too hard lowers the risk of slipping.
- Replace shoes before they wear out — When the tread is smooth or the cushioning feels flat, it’s time for a new pair—fresh support protects your joints and keeps you comfortable.

Want to Learn More?

American Podiatric Medical Association (APMA) – Foot Care for Older Adults:

<https://www.apma.org/agingfeet>

National Institute on Aging – Taking Care of Your Feet:

<https://www.nia.nih.gov/health/foot-care-aging>

SCHEDULE OF UPCOMING “HOLY MOTIONS” SESSIONS

- ♦ **Tuesday, August 26th 5:30 pm**—Workshop & Sandwiches - Foot Care & Footwear
Ann, Toenail Trimmers, LLC RNs providing foot care for one individual.
Bob Herold, Pedorthist and owner of Dales Bootery Footwear in Whitewater
- ♦ **Sunday, September 7th** - Bone Health, Osteoporosis and New Technologies
Dr. Sandy A Eisele, MD, MBA -Retired Orthopedic surgeon
Ben Rolf, owner - OsteoStrong - new technology for bone health

SERMON SUMMARIES

By Angela Hoffman

June 22, 2025 The Second Sunday After Pentecost

I was ready to be sought out by those who did not ask, to be found by those who did not see me. I said, "Here I am, here I am," to a nation that did not call my name. Isaiah 65:1

How much more willing is God to be found then, by those who *do* seek Him out! God is begging to have a relationship with you. He wants everyone in his loving fold. We can find a relationship with God in the Holy Eucharist and in his Word. We are one breath away from the living God. In him we move and have our being. Think and pray without ceasing. Even if you do not feel God, remember that even Jesus cried out, "My God, my God, why have you forsaken me?" The "Footprints in the Sand" poem tells the story of a man who dreams he is walking with the Lord on a beach and sees his life flash before him. He notices two sets of footprints, one his, one the Lord's, but in his most difficult times, there is only one set. The Lord explains that during those times, He carried the man.

June 29, 2025 The Third Sunday After Pentecost with Holy Baptism of Clara Mae Reynolds

Baptisms can be likened to the joining of a club where one makes promises. Baptism is a joining of the church family. It involves our promise to love God and to love our neighbors which includes everyone. We may fail, but Jesus erases our failed attempts and gives us second chances.

July 6, 2025 The Fourth Sunday After Pentecost

In the Gospel reading we hear of 70 people that Jesus commissioned and sent out to preach the good news that the Kingdom of God had come near. All came back rejoicing that they were welcomed and received. They healed many. Two thousand years later we can get a glimpse of the Kingdom in the Eucharist and in the living and breathing scriptures. God now sends us out to be Jesus's hands and feet in the world.

July 13, 2025 The Fifth Sunday After Pentecost

In the Gospel reading we hear the parable of the Good Samaritan. There was real enmity between the Jews and Samaritans, so one would think it would have been the Levite or the priest passing by that helped the man who had fallen into the hands of the robbers and beaten, but it turned out to be the enemy that came to his aid. We are required to show mercy not just to our friends but to our enemies. Everyone is considered our neighbor. Enmity and hatred in our hearts only harms us. It takes intention and practice to love.

July 20, 2025 The Sixth Sunday After Pentecost

In the gospel story we hear that Martha is busy preparing dinner while her sister Mary sits at the feet of Jesus. Jesus tells Martha that Mary is doing the better thing. We need balance in our life. We are invited to be less distracted and sit at the feet of Jesus. This takes intention and practice as there is much to distract us. Find the time to talk to God, attend prayer, bible study, and church, etc. Later Martha shows her faith when she greets Jesus, telling him her brother Lazarus never would have died had He been there. She professes Jesus to be the son of God and Jesus raises Lazarus from the dead.

This faith journey is not something to do alone.

Deficiencies

God, we thank you for our deficiencies,
and the blessings of all we lack.
We praise you that none of us is complete,
that we are all in need.
For by this grace we reach out to each other,
dependent on one another, and open,
woven together, need to hand, gift to heart.
Each has what another lacks,
and no one is free of reliance on their neighbors.
By your mercy instill in us such gratitude
that we may never belittle the gifts we are given,
the treasures we have to offer,
and the harmony that arises
from our blessed giving and receiving.
For those in need, we offer our generosity;
and for our own incompleteness we humbly give thanks,
and open our hands to those who provide for us.
Bless those who sustain us in our need,
and support us in our weakness.
May we do so for them.
Amen.

Deep Blessings,
Pastor Steve

Steve Garnaas-Holmes
Unfolding Light
www.unfoldinglight.net

Vestry Minutes—July 15, 2025

Present: Mother Mindy, Scott Fernhaber, Bob Krumm, Breck McHenry, Eda Wilson, Angela Hoffman, Mark Bardenwerper, Amy Reynolds, Laurie McHenry, Ellen Bogner, Terrie Knox.

Meeting began with prayer and check-ins at 6:04 p.m.

Scott made the motion to accept the amended, Eda was present, June minutes. Amy seconded. Motion passed.

I. Financial Report: Laurie reported that she got the new numbers for the Premier trust and they are up a bit. The Parish Nurse line shows \$3500 which is left from the grant. There is still more income than expenses due to the large donation at the beginning of the year. Any questions can be sent to Laurie.

II. Business:

- A. **Website:** The diocese has a new person, Fr. Samuel Cripps, who helps churches with their websites. He recommends that we move our website platform from WeConnect to Squarespace where we would have help from the diocese and would save money. The domain name could also be moved from GoDaddy. Mark made the motion to make the change. Scott seconded. Motion passed.
- B. **Parish Picnic:** Ellen reported on the picnic plans for August 17. Tables, rectangular for serving round for eating, and chairs will need to be set up Sunday morning. Two grills should be enough. Hamburger will be donated. Brats and hotdogs and buns bought. A bouncy house will be provided by the Walls next door. There will also be sidewalk chalk (Breck and Laurie) and a pinata (Mark). Mark will also supply ice cream. Ellen left after the report.
- C. **T-Shirts:** Order forms are printed out and will be announced Sunday. Long sleeved t-shirts and hoodies are also available. Orders with payments should be in an envelope and can be given to Caren, Scott, or put in plate.
- D. **Music Director:** Claire Allen has been hired as the new music director. She used to be part of the choir so is familiar with the job and she still has some contacts at Whitewater. She will have the accompaniment music so will not have to free style as Shawn did. She officially starts in August.
- E. **Wish List:** The Capital Investment Project list was introduced. Mark went down through the list and described the issues.

III. Reports:

- Sr. Warden: Nothing more.
- Jr. Warden: Mark noted the wind damage and clean up. The front furnace was stuck on heat mode and needs a new control panel. It's still on warranty so no expenses.
- Parish Nurse: Report was sent in email. Mother Mindy noted there were 5 visitors at the last Holy Motions program.
- Rector: Mother Mindy is keeping pulse on Bev and Elsie. Elsie is not walking anymore so things are getting more difficult.

Scott made a motion to move into Executive Session. Amy seconded. Motion passed. Terrie and Laurie were excused at 7:20 pm. Those in Executive Session were: Mother Mindy, Scott Fernhaber, Amy Reynolds, Breck McHenry, Angie Hoffman, Eda Wilson, Mark Bardenwerper, and Bob Krumm.

Respectfully submitted, Terrie Knox

PARISH PICNIC
AUGUST 17
FOLLOWING 10:00 AM OUTDOOR MASS

**Brats and Burgers will be provided—
Potluck for sides, salads and desserts**

Invite your friends and Family!



KIDS ACTIVITIES!

Piñata

Bouncy House

Sidewalk Chalk



(Rain date will be August 24)

WOMEN'S FELLOWSHIP UPDATE

With decreasing numbers at our Women's Fellowship meetings, we have had to re-evaluate. When we began, our main goal was to create community. Looking back, we believe that goal has been achieved. We are also seeing more opportunities for fellowship, such as the Parish Picnic, the Holy Motion meetings, Wednesday lunches after service, etc., which we believe shows a growth of community in the church as a whole.

This second year of our fellowship included a vision of getting to know our faith. Again, opportunities are not just within our Women's group. The Sunday Bible study and book studies continue. The question now is how to maintain that community while encouraging spiritual growth without overwhelming our resources.

As a trial next step, we have agreed to take our Women's Fellowship meetings down to 4 times a year. One of those meetings will involve a speaker, two will be focused on fellowship and hosted by volunteers taking place either in the church or at the hosts' homes. The fourth meeting will be open to the church and involve the Prayer Walk and dinner.

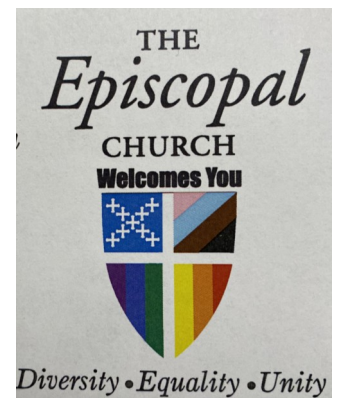
With that in mind, our last Women's Fellowship meeting for this year will be the fall Prayer Walk. It will be at the Knox's this September 20th. Everyone is invited to join us for a prayer walk through the woods and prairie at 4:00 pm and dinner at 5:00 pm.

The Stewardship Committee, Terrie Knox, Angie Hoffman, and Jane Waters



WHITEWATER PRIDE RALLY

Save the date for Saturday, October 4 for the Whitewater Pridefest! St. Peter's is taking part in sponsoring the event and having our Prayer Booth. The booth will have paper and pens for individuals to write prayer requests and put them in a box for us to lift in prayer. Otherwise, the people manning the booth can pray with people in real time. In addition, our new St. Peter's t-shirts sport the Episcopal Pride Shield on the back to show that we care about Diversity, Equality, and Unity. This is a great opportunity to reach people who otherwise would not know that St. Peter's is a place where all are welcome, including the LGBTQ+ community.



BOOK REVIEW
Listening Deeply By Stephen R. Andrew

We all have experienced struggles and traumas that we sometimes just need to talk through. When we are on the listening end, are we truly listening or are we formulating a response to fix the issue?

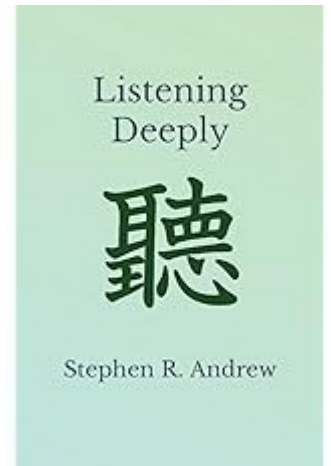
Stephen Andrew suggests that we need to lead from the heart not the mind. The mind wants to fix and the heart wants to connect. Andrew suggests, “we should meet people where they dream, and not from the perspective that there is something wrong with them that needs fixing. We should stop meeting them where they’re at, but meet them where they long to be.”

Connection is a gift. It is the gift of presence...presence without judgement. Andrew even goes so far as to state, “Unsolicited advice, problem-solving, unasked for suggestions are a form of violence, emotional violence.” Connection leads to empathetic understanding and that leads to acceptance. Acceptance calms, heals, and frees a person so that often next steps or even solutions emerge.

Each of us have hopes and dreams. We need to practice to hear them in others. It is Andrew’s desire that we all learn how to listen with empathy and help each other to know they are loved, they belong, they have a purpose, and they are capable. Liz Collins, our Parish Nurse, suggests we think of a recent conversation where someone shared something important with us. Were we listening with our heart or our head? What might have changed if we focused more on presence than fixing? She reminds us that deep listening can begin with just one intentional moment.

Though the writing style of this little book may not be for everyone, everyone should read it. Thanks to Liz it can be borrowed from the church library.

- Terrie Knox -



STEWARDSHIP

If all is a gift from God...then every gift becomes an opportunity to participate in the endless flow of God’s generosity. Every act of sharing becomes a way of saying ‘thank you’ for all we have been given.

Living Well Through Lent 2025

LAY EUCHARISTIC LEADERS SCHEDULE

AUGUST 3

10:00 AM IN-PERSON & LIVESTREAM

Lector: Eda Wilson /Ginny Laurent- noon
AV Technician: Bob Krumm
Acolyte: Christopher Williams
Eucharistic Minister: Terrie Knox
Usher: Amy Reynolds/Scott Fernhaber
Coffee Hour Host:

AUGUST 10

10:00 AM IN-PERSON & LIVESTREAM

Lector: Jane Waters
AV Tech: Mark Bardenwerper
Acolyte: Breck McHenry
Eucharistic Minister: Breck McHenry
Usher: Kelly and Duane Riggs
Coffee Hour Host:

AUGUST 17

10:00 AM IN-PERSON & LIVESTREAM

Lector: Scott Fernhaber
AV Technician: Mark Bardenwerper
Acolyte: Christopher Williams
Eucharistic Minister: Angie Hoffman
Usher: Scott Fernhaber
Coffee Hour Host:

AUGUST 24

10:00 AM IN-PERSON & LIVESTREAM

Lector: Anne Grover
AV Technician: Izzie Davis
Acolyte: Janet Bills
Eucharistic Minister: Terrie Knox
Usher: Liz Collins
Coffee Hour Host:

AUGUST 31

10:00 AM IN-PERSON & LIVESTREAM

Lector: Bev Wille
AV Technician: Bob Krumm
Acolyte: Breck McHenry
Eucharistic Minister: Breck
Usher: Brian Knox
Coffee Hour Host:

ACTIVITIES AT ST. PETER'S

Tuesday–Thursday 8:00 AM

Morning Prayer in the Gathering Room

Sunday, August 3

8:00 AM Morning Prayer
8:30 AM Back to Basics Bible Study
10:00 AM Sunday Worship
11:10 AM Fellowship/Coffee Hour
12:00 PM Outdoor Mass in the Peace Garden

Wednesday, August 6

11:00 PM Book Study
12:00 PM Midweek Mass/12:30 Men's Lunch Group

Sunday, August 10

8:00 AM Morning Prayer
8:30 AM Back to Basics Bible Study
10:00 AM Sunday Worship
11:10 AM Fellowship/Coffee Hour

Wednesday, August 13

11:00 PM Book Study
12:00 PM Midweek Mass/12:30 Men's Lunch Group

Sunday, August 17

8:00 AM Morning Prayer
8:30 AM Back to Basics Bible Study
10:00 AM Sunday Worship
11:15 Fellowship/Coffee Hour
Parish Picnic

Tuesday, August 19

6:30 PM Vestry Meeting

Wednesday, August 20

11:00 PM Book Study
12:00 PM Midweek Mass/12:30 Men's Lunch Group

Sunday, August 24

8:00 AM Morning Prayer
10:00 AM Sunday Worship
11:10 AM **Coffee Hour/Fellowship**

Tuesday, August 26

5:30 PM Holy Motions Session: "Footcare and Footwear"/Supper

Wednesday, August 27

11:00 PM Book Study
12:00 PM Midweek Mass/12:30 Men's Lunch Group

Sunday, August 31

8:00 AM Morning Prayer
10:00 AM Sunday Worship
11:10 AM **Coffee Hour/Fellowship**

AUGUST 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship 12:00 Outdoor Mass	4	5 8:00 am MP	6 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men’s Lunch Group	7 8:00 am MP	8	9
10 8:00am—12:00pm 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship	11	12 8:00 am MP	13 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men’s Lunch Group	14 8:00 am MP	15	16
17 8:00 am MP 8:30 am BibSt 10:00 am Outdoor Worship 11:10 Parish Picnic	18	19 8:00 am MP 6:00 PM Vestry Meeting on Zoom and in Person	20 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men’s Lunch Group	21 8:00 am MP	22	23
24 8:00 am MP 8:30 am BibSt 10:00 am Worship 11:10 Fellowship	25	26 8:00 am MP 5:30 PM Holy Motions Session “Footcare and Footwear”	27 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men’s Lunch Group	28 8:00 am MP	29	30
31 8:00 am MP 8:30 am BibSt 10:00 am Worship 11:10 Fellowship						
Next Month: Sunday, Sept. 7—Holy Motions Bone Health and New Technologies Saturday, September 20—Prayer Walk and Dinner—at Knox’s house						
MP—Morning Prayer BibSt—Bible Study BP—Blood Pressure Screening HMAB—Health Ministry Advisory Board						

2025 August Newsletter

ST. PETER'S EPISCOPAL CHURCH

302 Merchants Avenue

Fort Atkinson, WI 53538

Return Service Requested



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302 MERCHANTS AVE.
FORT ATKINSON, WI 920-563-3889

office@stpetersfort.org

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Rector: Mother Mindy

Valentine Davis

SUNDAY SCHEDULE

8:00 AM MORNING PRAYER IN THE GATHERING ROOM

8:30 AM BACK-TO-BASICS BIBLE STUDY

10:00 AM HOLY EUCHARIST: IN-PERSON AND LIVESTREAMED

11:10 FELLOWSHIP (COFFEE HOUR)

ST. PETER'S MISSION STATEMENT

To Lead Each Person into a Living Relationship with Jesus Christ,
Train Them as Disciples, and Make Jesus Known to Others.