

April 22, 2022
weekly newsletter



St. Thomas's
Episcopal Parish
Newark, DE

The Carpenter's Helper

This Week, we continue to celebrate Easter!



SAVE THE DATE ... St Thomas Immunization and Health Fair Saturday August 27th 2022, 10am - 2pm

The newly-formed St Thomas Health group is planning our inaugural Health Fair. The fair is an outreach, service, and education event for our members and the local community. We will be offering Back-to-School Immunizations, Narcan training (sign up coming soon), and have a variety of organizations providing health and safety education and information.

If you are interested in helping or know of any health-affiliated organization that would be interested in participating, please reach out to Philippa Sunnergren 302-643-2111, phil@sunnergren.com.



A FUNDRAISER FOR THE **DELAWARE HUMANE ASSOCIATION**

Join this class
designed to teach the average person
how to administer emergency CPR and first aid
to save an animal's life
Friday 5/20, 5-8pm

St Thomas's Episcopal Parish
276 South College Ave
Newark, DE 19711

for more information, and to register
visit www.petemergencyeducation.com
or call 844-PET-CPR9



StThomasNewarkDE.church ❤️ PetEmergencyEducation.com



\$74.95 per person includes
an official certificate
(awards 3 RACE continuing ed credits)
an eBook class textbook
and a 2 year subscription to the
online animal resource center

ALL are Welcome!

Sunday

8:00am

Holy Eucharist, Rite I
traditional wording

Sunday

10:30am

Holy Eucharist, Rite II
with music

Wednesday

Noon

Holy Eucharist
intercessory prayer

Thursday

7:00pm

Compline
evening prayer

276 S. College Ave Newark, DE 302.368.4644 StThomasNewarkde.church



St Thomas's Parish
is excited to offer
CPR/AED training!

(Cardiopulmonary Resuscitation (CPR)
Automated External Defibrillator (AED))

Saturday, June 4th at 9am

Please visit

<https://www.eventbrite.com/e/324965248807>
to register

*if the class fills up, there will be a waiting list and potentially additional sessions

This AHA CPR/AED Course is designed for anyone with limited or no medical training who wants to be prepared to save a life

What does this course teach?

- Describe how high-quality CPR improves survival
- Explain the concepts of the Chain of Survival
- Recognize when someone needs CPR
- Perform high-quality CPR for an adult
- Describe how to perform CPR with help from others
- Give effective breaths using mouth-to-mouth or a mask for all age groups
- Demonstrate how to use an AED on an adult
- Perform high-quality CPR for a child*
- Demonstrate how to use an AED on a child*
- Perform high-quality CPR for an infant*
- Describe when and how to help a choking adult or child
- Demonstrate how to help a choking infant*

Upon completion of all course requirements, participants receive a Heartsaver CPR AED Course Completion Card which is valid for two years.

Mulling over "The Power of Women"

by Kenneth Hansen-Jones

I recently read a book entitled *The Power of Women: A Doctor's Journey of Hope and Healing*, by Dr. Denis Mukwege, a Congolese gynecologist and Pentecostal minister. In 2018, he shared the Nobel Peace Prize with human rights activist Nadia Murad. Their joint win reflected the work they had both done in spotlighting the sexual violence many women have faced in warzones (the eastern Congo for Dr. Mukwege, and Iraq for Ms. Nurad).

Dr. Mukwege's book is highly autobiographical, but also a heavily polemical work addressing the years of violence that the Congolese, especially women, have faced since the carnage of the Rwandan Genocide overflowed its borders into the Congo in the mid-1990s. He pulls no punches in his description of the sexualized violence done to girls and women, and the long-term consequences to their physical and emotional health as a result. In fact, while I highly recommend the book to you all, it is perhaps best not to discuss it in detail in a church bulletin.

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Yet, there is one theme in Dr. Mukwege's book which made me interpret his writing through not just a moral or spiritual framework, but through a literal Scriptural framework. Specifically, I found myself recalling Matthew 7:5 (King James version): "You hypocrite! First, remove the beam out of your own eye, and then you can see clearly to remove the speck out of your brother's eye."

"Why?" you may ask.

As noted above, Dr. Mukwege illustrates in depth the history and politics of the eastern Congo, describing in detail the tragedies which have befallen so many innocent women in the region. However, he refuses to let "the West," specifically the United States, off the hook for its own problems. Using specific examples from recent American history, Dr. Mukwege writes of our ongoing crisis regarding "rape culture," and the difficulties and denigration so many women face when they come forward with stories of their own sexual assaults. He speaks, also, of the massive under-reporting by male victims of their own sexual assault in United States. He describes how the United States has the highest rate of infant mortality in the developed world, as well as the highest rate of mortality among mothers in pregnancy and childbirth. (He is particularly harsh on us for the staggeringly high rate of death-in-childbirth of African-American women, a problem currently with no clear cause or solution.) Finally, he unabashedly shames the United States for being one of only two countries in the entire world where the federal government does not guarantee some form of paid maternity leave.

In a sense, this piece is a lot more "not about" something than it is "about" something. This piece is not about Dr. Mukwege's work, as important as it is. (Though I can direct anyone who is interested in donating to his hospital on how to do so.) This piece is not about American politics, although it seems as if so much of our lives are inseparable from politics. This piece is not about trying to convince anyone to improve our medical health system, though I believe we all know of the importance of healing in the life of Jesus Christ.

Rather, what this piece is is enmeshed strongly in Matthew 7:5. Dr. Mukwege writes of the Western mindset regarding "those places," like the Congo and Iraq, where "those things" happen. The United States, we tell ourselves, is better than that; "those things" don't happen here. This is the point of my piece, to remind us all that we can and must do better, that no one culture or nation is better or greater in the eyes of the Lord than any other. What is more, this book will remind me to look deeply and honestly at myself before believing that I can step in and make someone else "better." While we should care for our neighbors as we would care for ourselves, both personally and in the global sense, let us challenge ourselves to exercise a greater reticence in judgment of the other, and to promise to clean our own homes before we seek to rearrange the furniture of someone else's

