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Diocesan Bishop:

The Rt. Rev. Susan B. Haynes

ST. PETER'S CHURCH STAFF

Interim Rector:

The Rev. Dr. James W. Hunter

Secretary:

Laura Kallestad

Organist:

Elizabeth Miller

Treasurer:

Charlie Pfeifer



Jim's Corner

We often refer to St. Peter's as "our church family" in conversation and as we think about our parish. The church family is much like our nuclear family. We live together, we have close relationships with each other, we eat meals together, we play together, and, yes, sometimes we have conflict and fight with each other. We can all relate to family dynamics, but we may not be aware of how these dynamics interrelate. Family Systems Theory helps us understand these dynamics and, thereby, understand how the family "works."

What I am about to share with you is a very general, but helpful, overview of Family Systems Theory. My hope and intention are that this will help all of us appreciate how we relate to each other and further our understanding of the work of the Transition Team as we look to the future with a new pastor. One of the

"Fathers" of Family Systems Theory is Rabbi Freedman, who wrote a book titled *Generation to Generation*¹.

One of the principal concepts of general family systems theory is the distinction between a mechanistic and an organic worldview.

"Machines can be understood by breaking them down into their component parts to see how the parts work together.... If one assumes that life is made up of component parts that can be named, understood and, most importantly, controlled, then it follows that what is needed is a quick fix. With machines, we repair what is broken and move on. Change is easily made. Social systems, like a family, are not machines but people.... Systems understand that change is constant. They are designed to change and then return to equilibrium. It's important to understand that what systems require is nourishing and nurturing, *not fixing*"² (emphasis added). The congregation/family is an organic organism, not a machine.

"Systems theory implies that leadership is not about

knowing where the congregation is supposed to end up and controlling the interim time period to be sure it gets there. It is more about leaders nurturing the needs of the congregation and helping to provide new insights to aid them in managing their own time of change. All systems seek balance. Often, leaders see this effort to regain equilibrium as resistance to change. Push a system towards change and it is natural that it will push back. It wants to preserve its history and tradition. The first response to perceived instability is to seek a new stability.”³ Think of a perfectly balanced mobile. Touch one part of the mobile and the whole structure is set off balance. Left alone, in time, the mobile will seek out and resume its original attitude. Family systems function much the same way.

Another pioneer in family systems theory is Murray Bowen. There are three key concepts of Bowen Family Systems Theory I want to mention. The first is understanding Triangles and the phenomena of triangulation. “A triangle is a three-person relationship system... People’s actions in a triangle reflect their efforts to assure their emotional attachments to important others, their reactions to too much intensity in the attachments and their taking sides in other’s conflicts.... The patterns in a triangle change with increasing tension.”⁴ Triangles may consist of three individuals or an institution (the church, diocese, a school board, social club, etc.) and two individuals. Triangulation often works like this. Person A has a beef with person B. Instead of working out their differences, person A approaches person C to share the grievance. Person C reacts by approaching person B to fix the problem. Person C becomes the victim of person B’s displeasure. Triangles are often destructive and should be avoided. The way to break apart the triangle is for person C to, lovingly, direct person B back to person A and not get involved. Triangles happen all the time and, sometimes, they are unavoidable. They are not always destructive, but more often than not, they are.

The second key concept is Self-differentiation. “The less developed a person’s ‘self,’ the more impact others have on his functioning and the more he tries to control, actively or passively, the functioning of others⁵. People with poorly differentiated ‘self’ depend so heavily on the acceptance and approval of others that either they quickly adjust what they think, say and do to please others or they dogmatically proclaim what others should be like and pressure them to conform.” Clear self-differentiation is the ability to state one’s position, using an “I” statement, and calmly defend it if one does not agree with an opposing position.

The third concept is known as Emotional Cutoff. “This concept...describes people managing their unresolved emotional issues ... by reducing or totally cutting off emotional contact with others.”⁶ In this instance, discussion or negotiation has failed and the parties separate failing to resolve the conflict or issue. This can happen in churches when one person or group feels threatened or slighted and, not able to resolve the conflict, walks away from the church. In such cases, everyone loses. We need to be able to stay connected, communicate, and compromise for the good of the community. This is usually achievable.

These are three of the eight concepts of Bowen Family Systems Theory. The others, though important, aren’t as germane to the church family. To answer any question one might have, however, the other five concepts are the Nuclear Family Emotional System, the Family Projection Process, the Multigenerational Transmission Process, Sibling Position, and the Societal Emotional Process.

Jim's Corner, Cont. from page 2

Obviously, there is a lot more to family systems theory. If you would like to learn more about this subject, I recommend reading Friedman's and Kerr's books or GOOGLE Bowen family systems theory. Once one is aware of these theories, one can be a better participant in discussions involving family and church dynamics.

¹ Edwin H. Friedman, *Generation to Generation: Family Process in Church and Synagogue* (New York, NY: The Guilford Press, 1985)

² The Fundamentals of Transitional Ministry: The Work of the Congregation, 2013 Interim Ministry Network, A:126.

3. Ibid.

⁴ Michael E. Kerr, *One Family's Story: A Primer on Bowen Theory*. Washington, D.C.: Bowen Center of the Study of the Family 2003. 3.

⁵ Ibid. 7.

⁶ Ibid. 33.



MINISTRY ANNOUNCEMENTS



The ladies of St. Peter's meet on the second Monday of each month for lunch and fellowship. On June 12th at 12:30 P.M. we will be enjoying fellowship, delicious fare, and the historic beauty of the Freemason Abbey, 209 W. Freemason St. Norfolk. We plan on meeting at church to carpool to the restaurant. If you plan to attend, please sign the list on the bulletin board in the parish hall. For more information contact Millie Coward - cell (757) 469-5887 or by email to m.jlc@verizon.net.

The Altar Guild welcomes any man or woman that is confirmed in the Episcopal Church to join this ministry. We prepare the altar for celebrations of worship such as weddings, baptisms, funerals, and Sunday services. If you are interested and would like more information please contact Millie Coward cell (757)469-5887/m.jlc@verizon.net.



The Prayer Shawl Ministry- We meet on the first Tuesday of every month at 10 A.M. in the Diffenbaugh Library. We continue to be busy knitting, crocheting, and looming adult and baby hats, scarves, baby blankets, chemo caps, wash cloths, soap sacs, breast prostheses and prayer shawls. In April & May we completed 27 chemo caps, 1 baby blanket, 34 preemie hats, 12 washcloths, and 9 soap sacs. If you are interested in this ministry but are unable to attend the meetings, maybe you could help us by knitting or crocheting from the comfort of your home. Our next meeting is June 6th . Please join us. If you would like to learn one of these crafts, we have expert teachers and all the supplies you will need to practice. For more specifics, please contact Millie Coward, cell (757) 469-5887 / m.jlc@verizon.net .

Bible Study



Bible Study meeting is on Thursdays at 10:30A.M., in the Diffenbaugh Library. All are welcome! Bring a Bible and don't forget to bring a friend.



Vacation Bible School will be tentatively held July 24, 2023 through July 28, 2023. Please prayerfully consider volunteering for this wonderful event. It will be a morning VBS, but there is a lot of work you can help with whenever you are available. The children are so much fun to work with, and they are so important to the future of our church.

Acts of Kindness invites you to: **Volunteer Appreciation Sunday**

- When: June 25, 2023, following the 10:00 A.M. service!
What: Ice Cream Sundae Sunday
Why: Each of you are more valuable than silver or gold and we thank you for your time and talent for **YOU, are our treasure.**
Where: Please join us in the Parish Hall as we celebrate all of our ministry volunteers.



JUNE 2023

St. Peter's Episcopal Church &
Day School
224 S. Military Hwy
Norfolk, VA 23502
Office: (757) 466-9392
Fax: (757) 466-9414

HAPPY FATHER'S DAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Bible Study in the Library - 10:30 A.M	2	3
4 8:00 A.M. - Rite I 10:00 A.M.-Rite II Trinity Sunday	5 Vestry Meeting 7:00 P.M.	6 Prayer Shawl Meeting 10:30am 8:00 P.M. AA MEETING	7	8 Bible Study in the Library - 10:30 A.M	9	10
11 8:00 A.M. - Rite I 10:00 A.M.-Rite II 2nd Sunday after Pentecost	12 Ladies Luncheon - 12:30 P.M. - Freemason Abbey - Car Pool from Church if desired. Day School Graduation Program 7:00 P.M.	13 8:00 P.M. AA MEETING	14	15 Bible Study in the Library - 10:30 A.M	16 Last Day of school for the Day School!	17
18 8:00 A.M. - Rite I 10:00 A.M.-Rite II HAPPY FATHER'S DAY! 3rd Sunday after Pentecost	19 HOLIDAY Day School Board Meeting—7:00 P.M	20 Day School Summer Camp Begins! 8:00 P.M. AA Meeting	21	22 Bible Study in the Library - 10:30 A.M	23	24
25 8:00 A.M. - Rite I 10:00 A.M.-Rite II <small>Ice Cream Sundae after the 10:00 service in the parish hall. Sponsored by AOK</small> 4th Sunday after Pentecost	26	27 8:00 P.M. AA Meeting	28 5	29 Bible Study in the Library - 10:30 A.M	30	

MINISTRY ASSIGNMENTS

JUNE 4 - Trinity Sunday

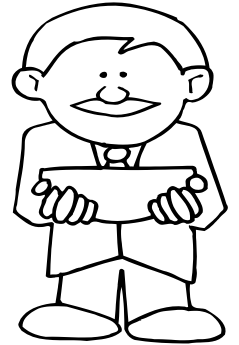
Acolyte: Magdalena Kress

Ushers: Susan Sigler, Jim Jimeno

Lector: 8:00 - Charlotte Corbett; 10:00 - Larry Shreve

LEM: 8:00 - Bob Vanderslice; 10:00 - Judy Eller

Altar Guild Duty: Jessica Trochanowski, Lynne Monette



JUNE 11 - 2nd Sunday after Pentecost

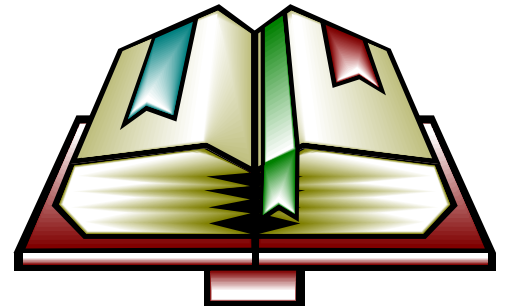
Acolyte: Carys Shreve

Ushers: Vicky Martin, Steve Kakol

Lector: 8:00 - Bob Vanderslice; 10:00 - Janet Chauncey

LEM: 8:00 - Bob Vanderslice; 10:00 - Judy Eller

Altar Guild Duty: Charlotte Corbett, Judy Eller



JUNE 18 - 3rd Sunday after Pentecost/Father's Day

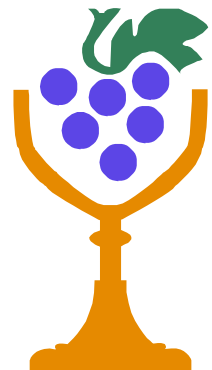
Acolyte: Bronwyn Shreve

Ushers: Larry Shreve, Howard Belote

Lector: 8:00 - Susan Sigler; 10:00 - Laura Kallestad

LEM: 8:00 - Bob Vanderslice; 10:00 - Kimberly Truxell

Altar Guild Duty: Nancy Comfort, Elizabeth Miller,



JUNE 25 - 4th Sunday after Pentecost

Acolyte: Kimberly Truxell

Ushers: Jim Jimeno, Susan Sigler

Lector: 8:00 Jeffrey Pfeifer ; 10:00 - Lynne Monette

LEM: 8:00 - Nancy Comfort; 10:00 - Nancy Comfort

Altar Guild Duty: Ashley Pierce, Millie Coward



Special Announcements

A Letter from the Transition Team

Just a note to let you know that the team is commissioned and will begin planning meetings and strategies to start the transition process. This is going to require support from the entire congregation.

We, as a team, will be planning meetings as well as congregational gatherings to formulate where we are and where we would like to go. This will require an all-hands effort in order to make it work. We will need to have your input to help us determine how to develop a picture of us as a Christian family.

This process will help us develop a profile which the search committee will use to find a new rector for St. Peter's. We are praying, and we hope you are also, that everyone will support us in this effort. We look forward to coming together to make this a success!

Respectfully,

Bruce Comfort

Acts of Kindness - Planning 2023

Memorial Day -

- **We have donated \$50.00 to Operation Gratitude as a remembrance for all the men and women who served in our armed forces and gave the ultimate sacrifice of their lives fighting for our country.**
- *Flags were placed around the flagpole and signs posted in support of Memorial Day*

Appreciation Sunday for All Volunteers – Ice Cream Sundae on Sunday, June 25th, after the 10 A.M. Service -AOK is inviting the parish after the 10 A.M. service to join us in the Parish Hall for a sundae treat acknowledging all volunteers at St. Peter's.

Day School Little Playground – We are researching and hoping to plant a tree in the new little playground soon.



Dear Parish Family -

Sometimes you may notice the flowers on the altar are not given to the church by anyone in particular. These flowers were simply given to the Glory of God by the people of St. Peter's who have graciously donated to our Flower Fund. The idea of having fresh-cut flowers on the altar provides an acknowledgment to the living God in our midst at our Sunday services and always.

We welcome and need contributions to this fund to keep the supply of flowers available every Sunday. If you are enjoying the look of the altar with the fresh flowers, we please ask for your contribution; however large or small. All proceeds will be allocated to the "Flower Fund" only.

If you desire to donate or contribute flowers any given Sunday "In Thanksgiving for" or "In Memory of" a person or persons, you may:

- note that on the offering envelope**
- sign up on the board in the vestibule**
- order on our website**
- note it in the memo line of your check.**

The envelopes are located in the Parish Hall and Narthex.

Thank you.

GOD BLESS OUR SERVICE MEN AND WOMEN

“Finally, be strong in the Lord and in His mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes.” (Ephesians 6:10-11)

Joe, Chloe, Hannah, David, Courtney, Frank, Kyle, Michael, Allan, Mario, Roger



The Veterans are always in need of:

Toothbrushes, toothpaste, shaving cream, shampoo, conditioner, deodorant, razors, tissues & handkerchiefs (new unopened). No candy, food, or drinks right now. They **are** accepting used clothing items again.

Please bring your donations to church and place them in the baskets and box provided in the parish hall. Thank you all for your continued support!



VESTRY MEMBERS

Kimberly Truxell, Sr. Warden - ('23)

Bruce Comfort, Jr. Warden— ('23)

Linsey Shreve ('23), Vel Shreve ('23), Judy Eller ('24), Charlie Pfeifer ('24), Debbie Whitehorne ('24), Liz Kress ('25), Peggy Pfeifer ('25)

Holy Father, the navigator of our souls, hear us as we hold up before you our annual Vestry. Be with us as we chart a course together, inspired by the presence of your Spirit. Give courage to our clergy, our leaders and each of us, as we move forward with your blessing. For all we do, we do to your glory. In Jesus' name. Amen.



Please keep these people in your prayers

John	Charlie	Eddie
BJ	Rick	Niko
Lois	Sebastian	Jessica
Patsi	Wayne	Becky
Kathy	Bill	Laura
Joan	Kathie	Bryan
Tammy	Lisa	Brian H.
Kathleen	Bob	Dewey
Luanne	Daniel	Dolores
Mary	Dylan	Eastin
Teresa	Robyn	Megan
Jonathan	Diane	Sarah
Charlotte	Howard	Susan
Hannah	Evie Hill	Charles
Nancy	Gary	Eddie
Elma	Nancy D.	Katie
Kevin	Perry & Mary	Jack & Dianne
Myles & Family	Charlie & Leslie	Toby & Debbie
Kathy & Tim	Clay & Wanda	Bert & Ann
Debbie & Kenny	Paul & Lee	Johnny & Nancy

JUNE

Birthday and Anniversary Blessings are on the 1st Sunday of the month at both the 8:00 A.M. and 10:00 A.M. services.

HAPPY BIRTHDAY

Chuck DeLoatche	2nd
Linda Ekberg	4th
Joyce Caldwell	4th
Kristy Pickurel	6th
Michael Monette	7th
Vicky Martin	10th
Jonathan Shreve	16th
Andrew Dieck	21st
Sean McGinty	22nd
Bryan Pfeifer	23rd
Hilda Monte	26th
Karen Kakol	27th

HAPPY ANNIVERSARY

Kimberly & Robert Truxell	6/1/91
Bob and Janet Chauncey	6/8/02
Jim & Jeannine Hunter	6/12/01
Jason & Ana Nowland	6/15/02
Patrick & Ashley Pierce	6/19/99
Mary & Larry Laine	6/22/62
Sean & Jodi McGinty	6/23/07
Debbie & Robert Whitehorne	6/25/76
Liz & Mike Kress	6/26/04

If you want to stay informed of church activities and updates, consider joining **St. Peter's REMIND** group. All you have to do is send a text message from your phone. Reminders and alerts will be sent to you on your phoneit is as easy as 1 - 2 - 3!

(1) Text To Number: 81010

(2) Include this Message in the comments: @3c6efe8

(3) Then press: SEND.

If you have questions or need assistance, please see Liz Kress or visit/call the office.

The deadline for articles for the June issue of "The Call" is JUNE 15th.

Send articles to :
laura@stpeters-norfolk.org
or call the church office
757-466-9392.

[A 2023 Flower Chart](#) is located in the vestibule as you enter the parish hall. It is **ONE** way to order flowers for a special Sunday. Please visit our website for online ordering if you would like to donate flowers in memory of a loved one or in thanksgiving. The website eliminates mistakes that could hinder the ordering of flowers. The price stays the same, \$72 per Sunday or \$36 if two people give on the same day.

St. Peter's Episcopal Church
Vestry Meeting Minutes
April 10, 2023

Opening: The St. Peter's Vestry met together in the Diffenbaugh Library on April 10, 2023. Attending the meeting were Fr. Jim, Kimberly Truxell, Debbie Whitehorne, Bruce Comfort, Howard Belote, Judy Eller, Linsey Shreve, Vel Shreve. Charlie Pfeifer and Liz Kress were absent.

Vestry Meeting Opening: The Vestry Meeting was opened with the beginning of the service of Evening Prayer led by Judy Eller.

Agenda: Fr. Jim asked all to look at the agenda for the evening and see if any changes or additions needed to be made before starting. In New Business, By-Laws were added as a discussion point and Security was added to the discussion in Old Business. Howard motioned to accept the agenda, and it was seconded by Kimberly. The agenda was accepted by acclamation.

March 2023 Minutes: March 2023 Minutes were distributed to the vestry. Bruce motioned to accept the minutes with minor modifications, Vel seconded. The minutes were approved with revisions.

Finance Report: Kimberly reviewed the March Financial Report with the vestry.

The Cash Account Balances for March 2023 are as follows:

Operating Account:	\$21,208.11
Money Market Account	\$40,068.02
Composite Fund:	\$66,275.01
Total Net Assets:	\$130,616.87

The March 2023 Financial Report was approved, and it was passed by acclamation.

Rector's Report: Fr. Jim reported that he was pleased to be able to take communion to Christine Alexander, visit with Mary and Larry Laine, visit with John Eidam following his surgery, and visit with Debbie Whitehorne following her surgery. He also attended a ZOOM meeting with the Interim Ministry Training group.

Senior Warden's Report: Kimberly had nothing to report at this time.

Junior Warden: Bruce had nothing to report at this time.

New Business:

1. Fr. Jim explained the Interim Ministry/Client Agreement – “Listening to God: Discerning a Life-Giving Vision/Purpose Leading to Mission”. Vestry is the “Client”. Fr. Jim is the “student”. The subject is St. Peter's “Vision” for its future. The commissioning of the Transition Team will occur as soon as Bruce finds out when all members are available.
2. Going back to the Common Cup. The Worship Committee voted to resume using the common cup at communion. Only 1 person dissented. The Bishop is in favor of the common cup. This would not allow for intinction by communicants. There are several options for intinction, and this information was discussed and will be reviewed later. Fr. Jim will make a series of announcements to the congregation through email, announcements time at church, and in his letter in *The Call*.

This will also include the information that simply receiving the bread is a valid communion. Kimberly suggested that we return to the common cup at Pentecost, and all agreed. Kimberly motioned that we return to the common cup and Linsey seconded. Passed by acclamation.

3. Fr. Jim will call the Diocesan office and ask to schedule a visit by the Bishop, The Right Rev. Susan Haynes.
4. Kimberly announced that Charlie believed that at least \$1,500.00 should be sent to the Dean Shelly-Ann at the Holy Cathedral of Trinidad and Tobago for their building/restoration fund. We have already collected close to that already and it shouldn't be a very large gap to make it an even \$1,500.00. All agreed this should be done.
5. The subject of bringing "goodies" to the breakfast coffee hour between services was addressed by Kimberly. Fr. Jim suggested that we start a Hospitality Committee or Ministry. The Committee/Ministry would monitor the goods that are brought to the church so that everyone gets a chance to contribute and limit the amount so that we do not have so much left over. Kimberly suggested that Jeannine might want to take this on as she started it for us. Announcements will be placed in the bulletins to get more members involved.
6. Charlie has volunteered to investigate the By-Laws for the church. Kimberly will help as soon as tax season is over. They will report monthly to the Vestry how it is going.

Old Business:

1. Playground wood for the border has been delivered and is now waiting on Matt McGary to install. The delivery was delayed and missed the weekend when he was available. After the border has been installed, then the mulch can be put down.
2. Review of the Annual Audit of the Church books needs to be accomplished by September 1st, 2023. This will be addressed when Charlie is able to attend a meeting, but Kimberly believed that Carolyn King would be doing this audit too.
3. Security lock on the office door is on hold until a sufficient door closer is installed. Bruce has ordered one and it should be arriving soon, and he will install it. However, he also feels strongly that a security system should be installed throughout the building and monitored – John's Brothers Security or Maury Kroll Lock and Key should be able to provide the answers and recommendations for equipment.
4. The parish hall steeple work will shortly begin. The windows have arrived; they are just waiting for the weather to agree.
5. The Trustees for the church need to be revised. Howard has stated that he does not want to be a trustee anymore. Joe Sanderlin has passed away which leaves only Charlie Pfeifer. This is not adequate; Kimberly has talked to Charlie Pfeifer and Bruce Comfort, and they have agreed to be assigned as Trustees of the church. Fr. Jim then nominated Linsey Shreve to be a Trustee. Laura Kallestad suggested that Kimberly also be a Trustee to cover all generations. Kimberly will contact the Diocese legal department to check if 4 people are allowed and exactly what needs to be filed.
6. Security in the church is always a concern and especially on Sunday and during the week when Laura Kallestad is here alone. It was suggested that during worship services, the Ushers should be responsible for locking the red door, the office door, and the parish hall door. This information and all suggestions also fall under what Bruce Comfort pointed out, in #3 above, with a monitored security system.

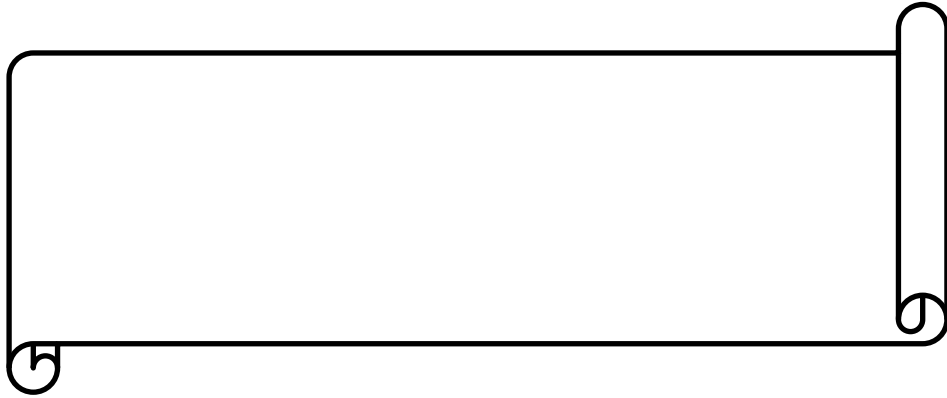
The next Vestry meeting will be May 8, 2023.

There being no further business, the meeting was adjourned and closed with the Lord's Prayer and the conclusion of the Evening Prayer.

Respectfully submitted,

Laura Kallestad

Registrar



St. Peter's Episcopal Church &
Day School
224 S. Military Hwy
Norfolk, VA 23502

“THE CALL”

“Celebrating and Proclaiming our Life in Jesus Christ!”

“THE CALL” - JUNE

**St. Peter's Episcopal
Church &
Day School**
224 S. Military Hwy
Norfolk, VA 23502
Office: (757) 466-9392
Fax: (757) 466-9414

St. Peter's Church was organized in 1885 and the cornerstone was dedicated September 5th, 1886. This structure still stands on Brown Avenue in Norfolk. The first worship service at our present site was in the parish hall on Christmas Eve, 1959. All existing construction was completed in 1965.

