

St. A's Children, Youth and Families

April 2024

Dear Families of St. Augustine's,

Happy Easter to you all! Please read on to see how we will continue to celebrate and learn during this season.

Sunday School:

- The younger kids will begin exploring the stories of Jesus, and we will continue with our Creation Connection by planting flowers in the courtyard on April 21st. We have expanded our prayer offerings to “I’m Sorry” and “I Hope” in addition to “Thank You” and “Help.” The kids always have plenty to contribute, but as prayer needs come up in your family discussions, you can encourage them to bring these to the group.
- The older group will be taking on a composting project this month, to lead us all as St. A's begins to compost! They will also continue with Bible readings, focusing on the parables and their practical applications.

Choir:

There will be 2 more choir practices, before the kids sing during the worship service on **May 5**. The kids will meet in Becky's office on April 14 and April 21 from 10:40-11:00.

Youth:

Shiny is taking some time away as she supports their family while baby Julian is in the NICU. We are planning on a youth fundraiser

for the New Arrived (a family movie night has been discussed!). If you are a parent of a youth, and are willing to help coordinate this fundraiser, please reach out to Becky.

Intergenerational:

St. Augustine’s is once again joining forces with the Episcopal Churches of Evanston for the 24th Annual **Ricky Byrdsong Memorial Race Against Hate on June 16**. This was such a great event last year, and we hope to get an even bigger contingent this year.

In preparation, we will be meeting for 3 training sessions, following the Sunday worship service (and a brief stop at coffee-hour treats for some pre-run fuel): April 28, May 12 and June 9. These trainings, and the Race against Hate, are open to both runners and walkers! If you have not run a 5k before, but would like to challenge yourself, please see the 8-week (3/days a week) training schedule below (you can find many others online as well). Most encourage some strength training along with the running schedule. And if you do not want to run, you can register to walk! Kids can register to run/walk a mile or ½ mile (but can also do the 5k).

Please register with Episcopalians Unite Against Hate - on the registration site: [Race Against Hate 2024 | Details \(ggiv.com\)](https://www.ggiv.com/race-against-hate-2024) to run and walk in unity against racial hatred and violence. And come prepared to run/walk with others from St. A's on April 28, May 12 and June 9. More details to come as we get closer to the event.

Week One April 21	Walk 3 mins/ Run 1 min (Repeat 5x)	Walk 3 mins/ Run 1 min (Repeat 5x)	Walk 3 mins/ Run 1 min (Repeat 5x)
Week Two April 28	Walk 2.5 mins/ 1.5 mins (Repeat 5x)	Walk 2.5 mins/ 1.5 mins (Repeat 5x)	Walk 2.5 mins/ 1.5 mins (Repeat 5x)

Week Three May 5	Run 2 mins/ Walk 2 mins (Repeat 7x)	Run 2 mins/ Walk 2 mins (Repeat 7x)	Run 2 mins/ Walk 2 mins (Repeat 7x)
Week Four May 12	Run 2 mins/Wa 1.5 mins (Repeat 7x)	Run 2 mins/Wa 1.5 mins (Repeat 7x)	Run 2 mins/Wa 1.5 mins (Repeat 7x)
Week Five May 19	Run 2.5 mins/ Walk 1 min (Repeat 9x)	Run 2.5 mins/ Walk 1 min (Repeat 9x)	Run 2.5 mins/ Walk 1 min (Repeat 9x)
Week Six May 26	Run 3 mins/ Walk 1.5 min (Repeat 9x)	Run 3 mins/ Walk 1.5 min (Repeat 9x)	Run 3 mins/ Walk 1.5 min (Repeat 9x)
Week Seven June 2	Run 3 mins/ Walk 1 min (Repeat 10x)	Run 3 mins/ Walk 1 min (Repeat 10x)	Run 3 mins/ Walk 1 min (Repeat 10x)
Week Eight June 9	Run 3 mins/Wa 30 sec (Repeat 10x)	Run 3 mins/Wa 30 sec (Repeat 10x)	Run 3 mins/Wa 30 sec (Repeat 10x)

Cross-Quarter Service:

This month, please join me for our next shared-church Cross Quarter Service:

A May Day Celebration - Sunday April 28, 4pm - 5pm

Join us at St. Mark's Episcopal Church (1509 Ridge Road in Evanston) for a celebration of Spring, when we take note of God's renewal of the earth and the blossoming and abundance of all life! Along with a brief worship service, we will plant a seedling to take home, make wind streamers, have an opportunity for contemplation and (weather permitting) an outdoor bonfire. Questions? Contact Allison Ashley at creation@stmarksevanston.org

Donations Requested:

Our April collection will be delivered to Hillside Food Pantry in Evanston. Your donations can be left in the hallway by the

Community Events bulletin board on Sunday mornings or during regular office hours (Tues-Wed-Thurs, 8:30am-4:30pm). Donations must be in sturdy bags and contain no glass. Thank you for your generosity! Questions? Please [contact Greg Burns](#).

Looking ahead:

There will be no Sunday School or Nursery Care on May 26 (Memorial Weekend)

The last day of Sunday School and Nursery Care will be June 2.

In gratitude,

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