

**St. John's**  
**Episcopal Church**  
Oklahoma City, OK

## **Fab Friday, November 3, 2023**

EVERYTHING HAPPENING AT ST. JOHN'S THIS WEEK (AND MORE)



### **Hear Ye - Hear Ye - Get an extra hour of sleep this weekend!**

Daylight saving time is coming to an end on Sunday, bringing us an extra hour of sleep and a return to standard time. The ending of daylight saving time means that the sun will be out earlier in the morning BUT the evenings will get darker sooner. And the days will be getting shorter as December passes.

But such is life in the daylight savings time world.

I was spoiled for 35 years living in Arizona - where the time never changes. But that had its drawbacks as well. I could never remember the time difference between Arizona and Oklahoma, or Denver, or New York.

What do you think of returning to standard time? There is a lot of debate on the subject. The American Academy of Sleep Medicine (AASM) has issued a new position statement recommending the elimination of seasonal time changes. About 20 other health organizations have signed that statement, which sleep experts say aligns best with the human "body clock." Daylight savings time messes with our body clocks and can have negative impact on our quality of life.

Now that the church's festivities to celebrate the 25th Anniversary of the Nave and the recognition of the choir have passed, you can look forward to a less eventful month than October. October was a doozy.


This Sunday's service will include the reading of the names of those to be remembered this All Saints' Sunday. Here is the copy of the [Sunday bulletin](#) that will help you follow the service

should you have to live stream from home. If you need to miss the service and want to watch remotely, just [click on this link](#).

The weather is supposed to be BEAUTIFUL this Sunday so get up, get out and come to church! After all, you just had an extra hour of sleep.

Blessings,  
Nancy

---



**Storymakers for Children** - with Sarah Carr in the Parish Hall  
**Youth Bible Studies** - with Babette Patton in Library  
**New Episcopalians and Confirmation Class** -  
with Fr. Nate in WD Hall  
**Adult Formation - Year A Lectionary Study** -  
with Fr. Willie and Steve Orwig in the Parlor

## **Adult Formation - Year A: Matthew's Gospel**

### **Lesson Seven Discussion Questions**

**Sunday, November 5—Matthew 23:1-12 (Proper 26).** Getting Close: Servants and Prophets. Jesus's discourse before the Eschatological Discourse. (Matthew 23)

Jesus's discipleship versus the Religious leaders.

Jesus and Disciples as servants and prophets. (Verses 11 and 37).

1. How do we play Pharisees in today's Church? Are we Servants and Prophets?
2. Describe Eschatology.

---

## Calendar of Upcoming Events

**Saturday, November 11, 8:00 am** – Brotherhood of St. Andrew

**Sunday, November 12, following morning worship** - Healing Service  
with Holy Unction at the Altar Rail

**Saturday, November 18, 9:30 to noon** – Volunteer Event at Regional Food Bank

**Sunday, November 19, following morning worship** –

Birthday Party for Nema Maney in the WD Hall –  
all are invited to help Nema celebrate her birthday

**Thursday, November 23** – Thanksgiving Day

**Sunday, November 26, following morning worship** – Advent Event

**Thursday, November 30, 5:30 pm** -- Feast of St Andrew the Apostle

---



ST. JOHN'S EPISCOPAL CHURCH  
TEACHERS' TOOLBOX



**Heh Everybody!**  
*We really need Play Doh.*



For the next two Sundays (Nov 5 and 12), we are collecting items for the Homeless Alliance to help our neighbors be warmer this winter. They are requesting the following items only, "gently used" is welcome except for underwear:

- Warm coats (men's large and up)
- Gloves and beanies
- Hand and body warmers
- Adult-size running shoes and work boots
- Blankets and sleeping bags
- Adult size underwear (new only), long underwear, and bras
- Men's jeans and adult-size hoodies

**\*\*No other clothing at this time please\*\***



**VOLUNTEERS NEEDED!**

**SATURDAY, NOV. 18, 9:30-NOON**  
**WE NEED YOUR HELP!**

Join us for this fun, family friendly event. Plan to work hard, laugh a lot, and get better acquainted with each other. Wear comfortable shoes and work gloves if you'd like.

Sign up for the event on the signup sheets in the Narthex by Sunday, November 5.



**REGIONAL  
FOOD BANK**  
OF OKLAHOMA

---

### **Employment Opportunity:**

**St. John's is once again looking to hire a nursery worker** who can commit to two / two-and-a-half hours per week for consistent service in our nursery. Background check and Safe Church training will be required. Do you know a good child care worker that might want to pick up some extra money? Please contact Nancy if interested.

### **New St. John's Security Measures:**

In light of recent events, the Bishops Committee has been reviewing our safety and security guidelines. **As a safety precaution, a member of Bishop's Committee (BC) will lock the front door of the church after the Sunday service begins.** The BC member will remain near the door, for the duration of the service, to provide access for anyone arriving late for the service. Safety precautions are under review for other services. More to come.

---

