

# good news

FAITH IN ACTION, BOUNDLESS LOVE, HOPE FOR ALL.

FEBRUARY 1, 2026



## Welcome

Today is the *Fourth Sunday after the Epiphany*

**If you're new, welcome!** Please take a welcome bag in the back of the church. Parents with young children up to 3 years old: The nursery in Rm 233 is available and children can be dropped off anytime between 8:45 AM and 9:15 AM

**Here is what's happening today:**

8:00 AM	Holy Eucharist I, Nave
10:00 AM	Annual Meeting + Holy Eucharist, Nave
5 PM	Evensong, Nave

## Brunswick Stew Pre-Sale:

*Ready for pick up Sunday, Feb 8.*

The Senior Adults will cook a batch of Brunswick stew, ready for pick-up outside the kitchen after the 9:00 and 11:15 am services on Superbowl Sunday, February 8, or from the kitchen the next week. **PROCEEDS TO BENEFIT ST. PAUL'S SENIOR MINISTRY.** Mail your check payable to St. Paul's with number of quarts (\$15.00 each) to Anne Rahn, Seniors Assistant, St. Paul's, 520 Summit Street, Winston-Salem, NC 27101. Questions 336-723-4797 or [arahn@stpauls-ws.org](mailto:arahn@stpauls-ws.org).

## Adult Formation: *Who was St. Paul?*

**Sundays: Feb 8 and 15 at 10:15 AM | Colhoun Room**

Join the Rev. Lucy Strandlund this Sunday as we continue our study on the apostle Paul—who was he? Who was he not? There are many misconceptions about our patron saint, and this series is a great intro to a foundational figure in scripture and the Church.

**st Paul's**  
Episcopal

# now and upcoming

MONDAY <b>2</b> Feb.	TUESDAY <b>3</b> Feb.	WEDNESDAY <b>4</b> Feb.	THURSDAY <b>5</b> Feb.	FRIDAY <b>6</b> Feb.
<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>HOLY EUCHARIST</b> Noon   Nave Side altar	<b>MEN'S PRAYER BREAKFAST</b> 7 AM   Colhoun B&C
	<b>NOVICES REHEARSAL</b> 4:30 PM	<b>BOOKSHOP OPEN</b> 10 AM to 1 PM		<b>ST. PAUL'S WALKING GROUP</b> 9 AM   Reynolda
	<b>CHORISTERS REHEARSAL</b> 5:30 PM	<b>NOVICES REHEARSAL</b> 4:30 PM		<b>AL ANON</b> 10:15 AM   Youth Rm
		<b>CHOIR SUPPER</b> 5 PM   Colhoun A,B & C		<b>HOLY EUCHARIST</b> Noon   Nave Side altar
		<b>CHORISTERS &amp; SCHOLA REHEARSAL</b> 6 PM		

## Walking with God: *The Labyrinth as Spiritual Practice*

Sunday, February 1 | 2:30-4:30pm | The Chapel

Early Christians, filled with joy by their new faith, longed to make a pilgrimage to express their trust, gratitude, and prayers. To meet the needs of those unable to travel, churches started to engrave labyrinths on their floors. The oldest recorded labyrinth was in the Basilica of St. Reparatus in Algeria in 325 AD, and the most famous one was completed in Chartres in 1201 AD. Now there are almost 6,000 registered labyrinths in 85 countries worldwide, and many more that are unregistered. This seminar on walking the labyrinth will include an introduction to the labyrinth and its history; why we walk the labyrinth for our bodies, minds, and spirit; quiet reflection time; and group sharing. For more information, contact workshop leader Sandy Seeber [sandyseeber2014@gmail.com](mailto:sandyseeber2014@gmail.com)

**Rescheduled for Wed. March 25 at 6:30 PM**

## Episcopal Church Men:

*Bryan Burhans,*  
*Director of Outer Banks Forever*  
Wed. Feb. 11 | 5:30 PM | \$15 pp | Colhoun Rm.

*Reservations must be made by Monday afternoon Feb. 9*

In March, 2025, Bryan Burhans became the second Director of Outer Banks Forever. He provides executive leadership for this non-profit organization that supports the three eastern NC National Parks - Wright Brothers National Memorial, Cape Hatteras National Seashore, and Ft. Raleigh National Historic Site (Manteo). After video remarks by OBX National Parks Superintendent David Hallac, Director Burhans will highlight recent projects, challenges, and opportunities presented by these three North Carolina national treasures.

*Scan QR code at right to sign up.*



When sending a memorial or honorarium, please provide the following information:

1) who it is from 2) where it is going and 3) who it is memorializing or honoring.

Contact Emma LaBella at [elabella@stpauls-ws.org](mailto:elabella@stpauls-ws.org).

## SESQUICENTENNIAL FESTIVAL WEEKEND

Save the Date! May 15-17, 2026 will be a weekend full of celebration of our Parish's 150 years, with many opportunities for all ages. Watch this space for information about planned activities and for ways to be involved. We are excited to finally be able to share details of the weekend and All Are Welcome! Contact: Peggy Slater [peggyplater@gmail.com](mailto:peggyplater@gmail.com)

### Intergenerational Women's Bible Study: *with the Rev. Lucy Strandlund:*

Sun. Feb 15 from 3:30-4:30 PM | The Station

This Spring, join the Intergenerational Women's Bible Study group in studying Paul's letters, beginning with Philippians. The Rev. Lucy Strandlund will lead this study, which will begin meeting on Sunday, Feb 15 from 3:30-4:30 PM at the Station and continue throughout the Spring. Come early at 3 pm for some social time and get to know the other members of the group. Women of all ages are invited to join. Email Michelle for more information: [michelle.krell7@gmail.com](mailto:michelle.krell7@gmail.com).

### Senior Field Trip for February: *Sulleberger Aviation Museum in Charlotte.*

Thurs, Feb. 26 at 9:00 AM-3:30 PM

Join us for a day trip to Charlotte to visit the Sullenberger Aviation Museum. The museum is home to iconic aircraft and historical treasures, including the celebrated "Miracle on the Hudson" exhibit—featuring the very plane that safely landed in New York's Hudson River on January 15, 2009. We will tour the museum and then have lunch in Charlotte before we return to St. Paul's. Cost is \$20. Email [Nancy Vaders at nvaders@stpauls-ws.org](mailto:Nancy Vaders at nvaders@stpauls-ws.org) to book your spot!



### Pancake Supper and Mardi Gras party

Tues. Feb. 17 | 5:30 PM | Colhoun Rm.

Profit goes to the Youth Mission Trip

### 150th year of St. Paul's Community Outreach Ministries *helping feed our neighbors!*



Join us as we kick off the 150th year of St. Paul's community outreach ministries by helping to feed our neighbors. On Sunday, February 15th, you can support the Second Harvest Foodbank of Northwest North Carolina by bringing non-perishable, non-expired food and pantry items and filling the Second Harvest trailer that will be parked out front of the Nave between the 9:00 and 11:15 services. Don't attend at those times or can't be here on the 15th? Bring your items ahead of time and fill the bins located in the Goodheart entrance and at the Loggia doors near the chapel. Suggested donation of 5 items per person, but every single item makes a difference. Let's celebrate the dedication of St. Paul's by providing for our community in a big way!



### THE LANTERN INITIATIVE

#### 52 Ways to Walk:

On Saturday, February 7, we will Sketch while We Walk. Meet your leader, Kathryn Vernon, at 8:00 am at the Brown Family Conservatory in Reynolda Gardens (100 Reynolda Village 27106). No prior sketching experience is needed, but do let us know you're coming!

Please let us know if you're coming at  
52 Ways to Walk Registration.

[52 Ways to Walk Registration.](#)



## Announcements

**Learn More:** Visit [stpaulsws.org/hello](http://stpaulsws.org/hello) or email our Membership Coordinator, Betsy Reiners, at [breiners@stpauls-ws.org](mailto:breiners@stpauls-ws.org) to answer any questions.

### Ministry Newsletters:

**Outreach:** [bit.ly/SPOutreachNews](http://bit.ly/SPOutreachNews)

**Youth:** [bit.ly/SPYouthNews](http://bit.ly/SPYouthNews)

**Children:** [bit.ly/SPChildrenNews](http://bit.ly/SPChildrenNews)

### Helpful Links:

**Sermons:** [link.stpaulsws.org/sermonlisten](http://link.stpaulsws.org/sermonlisten)

**Email Signup:** [link.stpaulsws.org/emails](http://link.stpaulsws.org/emails)

**Latest eNews:** [link.stpaulsws.org/goodnews](http://link.stpaulsws.org/goodnews)

## Pastoral Care

If you have an **urgent pastoral care need** please call 336-723-4391. If you do not speak to someone directly, follow the prompts.

**Hospital Visits:** If you or an immediate family member are in the hospital, please let us know. We can no longer rely on lists that are generated by the hospital, and we don't want to miss an opportunity to care for you and your family. Please reach out to the Rev. Nancy Vaders at [nvaders@stpauls-ws.org](mailto:nvaders@stpauls-ws.org) or call the church office 336-723-4391 to notify us of a current or upcoming hospital stay.

## Prayer Lists

St. Paul's maintains **three prayer lists**: a published list, a confidential list, and one for active military members. To add someone, please obtain their permission and contact Laura Hoffman at 336-723-4391, ext. 1208 with at least their first name, your name, and contact information. Names remain for one month unless renewed.

**Keeping in prayers this week:** We pray for those whose needs are closely linked with ours and for those who suffer from any sickness, grief or distress, also remembering and praying for those on our parish prayer list including: Mary Hall, Mark Carroll, Jim and Alice Hodgkin, Jim and Betsy Shields, William Allen, Nancy Walker, Becky Lanier, Martha Stewart, Fred Jordan, Stan Haggerty, Elaine Williams, Linda Carroll, Carrie Malloy, Ed Hill, Carlie Martin, Carolyn Twisdale, Mamie Morton, Carol Venters, Charlotte, Robert and Deborah Nash, Erin Brothers, Whitney, Chip Warner, Tomi, John Thompson, Sharyn Dowd, Andy Mathews, Matt, Lamar Hill, Abigail Edwards, Hanna Rostlund, Mandy Pearson, and Debbie Dillion and those serving in the military: George Bailey, James Barnwell, Cameron Beckham, Will Davis, Stephen Geyer, Gregory Hodgkin, Will Hodgkin, Cody Ivie, Mateo Marshall, Patrick S. Meyer, Max Mistecka, Tracey Mosley, Samuel George Pulliam, Andrew Tamer, Molly Wharton, and Nate Wilsey.

**Birthdays, Feb 1-7:** Carolyn Ansel, Ella Atkinson, Jennifer Baker, Katie Ballard, Bradley Bishop, Fred Bland, Don Brown, Grace Carter, Camilla Clark-Garlock, Charles Davis, Colin Dossel, Mason Epperly, John Faircloth, Peggy Ferrell, Martha Fleer, Kristen Haaf, Luke Hall, Lisa Hammon, Aurora Harvey, Cole Hernandez, Carter Holmes, Fred Horton, Campbell Keene, Acra Kluttz, Wyatt Knudson, Oliver Knudson, Nicholas Lopina, Molly Lynch, Anne Mejan, LP Mua, Liz Newell, Logan Petros, Lilly Reed, Ridge Saunders, David Slater, Laurie Stanek, Mercer Sullivan, Heather Symmes, Bob Teasdall, Chris Thatcher, Bob Weiss, Sherrill Whetsell, Suzanne Williams, Sloan Wilson VanHorn, and Mary Elizabeth Zifchak.

**Anniversaries, Feb 1-7:** David and Sherrie Fain, Rob and Katie Ferguson, Jesse and Ashley Ortiz, Earl and Lisa Swope, Jim and Carol Witherington

**To add someone** to our birthday or anniversary list or report a correction, contact Betsy Reiners at

[breiners@stpauls-ws.org](mailto:breiners@stpauls-ws.org) or 336-723-4391, ext. 1219.

## Stewardship 2026 Campaign Update



stewards of  
**God's Grace**

97%

100%  
GOAL

STEWARDSHIP

## Giving at St. Paul's

Your generosity sustains **St. Paul's ministries, programs, and outreach**, helping us live out our mission of **faith, love, and service**.

To make a pledge payment or set up recurring giving, scan the QR code. Questions? Contact Victoria Bass at

[vbass@stpauls-ws.org](mailto:vbass@stpauls-ws.org).

Thank you for supporting this



ONLINE PLEDGE  
FORM

**Year end statements for 2025**

will be emailed out no later than January 31st!



## St. Paul's Episcopal Church

In Winston-Salem, NC

520 Summit St., Winston-Salem, NC 27101 · 336-723-4391  
[stpaulsws.org](http://stpaulsws.org) · [info@stpauls-ws.org](mailto:info@stpauls-ws.org)

Follow us: [f](https://www.facebook.com/stpaulswinstonsalem) [i](https://www.instagram.com/stpaulswinstonsalem) /stpaulswinstonsalem