



ST. PETER'S
EPISCOPAL
CHURCH

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



JULY 2025

PARISH PROFILE: JANET BILLS

I chose Janet Bills to be my July Profile.

Janet was Baptized in Heartland, Wisconsin and has been an Episcopalian her whole life .

When Janet was 10 years old her family moved to Arlington, Texas and lived in Texas until 1995 . While living in Texas, Janet earned money delivering papers where Janet saved her money and created a wonderful childhood memory...With that money she bought a ticket on an airplane and took a trip to Milwaukee to see her grandmother Nufer. Janet was 14 years old. Grandmother Nufer took Janet all over Milwaukee and they had a great time...(Janet will never forget that trip).



In 1995 her family moved to Whitewater, Wisconsin and attended St. Luke's Episcopal church.

Janet met her husband Matt Bills they were married at Faith Community Church here in Fort Atkinson. They have two sons...Michael who is in college and Joshua who is attending Fort Atkinson High School. Joshua who is autistic, is very close to his mom. He is doing well at school, and Janet and Matt are looking forward to Joshua's graduation from High School in the future. Michael is in college and visits home as often as possible. Michael was able to go on a trip to China and very much enjoyed the trip. Janet says she was very nervous about him traveling so far away. Before college Michael served regularly at St. Peter's as an acolyte. .

Janet has 2 sisters, one older and the other younger than she is. Janet has friends from as far back as 1998 Melissa and Corina. She is also very close to her sister-in-law Sarah.

Janet tells me they came to St. Peter's after meeting Father Andrew during a walk she and Matt were on. He waved at them and after talking with him they decided to attend St. Peter's in 2016 and become members of our church.

Janet's biggest challenge is raising an Autistic child, which can be difficult at times but is also rewarding. Janet looks forward to traveling with Joshua when he graduates. She would love to take him on many trips both overseas and here at home.

Janet does have a hero...it is her mom, Peggy, whose opinion she values more than anyone else.

'What hobbies do you have?' I asked her. She said she likes reading, walking and driving.

Janet works at the Fort Atkinson middle school during lunch hour. She enjoys the kids and her job. Janet also told me she earned her associate's degree at MATC, attending here and in Watertown.

I asked Janet when did she first feel like an adult...she smiled and said, "when I bought myself a car". It was a 84 Renault...she told me after just a few months with that car she purchased a 1997 Ford Escort.

(Continued on page 2)

My next question was "where is the coolest place you have been.?" Janet said she went to Disney World and it was a wonderful trip.

Janet also said her biggest challenge (besides raising Joshua) is working on St. Peters' Cookie Cupboard the last couple of years. To do so demands a lot of scheduling and organizing with the members of St. Peters. It is not an easy job, but working with the helpful and willing parishioners with God's help it all falls together to make a successful event.

Janet not only works on the Cookie cupboard but she also serves as an Acolyte on some Sundays, she helps with the Coffee Hour after church. She also brings a very yummy pineapple cake...which we all love. Joshua wants her to bake brownies to bring also...She works with Joshua on our Easter Egg hunt in the Peace Garden Easter Sunday.

Janet says her day is brighter when she helps or makes some ones day a little better. St Peters is lucky to have Janet in our parish.

- Interview by Jane Waters -

Note from your Parish Nurse: From Lobster Traps to Listening

Thanks to the Diocese Development grant, I recently had the opportunity to travel to Portland, Maine, for a foundational training in **Motivational Interviewing (MI)**. It was more than a professional development experience; it was a heartfelt immersion into a compassionate way of helping people change. Before the training began, I found myself on a lobster boat off the coast, learning a hands-on lesson that would stay with me long after the nets were pulled in.

The Lobster Trap Lesson

Out on the water, I learned how to bait traps, haul them in, and sort lobsters deciding which to keep and which to release, based on size and sustainability rules. It wasn't rushed or aggressive. It required patience, precision, and respect for the process.

That same approach steady, respectful, and attuned is at the heart of Motivational Interviewing.

What MI Is Really About

MI isn't about convincing people to change. It's about creating space for them to explore their own reasons for doing so. You listen, reflect, and guide. You work with, not against.

One of the most impactful lessons came from our instructor, **Stephen Andrew**, a leading MI expert. He described MI as the practice of "dropping from the head to the heart" making real emotional connection with someone.

During one session, we shared our hopes and dreams in small groups, and the emotional depth of that exercise reminded me how important it is to connect at the core of what drives people.

A Quick Intro to MI

Motivational Interviewing is a conversational approach developed in the 1980s by psychologists **William Miller and Stephen Rollnick**. It is designed to support people in resolving ambivalence and finding internal motivation to change behavior. Rather than offering advice or telling someone what to do, MI encourages practitioners to ask open-ended questions, offer affirmations, reflect back what they



hear, and summarize—tools known collectively as **OARS**. These aren't just techniques; they represent a mindset of **collaboration, acceptance, and compassion**.

The Heart Behind the Habit

As a Parish Nurse, I see MI as a powerful complement to the **Tiny Habits** method I use. Both approaches honor the person in front of you. They start small, move gently, and build trust. Whether someone wants to improve their mobility, take medication consistently, or reconnect with their purpose, MI offers a way to walk alongside them without pushing or pulling.

Final Thoughts from Portland

I left Portland with more than just notes and a workbook. I came home with a renewed sense of purpose.

Sometimes the most transformational work begins with simply listening with our whole presence and trusting that within every person is the wisdom and strength to move forward.

Just like on the lobster boat, there's a rhythm to this work. It's not always fast or flashy, but it's deeply human and deeply hopeful.



My MI Foundations Class June 2025

SCHEDULE OF “HOLY MOTIONS” SESSIONS

- ♦ **Sunday, July 27th** - Muscles, Medications and Resistance Training
Pat Bolton Hometown Pharmacy
Wendy Currie Personal Trainer Janesville Athletic Club
- ♦ **Tuesday, August 26th 5:30 pm**—Workshop & Sandwiches - Foot Care & Footwear
Ann, Toenail Trimmers, LLC RNs providing foot care for one individual.
Bob Herold, Podiatrist 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

(A light meal will be provided at each session so, if possible, please call the church office to R.S.V.P.)

SERMON SUMMARIES

By Angela Hoffman

June 1, 2025 The Seventh Sunday of Easter

The Gospel reading was part of Jesus's farewell discourse. Jesus not only prayed for his disciples, but he prayed for those who would come to know him through the disciples, which of course includes us! He prayed for Oneness with each other and with God. We need to look at what we have in common with other denominations rather than looking at our differences. We are one in worship, service, belief, discipleship, Word, Eucharist, and in loving. *They will know we are Christians by our love.*

June 8, 2025 The Day of Pentecost (Happy Birthday Church)

The Holy Spirit is alive and well at St. Peters. The Holy Spirit was there from the beginning of creation, the giver of life, the One who spoke through the prophets. With the new covenant, the Spirit leads us to truth and enables us to grow into the likeness of Christ. Our hearts need to be in the right place so that we do not do something for the wrong reason. The Gifts of the Holy Spirit are wisdom, understanding, counsel, piety, fear of God, fortitude, and knowledge. The gifts lead to the Fruits of the Spirit which are love, joy, peace, patience, kindness, generosity, self-control, and faithfulness. *Come down, O Love diving, seek thou this soul of mine, and visit it with thine own ardor glowing; O Comforter, draw near, within my heart appear, and kindle it, they holy flame bestowing.*

June 15, 2025 Trinity Sunday

The Trinity is a mystery. We believe in God the Father, God the Son, and the Holy Spirit, yet we believe in one God. We do not fully understand how this works. Creation and race is a single shared action of the three divine persons and we receive grace from each. The Trinity is relational. We need to be in relationship with one another. This faith journey is not something to do alone.

Pasta Dinner



On June 5th, 2025, Girl Scout Troop 7357 hosted a Pasta Dinner to help St. Peter's community fund. From the troop, there were 4 girls that participated, each were accompanied by a parent. Each girl helped with all aspects from planning at a meeting to clean up the day of. This included planning the event at one of our meetings, advertising the event, serving the food and everyone's favorite part - clean up. Each girl will receive a community service patch for their work. For their efforts St. Peter's raised \$319.00.

THANK YOU, TROUP 7357!

SUMMER BOOK STUDY

By popular demand, a weekly book study will be starting on **Wednesday, July 2 at 11:00 AM**. The book we will be reading and discussing is : **A Full-Hearted Life** by Jake Owensby.

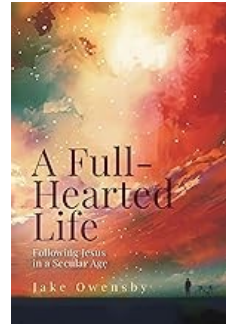
Here is the Amazon synopsis of the book:

“Everyone must ask life’s big questions. Even people who reject any hint of the supernatural and insist that nothing exists apart from matter will have to find meaning for themselves. To put this another way, the defining mark of our secular age is not the absence of belief, but rather the effect on our consciousness of the sheer number of competing belief systems. That effect is fragilization.

And so, belief is fragile. We don’t have to believe what we believe. We could believe something else entirely.

This book articulates how believing in Jesus gives us a sense of who we are, why we’re here, what the good life is, and how to move toward that good life.

This is not traditional apologetics, offering logical proofs that God exists or that Jesus is God incarnate or that all those alternative belief systems are false. Put simply, the aim of this book is to help you see for yourself and to explain to others how Christian belief and Christian practice can make life meaningful.”



Have You Heard of SMARTIE PACKS?

The Fort Atkinson Food Pantry is initiating a new program to help students in the Fort Atkinson School District whose daily needs for nourishment are not being met over weekends. Below is a description of their “Smartie Pack” Program.

“The Smartie Pack Program provides supplemental weekend food for Students in the Fort Atkinson School District facing food insecurities, as identified by the Fort Atkinson School District. This food is essential to provide nourishment on a daily basis, of course but also to reduce anxiety and allow them to focus on their learning in school to help end the cycle of poverty many families face. We are asking you to help us feed their bodies so they can feed their minds.”

St. Peter’s would like to give our congregation an opportunity to give to this cause. On Sunday, July 20, the cash offering for the day will be earmarked for the “Smartie Packs”. If you would prefer to write a check instead of giving cash, you can write it to St. Peter’s, but make sure that you designate “Food Pantry” in the memo line. All cash and change plus designated checks will go to the Food Pantry for the “Smartie Packs”.



Vestry Minutes—June 17, 2025

Present: Mother Mindy, Mark Bardenwerper, Scott Fernhaber, Angela Hoffman, Eda Wilson, Bob Krumm, Breck McHenry, Amy Reynolds, Liz Collins parish nurse and Laurie McHenry treasurer.

Absent: Terrie Knox

Check-ins: The meeting began at 6:00 p.m. with the vestry members being asked how they were doing.

Prayer: Mother Mindy opening with prayer asking for wisdom and guidance.

I. Minutes: Breck mentioned that Caren's name was misspelled in one paragraph. Eda wanted to add thanks to Scott for his generous offer to cover the cost for creating the design covering each color on the Tee-Shirt. Amy made the motion to accept the corrected minutes. Eda seconded. The motion passed.

II. Financial Report: Laurie shared that the checking account balance is healthy. She and Mark will analyze the higher utility expenses and compare usage to prior years. The grant money for the Parish Nurse program is in a separate account. Her salary is part of the 2025 budget.

III. New Business:

A. Choir Scholars — There was some discussion about how much the Whitewater students are receiving. Eda moved, and Mark seconded to increase the choral scholarships to \$35 for each session and be limited to six students. Motion passed.

B. The parish picnic - scheduled for August 17th with the rain date on the 24th. The church will provide hamburger meat, brats, hot dogs and buns (as well as condiments). The church has one charcoal grill and the McHenrys will provide a second one. It was discussed if a bouncy house would be a nice addition, Mother Mindy will check on pricing and availability. Parishioners will be asked to bring a dish to share.

C. Tee-Shirts - The design has been finalized. Scott reported that the minimum order is 48 shirts. The sizes can vary from several children sizes up to adult XXL. A sign-up sheet will be posted asking for quantities and sizes. Prices will range from about \$20 to \$24 each.

D. Time Away - Mother Mindy will be traveling from June 23 through the 28th and Caren will be gone from the 19th until the 28th.

IV. Oral Reports:

Sr. Warden - Scott reported that we are now ready to start taking orders for the new shirts. Minimum quantity is 48 shirts that can be ordered in various sizes from children to XXL for adults. There will be a sign-up sheet posted.

Jr. Warden - Mark reported that the rectory porch door has been replaced but some additional work needs to be done. He would like to do some tree trimming on the rectory side of the street to allow a little more sunshine in for the grass growing on the terrace. It was determined to hold off on that task for now. He would like to consider hiring professional landscaping experts to trim and cull the bushes and foliage on the south side lot line of the peace garden. Will work on getting bids from vendors to repair and/or replace shingles on the rectory and garage roof.

Parish Nurse - Liz reported that there will be more Holy Motions workshops to include members from the public to encourage mobility, sports medicine and activities design to promote movement. She shared a large, printed postcard highlighting the Holy Motions schedule for all the upcoming events and learning opportunities. There is also a blood pressure screening scheduled for Sunday July 13th.

Rector – Mother Mindy said that the diocese could not give any leads for a music director. She and Scott will begin looking for ways to advertise for that position. Bex at the Diocese is working on deleting the old Facebook page. Mother Mindy will be on vacation starting on the 23rd and returning on the 28th.

Closing Prayer: Mother Mindy closed us in prayer.

Adjournment: Bob made the motion to adjourn. Amy seconded. The motion passed. The meeting was officially adjourned at 7:20 p.m. Next meeting July 15, 2025.

Respectfully submitted, Breck McHenry

SAVE THE DATE

PARISH PICNIC

AUGUST 17—FOLLOWING MASS

This will be held in the Peace Garden

Meat will be provided—

Potluck for sides, salads and desserts



(Rain date will be August 24)

STEWARDSHIP

“Stewardship, quite simply, is recognizing that everything we have and everything we are is a gift from God and being grateful and generous with those gifts. God reveals His perfect and infinite love for us most visibly in His Son, Jesus Christ.

A steward makes God’s love visible by imitating Jesus.”

Community Commons <https://www.communitycommons.org>

MASS IN THE PEACE GARDEN

Once a month we will have the option of the usual Mass at 10:00 inside, or outdoor Mass at noon. If it is raining, there will only be indoor Mass that day. Bring a lawn chair if you would like, but there will be folding chairs set up as well. Coffee Hour/Fellowship will be outside that day, between services. Come and enjoy Mass in the Peace Garden!

July 6 & August 3





CONGRATULATIONS, JOSH!
FORT ATKINSON HIGH SCHOOL—CLASS OF 2025
JUNE 8, 2025

WOMEN'S FELLOWSHIP GROUP

Our next meeting will be Saturday,
July 19—10:00 AM

The discussion topic is:
“Travel or Vacations you have taken”



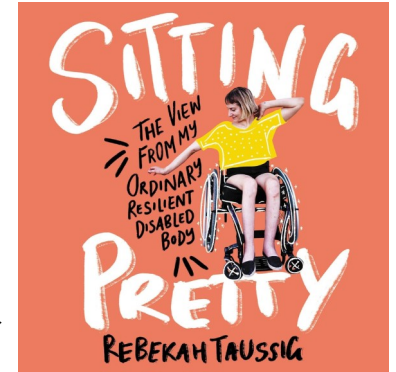
Women's Fellowship June Gathering

BOOK REVIEW

SITTING PRETTY: THE VIEW FROM MY ORDINARY RESILIENT DISABLED BODY

By Rebekah Taussig

Do we feel sorry for disabled people? Should we feel sorry for disabled people? Should we pray for their healing? Are we viewing people with disabilities as dysfunctional, less than whole, less worthy? Are we able to see their gifts and abilities or are we looking only at their limitations? These are all questions Taussig addresses from her perspective in her wheelchair.



She assures us that “ableism” is a major problem that we all have to face. According to Taussig, the Oxford English Dictionary doesn’t give an adequate definition. She prefers her own which is more detailed. She writes, “In its most boiled-down, squished together, simplified form, ableism is the process of favoring, fetishizing, and building the world around a mostly imagined, idealized body while discriminating against those bodies perceived to move, see, hear, process, operate, look, or need differently from that vision.” We all have bodies that are, or that will be limiting in one way or another. We all fall short of the idealized form. It is not only the “disabled” who often fall into shame and self-loathing because they don’t fit an unrealistic image.

With many personal examples, Taussig pulls us through a variety of truths that many of us can’t even imagine. From insurance issues that come with a body that needs expensive upkeep to locked doors at the end of “handicapped” entrances, Taussig is brutally honest and revealing about her own vulnerability. But she reminds us again and again that it is not just about her. The “ADA Education and Reform Act of 2017” was passed in the House with 225 yeas and 192 nays. This bill would have dismantled the ADA by requiring disabled people to “defend themselves and demand their rights to access”. Taussig writes, “The bill died before going to a vote thanks to one disabled woman speaking up for a community that is still so often silenced.” Tammy Duckworth, a senator from Illinois, a disabled woman, was that voice.

The truth of Taussig’s words came home to roost when I was talking to my daughter the other morning. She shared an experience while she was escorting Obi, my grandson, on his class field trip. The class went to a petting zoo where she was told that he could not take his walker into the petting area. She politely told the attendant that Obi then would not be able to go in.

What does it take to see a need, to broaden our world view...before the need is ours? Sitting Pretty is a good start. I’m not recommending, I’m begging you to put this one on your read now list!

- Terrie Knox -

LAY EUCHARISTIC LEADERS SCHEDULE

JULY 6

10:00 AM IN-PERSON & LIVESTREAM

Lector: Jane Waters/Ginny Laurent- noon
AV Technician: Bob Krumm
Acolyte: Josh Reynolds
Eucharistic Minister: Angie Hoffman
Usher: Liz Collins/Kelly & Duane Riggs
Coffee Hour Host:

JULY 13

10:00 AM IN-PERSON & LIVESTREAM

Lector: Scott Fernhaber
AV Tech: Mark Bardenwerper
Acolyte: Breck McHenry
Eucharistic Minister: Breck McHenry
Usher: Brian Knox
Coffee Hour Host:

JULY 20

10:00 AM IN-PERSON & LIVESTREAM

Lector: Anne Grover
AV Technician: Izzie Davis
Acolyte: Bob Krumm
Eucharistic Minister: Terrie Knox
Usher: Amy Reynolds
Coffee Hour Host:

JULY 27

10:00 AM IN-PERSON & LIVESTREAM

Lector: Terrie Knox
AV Technician: Breck McHenry
Acolyte: Janet Bills
Eucharistic Minister: Angie Hoffman
Usher: Scott Fernhaber
Coffee Hour Host: Lunch Provided

AUGUST 3

10:00 AM IN-PERSON & LIVESTREAM

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

ACTIVITIES AT ST. PETER'S

Tuesday—Thursday 8:00 AM

Morning Prayer in the Gathering Room

Wednesday, July 2

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

Sunday, July 6

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, July 9

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

Sunday, July 13

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

Tuesday, July 15

6:30 PM Vestry Meeting

Wednesday, July 16

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

Saturday, July 19

10:00 AM Women's Fellowship Gathering

Sunday, July 20

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

Wednesday, July 23

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

Sunday, July 27

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

Wednesday, July 30

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

JULY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:00 am MP	2 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men's Lunch Group	3 8:00 am MP	4	5
6 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship 12:00 Outdoor Mass	7	8 8:00 am MP	9 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men's Lunch Group	10 8:00 am MP	11	12
13 8:00am—12:00pm BP Screening 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship	14	15 8:00 am MP 6:00 PM Vestry Meeting on Zoom and in Person	16 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men's Lunch Group	17 8:00 am MP	18	19 10:00 AM Women's Fellowship Gathering
20 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship	21	22 8:00 am MP	23 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men's Lunch Group	24 8:00 am MP	25	26
27 8:00 am MP 8:30 am BibSt 10:00 am Worship 11:10 Fellowship 11:10 Holy Motion Session 2—includes lunch	28	29	30 8:00 am MP 11:00 Book Study 12:00 PM Midweek Mass 12:30 Men's Lunch Group	31		
Next Month:						
MP—Morning Prayer BibSt—Bible Study BP—Blood Pressure Screening HMAB—Health Ministry Advisory Board						


July 2025 Newsletter

ST. PETER'S EPISCOPAL CHURCH

302 Merchants Avenue

Fort Atkinson, WI 53538

Return Service Requested

	ST. PETER'S EPISCOPAL CHURCH	302 MERCHANTS AVE. FORT ATKINSON, WI 920-563-3889	office@stpetersfort.org www.stpetersfort.org Rector: Mother Mindy Valentine Davis
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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.