



# NEWSLETTER

The Crucifer

July 2025

## Let the Adults **PLAY**

A Holy Practice for Healthy Living

My first post-college job was teaching kindergarten. I would argue that kindergarteners lead the way in modeling playfulness to us adults. They are balls of personality, feeling, and ideas. They haven't learned yet to be self-conscious—and best of all, they haven't stopped believing in or seeing the magic of life. They stared at butterflies with wonder and blew thousands of bubbles. They danced freely and climbed everything they could. They were out-loud-honest about their discomforts and their joys. I adore kindergarteners.

It was during that season that I came across this passage from G.K. Chesterton's book *Orthodoxy*:

*A child kicks his legs rhythmically through excess, not absence, of life. Because children have abounding vitality, because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, "Do it again"; and the grown-up person does it again until he is nearly dead. For grown-up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, "Do it again" to the sun; and every evening, "Do it again" to the moon. It may not be automatic necessity that makes all daisies alike; it may be that God makes every daisy separately, but has never got tired of making them. It may be that He has the eternal appetite of infancy; for we have sinned and grown old, and our Father is younger than we.*

Chesterton expanded my picture of what God is like. I had always imagined God as a steady, caretaking father—serious and austere, though often affectionate. And of course, God has been those things toward me. But God is not limited to only those traits. Imagining God as having childlike joy opened a new spiritual window. It helped me better describe the delight I witness in children—and challenged me to consider what it means to be made in God's image (Genesis 1:27).

If God exults in repetition, if God delights in daisies and moonrises, if God says "do it again" to the sun, then maybe we, too, are meant for delight. Maybe we were made for play.

Dr. Stuart Brown, a psychiatrist and founder of the National Institute for Play, writes:

*"Play is a state of mind that one has when absorbed in an activity that provides enjoyment and a suspension of sense of time. And play is self-motivated so you want to do it again and again."*

In other words, play is not frivolous. It's essential.

For adults, play can look like gardening, painting, dancing, tossing a ball, telling jokes, making music, playing games, or walking barefoot in the grass. It's not so much about what we do, but how we do it—with freedom, curiosity, and joy. When we make time to play, we're doing more than having fun—we're caring for our whole selves.

Studies show that adults who engage in regular play experience lower stress, better emotional regulation, stronger relationships, and more creative problem-solving. Play can improve memory, boost the immune system, and even combat burnout. These are not just personal wins—they're spiritual gifts. A playful adult is a more present parent, partner, and friend. A playful Christian can serve more generously, pray more freely, and live more fully.


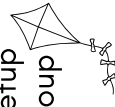

And maybe, just maybe, when we play, we reflect the divine image of a God who rejoices in life, who creates with delight, who says, "Do it again."

So this summer, make room for play. Laugh. Build. Dance. Be a little silly. Kick your legs through the joy of being alive.



D'Anna Entrekin

# JULY 2025

| SUN   | MON  | TUE  | WED   | THU   | FRI   | SAT  |
|---|--|--|---|---|---|--|
| <b>6</b><br>Sunday Morning<br>Worship (See details<br>below)<br>*Feed my Sheep*   | <b>7</b><br><b>5:30p</b> Depression<br>Support Group | <b>1</b><br><b>8:30a</b> Tai Chi<br><b>6:15p</b> AA Meeting                        | <b>2</b><br><b>9a</b> Food Pantry<br><b>10a</b> Hagar's Basket<br><b>10a</b> Worship Service<br><b>5:30p</b> Youth Group  | <b>3</b><br><b>8:30a</b> Tai Chi<br><b>6:15p</b> AA Meeting   | <b>4</b><br><b>4th of July</b><br>(office closed)<br><b>6p</b> ACA Group  | <b>5</b>   |
| <b>13</b><br>Sunday Morning<br>Worship (See details<br>below)<br> | <b>14</b>  | <b>15</b><br><b>8:30a</b> Tai Chi<br><b>5:30p</b> Bunco<br><b>6:15p</b> AA Meeting | <b>16</b><br><b>9a</b> Food Pantry<br><b>10a</b> Hagar's Basket<br><b>10a</b> Worship Service<br><b>5:30p</b> Youth Group   | <b>17</b><br><b>8:30a</b> Tai Chi<br><b>6:15p</b> AA Meeting  | <b>18</b><br><b>8:30a</b> Tai Chi<br><b>6p</b> ACA Group<br><b>4p</b> Kite Meetup<br><b>6p</b> ACA Group  | <b>19</b><br><b>10a</b> ECW Meeting<br><b>11a</b> Heavenly<br>Handmade<br>Crafts |
| <b>20</b><br>Sunday Morning<br>Worship (See details<br>below)<br><b>11:45a</b> JUST Pensacola   | <b>21</b>  | <b>22</b><br><b>8:30a</b> Tai Chi<br><b>6:15p</b> AA Meeting                       | <b>23</b><br><b>9a</b> Food Pantry<br><b>10a</b> Hagar's Basket<br><b>10a</b> Worship Service<br><b>5:30p</b> Backyard<br>Bash  | <b>24</b><br><b>8:30a</b> Tai Chi<br><b>6:15p</b> AA Meeting  | <b>25</b><br><b>8:30a</b> Tai Chi<br><b>6p</b> ACA Group  | <b>26</b><br><b>10a</b> DOK Interest<br>Meeting<br><b>11a</b> We Care            |
| <b>27</b><br>Sunday Morning<br>Worship (See details<br>below)   | <b>28</b>  | <b>29</b><br><b>8:30a</b> Tai Chi<br><b>6:15p</b> AA Meeting                       | <b>30</b><br><b>9a</b> Food Pantry<br><b>10a</b> Hagar's Basket<br><b>10a</b> Worship Service<br><b>5:30p</b> Youth Group   | <b>Sunday Mornings</b><br><b>8:00a</b> Worship<br><b>9:15a</b> Library Hours<br><b>9:35a</b> Sunday Classes<br><b>10:30a</b> Worship<br><b>11:45a</b> Community<br>Hour<br><b>Sunday Classes</b><br>Nursery - Nursery<br>Children's Ministry - Classroom 1<br>Youth Sunday School - Youth Room<br>Contemporary Discussion Class - Lanier<br>Hall<br>Father Matt's Class - Holy Cross Rm<br>Choir Rehearsal - Nave |   |  |

THURSDAYS  
6-8PM

# The Vine

## YOUNG ADULT GROUP

### HOLY CROSS EPISCOPAL CHURCH

LAUNCHING  
7.17.25

## Kids Journal Challenge

Fill up your VBS journal with your summer adventures and turn them in to Ms. Kathy on August 3<sup>rd</sup> for a PRIZE!



Bring your journal and come grab a lunch (10:30-11:30am M-F) in Lanier Hall to add some crafty fun to your journal!

## HOLY CROSS YOUTH Blue Angel Pool Party

Friday, July 11 @The Jerrems' House

Meet @ Holy Cross 10:15am for a ride



Bring swim stuff and dry clothes

## HAPPY ANNIVERSARY

DIANE & BILL HENEHAN -7/4-43 YEARS  
JONATHAN & ROBYNE PEACOCK -7/17-15 YEARS  
STEVEN & BETH RAMIREZ -7/18-39 YEARS  
DENNIS & PAMELA WHITE -7/21  
TONY & ANNA-FRANCES APAP -7/28-35 YEARS

## Kite Day

Friday, July 18<sup>th</sup>  
4pm



Bring a kite and meet us out at Park West Beach for a time of high flying fun!  
1340 Fort Pickens Road

## HAPPY BIRTHDAY

|                      |                          |
|----------------------|--------------------------|
| JANET RIDGEWAY -7/1  | TRICIA MOMANY -7/19      |
| AMY SIMPLER -7/2     | AMANDA DIXON -7/20       |
| JIM MADDOX -7/5      | LESLIE PARSLEY -7/21     |
| GREER MIMS -7/5      | KAREN BACKES -7/21       |
| JANE BRISCIONE -7/6  | SABRINA MERRITT -7/24    |
| LOIS ROHRER -7/6     | SELENE ROBERTS -7/24     |
| LILLY WALDROP -7/9   | FR. CHRIS COATS -7/25    |
| FR. MATT -7/10       | JOHN BRISCIONE -7/27     |
| ANDREW UMBREIT -7/14 | CAROLYN IGO -7/27        |
| SYLVIA CLARK -7/16   | ANNABELLA RIDER -7/28    |
| DANIEL SIMPLER -7/16 | ELAINE SCHARNITZKY -7/28 |
| LYNN NEILL -7/18     | KEVIN JACOVINO -7/31     |
| KRIS KARL -7/19      |                          |

## BACKYARD BASH

### VOLLEYBALL - FOOD - BOARD GAMES

WEDNESDAY  
07.23.25

5:30PM-8:00PM

HOLY CROSS VOLLEYBALL COURT

YOU ARE WELCOME (BUT NOT REQUIRED) TO BRING A SIDE





Holy Cross Episcopal Church  
7979 N. 9th Avenue  
Pensacola, FL 32514  
(850) 477-8596


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**Take me with you this summer!**

Snap pics of your travels & activities **WITH JESUS** and post them to social media using **#LilJesus**



# Summer Reading

June 1<sup>st</sup> - August 3<sup>rd</sup>

Choose your books & pick up a reading-log outside the entrance to the Narthex on Sundays.

**Prizes!**  
For kids & youth

Only 15 minutes a day

Read or be read to