



St. Michael's Episcopal Church

Faith, Community and Hope ~ 50 Years and Growing

NEWSLETTER

SEPTEMBER 2017

From the Rector

Dear Friends,

This summer, I decided that I would read Walden by Henry David Thoreau. I decided to read it because it was referred to in another book called Rules of Civility by Amor Towles, which I read earlier this summer and really enjoyed. In Rules of Civility, one of the characters says that if he could have only one book on a desert island it would be Walden. That seemed like reason enough, and besides, in high school, I had like most students, been introduced to Thoreau along with Ralph Waldo Emerson and Louisa May Alcott as a part of the great American literary canon. My memory of Walden was filled with fondness. I remembered those heavyweight quotes like, *"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."*

Well, reading through Walden turned out to be a labor of love. It was jolly hard work, and I found it, at times, ponderous. Having said that, Walden reminded me of many important lessons going into the new church and school year which I will share with you. They are not overtly religious, but they are deeply spiritual issues which have themes that are resonant with the Bible and theology.

1. Keep things simple.

"Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumb nail." HDT

Thoreau went to the woods to live as simply as possible. How many times have you, like me, complicated things by overbooking calendars and our space so that we do not have time to enjoy life and make time for things that are truly important. Just because we can do something, doesn't mean we should.

2. Read.

"How many a man has dated a new era in his life from the reading of a book." HDT

Although Thoreau criticizes people who cannot read the classics in the original Greek or Latin, his advice about reading is spot on. Reading expands our horizons, extends our compassion and empathy, stimulates our imagination, and improves our concentration in the age of multitasking.

(cont'd on the next page)

Sunday, September 10

Celebration Sunday
Eucharist at 8 & 10 AM
Church School Registration

Saturday, September 16

Fall Clean Up 9 AM to 12 Noon

Sunday, September 17

Eucharist at 8 AM
Eucharist with Blessing of the Choir at 10 AM
Guest Celebrant John Finley
Church School Begins

Sunday, September 24

Feast of St. Michael and All Angels
Eucharist at 8 & 10 AM
Open House and Parish Ministry Fair at 9 & 11 AM



Saturday, September 30

Applefest Fall Fair
10 AM to 2 PM

Sunday, October 1

Eucharist at 8 AM
Eucharist & Blessing of the Animals at 10 AM

IN THIS ISSUE

Success with B-SAFE	2
Serving at Shadows	3
Did You Know?	3
Church School	4
Youth Programs.....	4
Happy Anniversary!.....	5
Our Social Media Presence .	5
Favorite Hymn?	5
Meet the Team.....	6
Kids Page	7
Invite a Friend.....	8



SUCCESS WITH B-SAFE!

Frankie Garner

It was another successful B-SAFE week in July! I was joking with the B-SAFE Partner Organizer Betsy Walsh that feeding so many is a daunting task. But if Jesus, his disciples and a little boy can feed 5000, we can certainly feed 170 for 3 days!

This year we changed things up a bit. We tried two new recipes for the Epiphany lunches; lasagna and build-your-own-sandwiches, both of which the kids loved. Every last morsel of the lasagna was eaten and pickles and hot sauce were a hit as condiments for the sandwiches. It's always a joy to watch enthusiastic eaters.

A big thank you to the Holliston Congregational Church via Paula Colburn for letting us use their commercial-size kitchen and large fridge. Using the St. Michael's kitchen and the HCC kitchen, we were able to make the 16 pans of lasagna required to feed the 170 kids and staff. And, as always, a big thank you to Chris Leoncini at Holliston Superette for ordering the food and allowing us the use of their walk-in fridge for overnight storage.

This year, we were put to the test. Our Friday Hopkinton State Park BBQ was cancelled due to a rain threat and cool temperatures. Luckily, we had a rain plan (though I was hoping we would never need to use it!) and the kids spent the day at St. Michael's. We set up four activities in different rooms in the building. Four groups of 10 to 12 kids and staff cycled through games, arts and crafts, yoga and music. A big thank you to Pamela PinterParsons for leading yoga, to Roy Kelley for giving the kids an organ tutorial in the choir loft and to Bill Shaw for providing thousands of legos! I put on my teacher hat and led camp songs with classics such as Purple Soup, Herman the Worm and Hi, My Name is Joe. FUN!

And then came lunch. A big shout-out to Mo Lamontagne for putting together the donated grill at the last minute! In a whirlwind of activity, tables and chairs were set up in Eva's Room, food was put on the tables, and the hamburgers and hot dogs were served buffet style by St. Michael's volunteers. The B-SAFE staff had the kids organized, and it all ran smoothly. After lunch, the weather had improved enough so that the kids could get outside for a bit before coming back in for ice cream. They were

back on the bus at 2:30 to return to Dorchester. Eva's room was then packed up, tables and chairs put away and swept clean. Wow!

Thank you to all who helped by baking dessert, buying snack and paper products, helping to cook and prep food in the kitchen(s), and serving at Epiphany and at the St. Michael's indoor BBQ. St. Michael's is awesome!

FROM THE RECTOR *(Cont'd from front page)*

3. Appreciating nature – in all seasons.

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.” HDT

This is a hard one for me, and I am always inspired by people like Anke Guertsen and Kate Lamontagne who love the winter months. Winter is God's gift of retreat, and it is the liturgical season when we see the light of Christ shining in the darkness. By slowing down, lighting some candles, lingering over meals, and remembering our gritudes, we experience God's love in our lives.

4. Solitude

“I find it wholesome to be alone the greater part of the time. To be in company, even with the best, is soon wearisome and dissipating. I love to be alone. I never found the companion that was so companionable as solitude.” HDT

The importance of alone time, for retreat, and to pray is at the heart of our faith. Jesus retreated to pray frequently. In our current age there are non-stop distractions. Solitude, like many things that are important in our life, takes intentionality and discipline.

I send you my very best wishes for a happy new school and church year.

Yours in Christ,

Sarah Robbins-Cole

SERVING AT SHADOWS

Joan Clark

I was so pleased when asked to write this article and have the opportunity to share my experiences at Shadows Shelter. This shelter in Ashland is for women who are homeless. I have met women as young as 18 and up to retirement age.

The Wednesday evening meal at Shadows is served home-style on one long table for the 25 women and the St. Michael's server(s). There are usually two servers who intentionally do not sit together. By sitting with the women, it encourages conversation with them, which many of them are longing for.

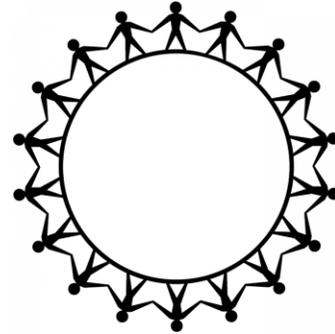
On several occasions, I have sat next to very young women for whom it was their first day at the shelter. They each had signs or tales of abuse at the hands of their "boyfriends". Some had visible bruises and black eyes and had been thrown out by the abuser with absolutely no place to go. Some were still in such distress that they barely ate or spoke.

One evening, I sat next to a retiree who had lost everything except her car. She was waiting for a spot in senior housing. Her pain was palpable.

Then there was the evening I decided to sit at the other end of the table. The same women had been there for a few months, and I had this feeling that I needed to sit with them. It didn't take too long into the meal before I knew why I had such a push to sit there. Some of you will agree that it was the Spirit's nudge to get me there. One of the women had started a search for her biological family while another had aged out of foster care. Many of you know this, but for those who don't - My last 20 years of work was in the non-profit world, specifically in foster care and adoption. Professionally, I had known many adoptees who had searched for their birth family and personally, my son Nick has searched and found some of his birth family. I left the shelter that evening knowing I had been in the right place at the right time. I was so thankful I had listened to that "still small voice" guiding me to do something. I had no idea where it would lead.

Of course, there would be no meal without the cooks/bakers. The women so appreciate the home-cooked meals that St. Michael's sends to them. And if you feel inclined to prepare food, but are concerned about the cost of prep for 25-27 people, please remember that the cost of your ingredients is reimbursable with funds from the Annual Auction.

Being a server at Shadows is not for everyone, but if you feel drawn to learn more about it, I welcome speaking with you. You may contact me at joan.clark.mail@comcast.net if you would like to know more about Shadows.



ST. MICHAEL'S AND SERENITY HOUSE..... DID YOU KNOW?

Paula Colburn

SMOC - Serenity House is a private rehab for women located in Hopkinton, Massachusetts. Serenity House specializes in the treatment of substance, drug and alcohol abuse. St. Michael's has been providing a monthly meal to Serenity House since 2009, every second Tuesday of the month.

What does this involve? Well, for me it involves working with a couple of other St. Michael's members to choose a recipe and make a meal for about 28 to 30 women. We provide a main dish, salad, dessert and, most importantly, fellowship! My two children and I have been a part of this program for seven years now, and I would say that the women of the shelter love the homemade food, appreciate the night off from cooking and really love to engage with us as we sit and enjoy a meal with them. They start each meal with "gratefults". This involves every woman introducing herself to the group and stating what she is "grateful for that day". We are included in this, and I always feel so fortunate to share my thoughts for the day. We do not serve the food to the women but get in line with them, help ourselves and sit at the tables with them. My kids have participated in food preparation at home and conversations with the women. The women love the opportunity to talk to the kids and share stories of their own children. I always feel so much better after a meal at the Serenity House.



CHURCH SCHOOL: CATECHESIS OF THE GOOD SHEPHERD

Our wonderful church school program, *Catechesis of the Good Shepherd* (CGS) is accessible to all children, of all abilities, ages 3-grade 6. CGS is a rich, thoughtful program that introduces children to the language, symbols, and practices of worship. It uses Bible scripture as lessons, and in the Montessori tradition, materials to enhance those lessons. Lead teachers have had training in the CGS program. Our teachers are all volunteers, and we cannot offer this program without help. We ask parents and any interested parishioner to assist us by volunteering in the classroom. Registration for children ages 3 to grade 6 can be done through email (stmicholl@aol.com) or in person beginning August 31st. Registration for new Church School students will be held at St. Michael's on **Sunday, September 10 from 9:15 to 9:45 AM and from 11:15 AM onwards**. Registration remains open throughout the year. Your child may join a class at anytime during the year. Our program is flexible and accommodating to children who do not attend every week. Classes begin September 17th at 9:45 am. All atriums are now upstairs. Level I atrium: ages 3-preschool. Level II atrium: K-grade 3. Level III atrium: grade 4-5 (6). We look forward to welcoming your child into our program. If you have any questions about CGS, have any concerns about your child, or would like to volunteer, contact Kristen Walters at keawalters@comcast.net.

2017-2018 YOUTH PROGRAMS *Jarvis Wyche, Youth Director (youthstmichaelsholliston@gmail.com)*

This year at St. Michael's our Youth Program will consist of Rite 13 (7th and 8th graders) and Confirmation Class (rising 9th graders - 12th grade). A description of each course is provided below. In addition to these classes, our program will be augmented with additional youth fellowship opportunities, service opportunities, and youth retreats. Youth registration will take place following the 10 AM Service on September 10th.

Rite-13 - Rising 7th and 8th Grade *Meets in Youth Group Room at 10:00 to 10:45 AM*

Our Rite-13 group will continue this September for young people in grades 7 and 8. This is the second of the two-year phase of the RITE 13 level. Each year this level attends the Middle School retreat in the late fall held at the Barbara C. Harris Camp and Convention Center which is highly recommended for participating youth. Rite-13 program addresses four themes – self, society, spirituality, and sexuality – through Bible study, group discussions and activities. The Rite-13 group will meet from 10:00 to 10:45 AM on Sunday mornings. Look for further information about Rite-13 at Celebration Sunday on September 10th during registration.

Confirmation Year - Rising 9th - 12th Grade *Meets in Youth Group Room at 11:30 AM to 1:00 PM*

I am excited to be entering another confirmation class at St. Michael's. This year, we will use the curriculum "Confirm not Conform", a curriculum that will both provide the foundation of our faith tradition to participants and provide a space for them to explore and confront where they are on their faith journey. In honoring the importance of this journey and preparing to receive this Sacrament in our church, participants will be asked to maintain attendance as best as their family schedules will allow. This year our confirmation class will meet from 11:30 AM to 1:00 PM. This class is augmented with youth activities, retreats, and service in the church. Confirmation date will be determined later in the year. Please email Jarvis youthstmichaelsholliston@gmail.com with any questions regarding this year's confirmation class. Look for further information and registration for confirmation at Celebration Sunday on September 10th.

Appalachian Service Project Trip Planning Meetings *Meeting Dates TBD - Sunday evening 6:30 PM*

Throughout the year, we will be planning for our next service project trip with the Appalachian Service Project. Our service project trip is open to all mature 14 year olds and older youth and families. We will announce when meetings will take place, primarily 6:30 PM Sunday evenings. Along with planning for the trip, we will be conducting various fundraising opportunities to help fund our trip. Car washes, cookie sales, bottle recycling, flamingo flocking, and youth helping hands are some of the fundraising we've done in the past and look forward to your ongoing support!





HAPPY ANNIVERSARY!

Our longtime parishioners, Anke and Frits Geurtsen, celebrated their 50th anniversary with St. Michael's in August. After immigrating to this country in 1956 from the Netherlands, (sponsored by St. Bartholomew's Episcopal Church in White Plains, NY) they eventually moved to Holliston in 1967 where they immediately joined St. Michael's. Warmly welcomed, they instantly became actively involved in the parish with choir, ushering, and outreach, just to name a few.

Many members of our church say that one of the reasons they started attending was because of the warm welcome they received from Anke and Frits as they crossed the threshold into St. Michael's for the first time.

Frits and Anke also celebrated their 65th wedding anniversary over the summer!

Please be sure to offer them congratulations when you see them, or send a card their way.

Frits and Anke Geurtsen
407 Winter Street
Holliston, MA 01746

ST. MICHAEL'S SOCIAL MEDIA PRESENCE

Tess May



A while ago Sarah and the vestry asked me to help out with St. Michael's social media presence. We've made a lot of progress in just a few weeks! Increasing our social media presence will help parishioners stay up-to-date with all of the awesome events that are happening around the church. We hope it will also bring new people to our church and get them involved in the work we do. It is a great way to reach a lot of people very quickly.

While we work on creating fun, interesting, and informative content, we would love your help in expanding who sees all the amazing things we are doing at St. Michael's.

Here are a few things you can do to help us spread the word and help St. Michael's grow:

1. Click this link —> [St. Michael's Episcopal Church, Holliston MA](#) like our page on Facebook.
2. Click the share button on each post when you see it! (When you 'share' a post on Facebook it sends it out to all of your friends like a post you yourself make. Right now our page has only 83 likes so only 83 people have the potential to see the posts made on the page. Each share expands the number of potential views by hundreds of people! A recent post was shared 10 times and was viewed by almost 700 people imagine how many people we could reach with more shares!)

(cont'd on next page)



WHAT'S YOUR FAVORITE HYMN?

This Sunday we have one of our two annual Hymn Sings where

parishioners are welcome to nominate a hymn to be sung during the service. So if you are away this week and have a favorite hymn you would like to have sung some time during the year, please let us know. Feel free to tear this tab off the newsletter and place it in the offertory plate during Sunday services, or send it in to the office.

SOCIAL MEDIA (*cont'd from previous page*)

3. Don't hesitate to like or comment, these can also increase the number of people who view a post and lets you interact with other St. Michael's community members.

4. If you are involved in a St. Michael's ministry and would like a post (or multiple posts) to be made about it, don't hesitate to contact me at tmay@highpoint.edu. Sending me picture of things that have recently happened would be great!

One of our main goals is to have pictures with almost all of our posts.

Please know that we will *NEVER* post a picture with you or your children in it without permission from you first. St. Michaels is committed to be a safe community for all and believes this is critical in ensuring your safety.

A church's social media should not only share what the church is up to, but share God's love with those who may not feel comfortable coming to worship weekly.

We are excited to see where this journey takes us and thankful for your help!

**MEET THE TEAM: DANICA VECCHIONE**

Sarah Robbins-Cole

A couple of weeks ago, I interviewed Danica Vecchione, daughter of Tanya and Paul Vecchione, and asked her to tell me a little about herself. I had spent some time with her back in May at the Diocese of Massachusetts Acolyte Festival and learned that she has some unusual interests that our congregation might like to know about. She arrived in my office with a cupcake that she had made for me that was delicious. She is a valued contributor to coffee hour.

Q: Danica, what is your full name?

A: Danica Margaret Vecchione. My middle name is after my dad's mom and my great-grandmother.

Q: How old are you and where do you go to school?

A: I am eight years old, and I go to Miller [elementary school]. I will be in 3rd grade this year.

Q: Can you tell me about your hobbies? What do you like to do in your free time?

A: I like to cook, bake and mix things – like Hawaiian Punch mixed with Sprite. I also really like wrestling and skateboarding, but I need a few more lessons.

Q: What hobbies would you like to do in the future?

A: Hunting, archery and taxidermy.

Q: So Danica, you are one of our newest acolytes. How long have you been an acolyte?

A: Since May, when I went to the Acolyte Festival.

Q: Do you have any pets?

A: We have a big sheep dog, but we might get a hairless cat (because Mom is allergic to cats) in the future.

Q: What is your favorite subject in school?

A: Art and Music

Q: What do you like about church?

A: Coffee hour with all the delicious snacks. And people at coffee hour say “thanks” and “you did a good job.” They also sometimes say that at the peace – people are great at showing thanks.

Q: Do you have any suggestions for the church?

A: We need robes to fit younger and littler acolytes – it is easy to trip if the robes are too long.

Each newsletter we will be having St. Michael's member profile. If you know someone you would like to learn more about, let us know!

St. Michael's Kids Page

Unscramble the letters to find the words in our

Twelve Disciples Anagram

Word List:

disciples, fishermen, follow, friends,
Galilee, James, nets, preach, teaching,
twelve



eeltvw _____

eefhimnrs _____

acehgint _____

flloow _____

cdeiilpss _____

acehpr _____

definrs _____

enst _____

aejms _____

aeegill _____

Upcoming Events

Invite a Friend!



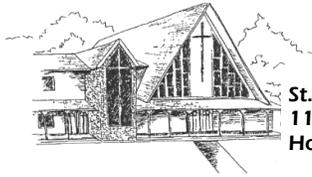
SEPTEMBER 10 - CELEBRATION SUNDAY at 8 & 10 AM

SEPTEMBER 17 - GUEST CELEBRANT JOHN FINLEY

SEPTEMBER 24 - PARISH MINISTRY FAIR at 9 & 11 AM

SEPTEMBER 30 - APPLEFEST FALL FAIR 10 AM to 2 PM

OCTOBER 1 - BLESSING OF THE ANIMALS at 10 AM



**St. Michael's Episcopal Church
1162 Highland Street
Holliston, MA 01746**