

MAY 2025

PARISH PROFILE: Angie Hoffman

For my May profile I have chosen "Angie Hoffman.."

While interviewing Angie I learned a lot about her.

Angie was not an Episcopalian her whole life, Angie was raised in the Catholic Church and as an adult she decided to seek out the Episcopal Faith. She found St. Peters and reached out to Mother Mindy. Angie met with Mother Mindy during the Covid Pandemic. They met one day in our "Peace Garden" sitting the 6 or so feet apart as we were all required to do during that time of our lives. Angie said she felt at ease and welcome during this meeting, so she started her journey to belong to St. Peters.



Angie lives in Jefferson with her husband Brian. They have 2 adult daughters and two grandchildren, one boy and one girl. Her family is her most prized possession.

Angie's favorite holiday is Thanksgiving when her family enjoys each other sharing a great meal and talking amongst themselves, sharing their lives and enjoying family. Brian, her husband, knows Angie better than anyone else. They have been married for 45 years.

I asked her whose opinion you have most valued in your life and Angie responded "my mother's" even if we were not always agreeing!! Unfortunately, her mom passed away about a year ago and she is sad that her Mom is not around to give Angie her most valued opinion.

Angie has 2 brothers, one younger and one older, she also has 2 sisters both are younger than her. She remembers as a child hanging around the neighborhood outside having fun with friends and siblings. Angie has a lifetime friend whom she has known since first grade they have recently begun to golf again (weather permitting). They really enjoy this friendship of so many years.

Angie's most important decision was to decide to go back to school in her 30's and become a teacher. Angie achieved her goal and also got her Masters. She worked in the Jefferson school system. After recently retiring she is working on a few hobbies. Some of these include: gardening, writing poetry, learning to crochet. One of her goals is to learn to play the Ukulele. When asked if there is any other skill she would like to learn...Angie replied "Calligraphy. She hopes to begin this soon.

I asked if Angie had many things on her "bucket" list other than those previously mentioned. Yes, she said she wouldn't mind seeing some of our National Parks. Although Angie does enjoy staying home and being a homebody, she does look forward to a trip up to northern Wisconsin, Superior and in to Duluth Minnesota which has been planned. (Continued on next page)

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Angie really enjoys "organizing", she is very good at it and it is one of her favorite things to do. I wish I could feel that way! I am sure many of us do too.

We are very blessed to have Angie in our church. Angie does many things for us, she serves on the Newsletter and the stewardship committees, she adds the sermon summaries and a beautiful poem to our monthly newsletters. She bakes and helps very much with our yearly "Cookie Cupboard". She is one of our Eucharistic ministers, and her most recent responsibilities is being one of our Vestry Members.

I am sure there are few more items about Angie that I have not covered in this profile at this time but perhaps I will continue with more as things develop.

- By Jane Waters -

A NOTE FROM YOUR PARISH NURSE

Don't FALL for it! Falling isn't a normal part of aging—it's a call to action.

On Sunday, June 22, we will host our second Holy Motions Event, focused on Fall Prevention and Mobility. We're thrilled to welcome Dr. Joy Cochran, DPT, owner of Joy's Explorations in Watertown. Joy brings her expertise in physical therapy and serves individuals throughout Jefferson County, including local senior centers and people living with Parkinson's Disease. She will be sharing valuable information about how to prevent falls.

Did you know that each year, nearly one million older adults in the U.S. are hospitalized due to falls—most commonly from head trauma or hip fractures. The good news is many falls are preventable. With regular strength and balance exercises, thoughtful medication management, routine vision and hearing checks, and simple home safety adjustments, we can all take steps toward safer, more independent living. Join us when Joy will share practical strategies—simple tips and tricks—to help reduce your risk of falling and moving with greater confidence.

NOTE: Come enjoy lunch featuring Jimmy Johns sandwiches and a variety of other tasty treats.

Don't Miss This Amazing Opportunity at St. Peter's!

FALL GRACEFULLY AND RISE STRONG WORKSHOP

Dr. Joy Cochran will be providing a special four-session workshop designed to empower you with skills to "fall gracefully and rise strong". Meet Dr. Joy at our Holy Motions event on Sunday, June 22, where she will be our keynote presenter.

Workshop Details:

Dates: Tuesdays, July 15, 22, 29, and August 5

Time: 9:00 AM

Limited Seating: This workshop is open to 10 participants. Priority given to those who can attend all four sessions.

Questions? Contact Liz Collins, Parish Nurse or check the Health Ministry Bulletin Board downstairs.

HOLY MOTIONS 2025: EMBRACING WELLNESS WITH MOVEMENT AND MOBILITY

The Holy Motions Program seeks to inspire and empower our faith community by integrating education and Tiny Habits to enhance strength, prevent falls, and foster lasting well-being. The objective is to include increasing awareness of fall prevention measures in the home, encouraging healthy behavior changes that promotes mobility and overall health.

- Sunday, May 4th is the Holy Motions Kickoff focusing on Mindful Movement Kathy Schereck, Certified Yoga Instructor
- Sunday, June 22nd Fall Prevention and Mobility
 Joy Cochran PT, DPT from Joy's Exploration in Watertown
- Sunday, July 13th 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, 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

Are you monitoring your blood pressure from home? If so, read this....

I recently took my blood pressure machine to be checked during my doctor's appointment at the UW Clinic in Fort Atkinson. They compared it to their calibrated machine maintained by their engineering team. Consider asking your Healthcare provider about having yours verified. Other health systems may offer similar checks.

UW Health recommends the OMRON brand, available at Walgreens,
Amazon, and Best Buy. According to Omron's manufacture website it's
recommended to have your monitor checked every **two years**. This check helps
identify any potential issues, such as air leaks or sensor wear, that could affect readings. I didn't find a
lifetime expectation for these devices however they typically provide a 5-year warranty.

Bottom line: If your readings seem off, don't automatically assume it's your blood pressure. Consider getting your machine checked!

SERMON SUMMARIES By Angela Hoffman

3/23/25 The Third Sunday in Lent taken from Susan Butterworth

The Gospel stories spoke about dying suddenly and unexpectedly. Jesus then speaks about random events of death that were not a result of punishment but rather the fragile and unpredictable events of life. We can perish both outwardly (body) and inwardly (soul). We should repent before it is too late. We heard the parable of the fig tree that was granted additional time to bear fruit. Paul reminds us that we are all wandering in the wilderness, being tested. We are provided a way out. God is patient with us. Seize the opportunities for joy. Be kind and compassionate. Repentance is never a one time occurrence but something that needs to happen, daily and perhaps even hourly. Stay vigilant and humble. The Prayer of St. Francis is a helpful reminder.

Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to Eternal Life.

3/30/25 The Fourth Sunday in Lent

Jesus tells three parables: lost sheep, lost coin, prodigal son (lost son). Have you ever been lost? Being lost can be terrifying. Time to time, we are all lost. The dark times we live in make us feel lost and straying from God makes us feel lost, but we are forever united with Christ. Our inward disposition and thoughts matter. When you come back to Christ, there is much rejoicing. We must allow ourselves to be found and we must allow ourselves to join the table with those that are lost. The grace of God is for everyone.

4/6/25 The Fifth Sunday in Lent

Once again we hear about the siblings, Martha and Mary. Martha was busy serving while Mary sat at the feet of Jesus, learning. Martha complained and Jesus said to leave her alone, that she was doing the better thing. Jesus had raised their brother Lazarus from the dead at Mary's pleading. Now we have the story of Mary anointing Jesus's feet with oil and wiping them with her hair. Mary offered an intimate act of love and thanksgiving. What can we learn from Mary and Martha? We can be thankful and generous in response to what Jesus has done for us. We are called to sit at the feet of Jesus, and we are called to serve in love. Seek, serve and love with a Mary heart in a Martha world.

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4/13/25 Palm Sunday

Today we began with joy as Jesus triumphantly entered the city, but we ended in deep sorrow at the crucifixion. The people expected this new king to save them from the oppression of the government, but Jesus's kingship is not of this world. It is life eternal. We have the promise of salvation through all times and all places, not just in one time and one place. Look to God in your times of suffering and praise Him in your times of joy.

4/20/25 Easter Sunday

Jesus had been clear with his disciples that he would be handed over and suffer death. He was called to give life as a sacrifice for all. That could have been the end of the story, but it was not. The Resurrection was the end. Death had no dominion over him and has no dominion over us. Life is changed but not ended at death. We have a God who loves us and advocates for us. We are never alone. We need to choose to believe in the resurrection despite it being unbelievable. Even the disciplines did not first believe the news. Like the women at the tomb, when we proclaim the resurrection, we must not let uncertainty rule our lives. Faith is a gift. Resurrection is the single most important event in human history; our way of salvation and everlasting life. Life has the final answer. With joy, keep the Easter feast!

TRUTH

Fact by fact is knowledge born Weaving through each line Changing as the precept grows Through life's unfolding time.

Confusion, an unholy shroud Brings darkness to the fore Allowing ghosts of undead thoughts To enter through the door.

Feelings color every word With hues of mud and skies Painted by a vulnerable heart Holding a brush of lies.

But truth is once and evermore Based only on God's Son. He came, He died, He rose again So the battle could be won.

-Terrie Knox -

LENTEN LUNCHEON & LEARN:

Dr. Elise Crull on God and Science, From Fear to Wonder By Ginny Laurent

An Afternoon at Nashotah House

Dr. Elise Croll is a professor of physics at City College of New York whose research interests include the history of science, the philosophy of physics, metaphysics and science and religion. Much of Dr. Kroll's discussion centered on the dichotomy presented by miracles vs. laws. My interpretation was that one was the creation story of the Bible presented in Genesis and the other, the scientific knowledge gathered over time. And never the twain shall meet, unless you realize that humans are limited in their perception of the world. Will we ever know the mind of God and the larger picture? In spite of these

limitations, I returned home hopeful that both belief in scientific laws and miracles are compatible. As humans we don't know the infinite capacity of God and gradual awareness is what we can only hope for.



Vestry Minutes April 15, 2025

Present: Mother Mindy, Scott Fernhaber, Bob Krumm, Breck McHenry, Eda Wilson, Angela Hoffman, Mark Bardenwerper, Laurie McHenry, Liz Collins, Terrie Knox.

Absent: Amy Reynolds

Mother Mindy thanked Mark and Breck for fixing the computer so there is no longer a lag on Zoom. Meeting began with prayer and check-ins at 6:03 p.m.

Due to it being Holy Week, check-ins were skipped.

I. BUSINESS:

- Whitewater Pride Rally: Mother Mindy had sent out a link for the Whitewater 5th Annual Pride Rally. Christopher Williams had brought it to her attention. It is a family event devoted to bringing diversity, inclusion, and pride to the community. There will be a pride pet costume contest, music, performances, vendors, and food trucks. Scott made a motion to sponsor this event at the Silver level (\$500) which includes a booth and mention in their event advertising. Eda seconded. Motion passed.
- B. T-Shirts: Scott reported his findings from LogoWorks in Fort. They will need a Vector or PDF file with the design. It will cost \$30 for each color added. Mother Mindy will ask Amy to help with the design.
- C. Porch Doors: Mark got a quote for custom Anderson doors that will fit the porch at the Rectory. Mike Englehart agreed to install and do some repair. Cost of doors and work will be \$2500. Mark made a motion to accept the proposal. Scott seconded. Motion passed.

II. REPORTS:

- Senior Warden: Scott offered to cover up to 7 colors for the t-shirts. Nothing else to report.
- Junior Warden: Mark explained his work in the church and rectory yards and that he is looking forward to starting the doors.
- Parish Nurse: Liz reported that she applied for a grant through the diocese and will hear if she gets it May 1st. If yes, it will pay for the Holy Motions program which starts May 4. She extended a thank you to Mother Mindy for finding a home for the 2nd AED which will go to Grace United Church. Breck and Mark will take down the case to go with it. She also thanked Angie for organizing the manual for the Peaceful Transitions program so that all the forms and info are still available.
- Rector: Mother Mindy noted that Caren had the bulletins done for all of Holy Week. She said Caren is doing a great job and getting more confident every day. Thus we are on track for Holy Week.

Angie asked if there was an update on the dossal curtain payment. Laurie noted that Cole had been contacted and he wanted information on how much the church paid and total cost. Laurie will get that to him.

III. FINANCIAL REPORT:

Laurie reported that we received a large check and are looking good at this time. The stock market has dropped but the trust statements show little change due to their timing. The new Peace Garden Fund was just added under the Special Funds column. Ellen started a trust to ensure the Peace Garden could

be maintained after she is no longer able. Control of the fund was moved to the church at the end of last year. There is a disbursement from the fund. We will need to decide if we should get it annually or leave it in to accumulate. Liz questioned about funding for the picnic. Laurie said there is money for it and it would probably come out of hospitality.

Angie asked if there had been a meeting with Bexs about the Facebook page. Mother Mindy responded that she and Amy had been in touch and that Bexs was working on getting the old one down before a new one could be worked on.

MINUTES:

Scott made a motion to approve the Minutes of the March 11 vestry meeting. Eda seconded. Motion passed.

Scott made a motion to adjourn the meeting. Breck seconded. Motion passed. Meeting ended with prayer at 6:55 p.m.

Respectfully submitted, Terrie Knox

STEWARDSHIP

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

1 Peter 4:10 NIV

What are your gifts?

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

WOMEN'S FELLOSWHIP GROUP

Our next meeting will be Saturday, May 17, 2025. Anne Grover will bring the main dish. Jane will bring a bread and Angie a dessert.

The discussion topic is: What is Your Favorite Old Testament Bible Story.



DAUGHTER OF THE KING MINI RETREAT: PRAYER AND ATTENTIVE LISTENING

Summary by Angie Hoffman

3/29/25 Trinity Episcopal Church, Janesville

Bo McGuffee (The Evolving Christian Faith Network) was our presenter.

https://evolvingchristianfaith.net/

We began the day by listing all the different ways to pray and then considered what makes them all prayer despite their diversity (rote prayers, listening, singing, poetry, walk in nature, meditation, adoration, stations of cross, etc.). Attention is prayer. As humans we are paying attention to something (running scenarios through our minds, thinking of to-do lists or the past, or future events, or checking out). We can choose to draw attention to what we are paying attention to or not. Hopefully that is God. What we attend to is what we give devotion to. The fruit of prayer is healing and transformation.



Next, we considered sacred spaces; those thin places in which the veil between time and eternity seems permeable (ocean, mountain, forest, church, etc.) Again, these spaces are different for each of us. It is where we experience God's presence. But God is ever more present in one place? God is here (even when he feels absent)! We have the ability to shift our attention to God in whatever place we find ourselves and find the inherent sacredness there.

This is why I tell you: do not be worried about the food and drink you need in order to stay alive, or about clothes for your body. After all, isn't life worth more than food? And isn't the body worth more than clothes? Look at the birds: they do not plant seeds, gather a harvest and put it in barns; yet your Father in heaven takes care of them! Aren't you worth much more than birds? Can any of you live a bit longer by worrying about it? Matthew 6: 25-27



We were reminded that Christianity and prayer should never be an escape from the world we live in, but an opportunity to dive deeper in. We need to listen for the call from the depths of our being.

Everything matters, yet people slide into the margins as the forgotten ones (immigrant, poor, homeless, hungry, prisoner, etc.). Prayer includes finding the forgotten in the context of our lives and re-membering them back into community. We must resist and boldly declare they matter.

We were introduced to the following types of prayer:

Centering prayer, Mandalas, Morning Pages, Focusing, Prayer Walk, Creating Your Own Liturgy, Walking the Labyrinth, and Creating Sacred Art. We had the opportunity to practice and then share our experience in small groups.

We ended the day with Taize in the church

Book Review

Everything Belongs: The Gift of Contemplative Prayer By Richard Rohr



I read this book quite some time ago and just recently agreed to read it again in preparation to discuss it. I was amazed at how much highlighting I had done the first time I read it and how much more I added this second time through. Rohr challenges us on every level and encourages us on more.

Rohr begins by making some things clear. He writes, "We cannot attain the presence of God because we're already totally in the presence of God." That in itself can be a mind-blower when we so often think we have left God behind. Rohr continues, "Spirituality is about seeing. It's not about earning or achieving. It's about relationship rather than results or requirements." He points us to chapter 5 in

Matthew where it states that the law will not be dismissed until its purpose is achieved. Rohr explains that the law "is never an end in itself, as he [Jesus] makes very clear when he defends his disciples who were picking grain on the Sabbath." Rohr reminds us that it is the Spirit and not the law that gives life. Rohr notes, "We need less reformation and more transformation."

So the question is how do we truly move into a relationship with God? Rohr's answer is through prayer. It is a prayer not encompassing all our requests, a prayer not made up of words, but a prayer of silence and wonder amidst the ever-present God. It is more listening for and to God. Rohr is well aware of our human tendencies to want to fix everything and everyone around us. He argues, "Fixing something doesn't usually transform us. We try to change events in order to avoid changing ourselves. We must learn to stay with the pain of life, without answers, without conclusions, and some days without meaning. That is the path, the perilous dark path of true prayer." Rohr continues to explain, "For Jesus prayer seems to be a matter of waiting in love. Returning to love. Trusting that love is the bottom stream of reality. That's why prayer isn't primarily words; it's primarily a place, an attitude, a stance."

We often see Christianity as an ideology competing with other religions and ways of life. When doing so we can get caught up in arguments about who is right and who is wrong. In doing so we identify more with the group instead of with God or truth. Rohr argues that we instead should be "holding the tension of life and death – and paying the price within ourselves for that reconciliation." But alas, it is easier to belong to a group. "Healthy religion," states Rohr, "is an enthusiasm about what is, not an anger about what isn't."

Holding the tension of two opposing truths is hard. One of the greatest challenges is the fact that we are all human. God made us and it was good. But as we all know, humans can do some pretty hurtful and bad things. Rohr reminds us that "if we hate it 'over there' and not in ourselves, we become self-righteous." Comparing our lives with the lives of others does us no good. The only thing we have to share is our own journey. That is how we become living witnesses to the power of God working in us. He writes, "The most courageous thing we will ever do is to bear humbly the mystery of our own reality. That is everybody's greatest cross."

Richard Rohr in "Everything Belongs" encourages us to encounter the mystery of God that makes up our lives and gives us purpose so we can give hope and meaning to the next generation. It should be the next book everyone reads.

- By Terrie Knox -

LAY EUCHARISTIC LEADERS SCHEDULE

MAY 4

10:00 AM IN-PERSON & LIVESTREAM

Lector: Ginny Laurent

AV Technician: Bob Krumm

Acolyte: Janet Bills

Eucharistic Minister: Terrie Knox Usher: Kelly and Duane Knox

Coffee Hour Host: "Holy Motions"— Lunch

Provided

MAY 11

10:00 AM IN-PERSON & LIVESTREAM

Lector: Eda Wilson

AV Tech: Mark Bardenwerper

Acolyte: Breck McHenry

Eucharistic Minister: Breck McHenry

Usher: Brian Knox Coffee Hour Host:

MAY 18

10:00 AM IN-PERSON & LIVESTREAM

Lector: Jane Waters

AV Technician: Izzie Davis Acolyte: Josh Reynolds

Eucharistic Minister: Terrie Knox

Usher: Amy Reynolds Coffee Hour Host:

MAY 25

10:00 AM IN-PERSON & LIVESTREAM

Lector: Mark Baredenwerper AV Technician: Breck McHenry

Acolyte: Bob Krumm

Eucharistic Minister: Terrie Knox

Usher: Scott Fernhaber Coffee Hour Host:

JUNE 1

10:00 AM IN-PERSON & LIVESTREAM

Lector: Scott Fernhaber AV Technician: Bob Krumm

Acolyte: Janet Bills

Eucharistic Minister: Angie Hoffman

Usher: Liz Collins Coffee Hour Host:

ACTIVITIES AT ST. PETER'S

Mondays-Fridays 8:00 AM

Morning Prayer in the Gathering Room

Sunday, May 4

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

11:15 AM Sunday School 11:20 AM Health Ministry "Holy Motions" Kick-Off and Lunch

Wednesday, May 7

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

Sunday, May 11

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

Tuesday, May13

6:30 PM Vestry Meeting

Wednesday, May14

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

Sunday, May 18

8:00 AM Morning Prayer 10:00 AM Sunday Worship 11:10 AM Coffee Hour/Fellowship 11:15 Sunday School

Wednesday, May21

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

Sunday, May 25

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

Wednesday, May28

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

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship 11:15 Holy Mo- tions Kick-Off (Lunch Provided) 11:15 Sunday School	5	6 8:00 am MP	7 8:00 am MP 12:00 PM Midweek Mass 12:30 Men's Lunch Group 5:30 Supper	8 8:00 am MP	9	10
8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship	12	8:00 am MP 6:00 PM Vestry Meeting on Zoom and in Person	14 8:00 am MP 12:00 PM Midweek Mass 12:30 Men's Lunch Group	15 8:00 am MP	16	17 10:00 AM Women's Fellowship Gathering
18 8:00 am MP 10:00 am Easter Sunday Worship 11:10 Fellowship Coffee 11:15 Sunday School	19	20 8:00 am MP	8:00 am MP 12:00 PM Midweek Mass 12:30 Men's Lunch Group	22 8:00 am MP	23	24
25 8 am-12:00 pm BP Screening 8:00 am MP 8:30 am BibSt 10:00 am Sunday Worship 11:10 Fellowship	26	27 8:00 am MP	28 8:00 am MP 12:00 PM Noonday Prayer 12:30 Men's Lunch Group	29 8:00 am MP	30	31

Next Month: Sunday, June 22 - "Holy Motions" Session 2: Fall Prevention and Mobility

MP—Morning Prayer BibSt—Bible Study BP—Blood Pressure Screening HMAB—Health Ministry Advisory Board

May 2025 Newsletter ST. PETER'S EPISCOPAL CHURCH 302 Merchants Avenue Fort Atkinson, WI 53538

Return Service Requested



office@stpetersfort.org
www.stpetersfort.org
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.