



May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.</p>			<p>1 10:00— Morning Prayer followed by Bible Study at 10:30</p>	<p>2 4:00—Choir Practice</p>	<p>3</p>		
<p>Easter 6 10:30— Holy Eucharist</p>	<p>6</p>	<p>7</p>	<p>8 10:00— Morning Prayer followed by Bible Study at 10:30</p>	<p>Rummage Sale: Wed. & Thurs., May 8 & 9, 4-6, Fri., May 10, 9-4, Sat., May 11, 9-noon</p>		<p>11</p>	
<p>Easter 7 10:30— Worship Service</p>	<p>All Mondays: Pastors’ Days Off</p>	<p>14</p>	<p>15 10:00— Morning Prayer followed by Bible Study at 10:30</p>	<p>16 11:00—ECW 4:00—Choir Practice</p>	<p>17</p>	<p>18</p>	
<p>Pentecost 10:30— Holy Eucharist</p> 		<p>20 7 pm—Umpqua Valley Stamp Club</p>	<p>21</p>	<p>22 10:00— Morning Prayer followed by Bible Study at 10:30</p>	<p>23 10:00—Vestry 4:00—Choir Practice</p>	<p>24</p>	<p>25</p>
<p>Trinity Sunday 10:30— Holy Eucharist</p> 		<p>27 MEMORIAL DAY ★ REMEMBER AND HONOR ★</p> 	<p>28</p>	<p>29 10:00— Morning Prayer followed by Bible Study at 10:30</p>	<p>30 4:00—Choir Practice</p>	<p>31</p>	<p>See reverse for support group schedule.</p>



ST. GEORGE EVENTS—REGULAR WORSHIP, MEETINGS, & SPECIAL EVENTS

SERVICES/EVENTS

Sundays 10:30 am—
Holy Eucharist or Morning Prayer

Wednesdays 10 am—
Morning Prayer

Thursdays 3:45 pm—
Choir Practice

Episcopal Church Women—
Thurs., May 16, 11 am

Umpqua Valley Stamp Club—
Mon., May 20, 7 pm

Vestry meeting—
Thurs., May 23, 10 am

MAY ANNIVERSARIES

Mark and Melissa Griffin	6th
Jay and Mik Carlson	15th
Steve and Margaret Thomas	23rd

SUPPORT GROUPS

Sunday
7-8 pm—Prime Time NA

Monday—Friday
Noon: Brown Bag (AA)

Friday
5:30—6:30 pm:
Bridge to Shore (AA)

Saturday
6 pm—AA

MAY BIRTHDAYS

Owen Abrahamson	5th
Nik Grimsby	6th
Zachary Arnold	10th
Samuel Lee	16th
Elizabeth Heinrich	18th
Jerry Phelps	24th
Tim Bruffett	26th
Sheila Glass	29th
Bob Spielman	31st

The Mountain

If the mountain seems too big today
then climb a hill instead
if morning brings you sadness
it's okay to stay in bed

If the day ahead feels heavy
and your plans feel like a curse
there's no shame in rearranging
don't make yourself feel worse

If a shower stings like needles
and a bath feels like you'll drown
if you haven't washed your hair for days
don't throw away your crown

A day is not a lifetime
a rest is not defeat
don't think of it as failure
just a quiet, kind retreat

It's okay to take a moment
from an anxious, fractured mind
the world will not stop turning
while you get realigned

The mountain will still be there
when you want to try again
you can climb it in your own time
just love yourself till then

~ Laura Ding-Edwards

