

# St. Michael's Episcopal Church

Faith, Community and Hope ~ 50 Years and Growing

## NEWSLETTER

SEPTEMBER 2018

### *From the Rector*

Dear Friends,

Happy Summer! I hope you have had a wonderful summer and have had time to enjoy the outdoors with the people you love. It was such a pleasure to be in church again this last Sunday and to see so many people return who have been scattered to the four corners of the earth.

As my calendar fills up with all the dates for meetings, visits, weddings, confirmations and the rest, the one thing that I hope not to lose that the summer offers us is the time to be at ease. There is a poem that is a favorite in Great Britain called *Leisure*. It was written by a hobo-poet named William Henry Davies (1871-1940). He is best known for this poem as well as his work *Autobiography of a Super-Tramp* which he wrote detailing his life as a vagabond in the United States from 1893-1899. Here is the poem *Leisure*, which is wonderful if read out loud because of its appealing rhythm in iambic tetrameter:

#### Leisure

What is this life if, full of care,  
We have no time to stand and stare.

No time to stand beneath the boughs  
And stare as long as sheep or cows.

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,  
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,  
And watch her feet, how they can dance.

No time to wait till her mouth can  
Enrich that smile her eyes began.

A poor life this is if, full of care,  
We have no time to stand and stare.

It is remarkable that although this poem was written over one hundred years ago, it is even more relevant today than then. Coming to church,

*(continued on page 3)*

### **Sunday, September 9**

Celebration Sunday  
Eucharist at 8 & 10 AM  
Guest Celebrant Bill Parnell  
Church School Registration

### **Sunday, September 16**

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

### **Sunday, September 23**

Eucharist at 8 & 10 AM  
Open House and  
Parish Ministry Fair at  
9 & 11 AM

### **Saturday, September 29**

Applefest Fall Fair  
10 AM to 2 PM

### **Sunday, September 30**

Feast of St. Michael and  
All Angels  
Eucharist at 8 & 10 AM

### **Sunday, October 7**

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

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### SUCCESS WITH B-SAFE!

*Frankie Garner*

It was another successful B-SAFE week in July! The program continues to grow! This year's numbers were up from last year's 170 kids per day to 185 per day.

This year, we changed things up a bit. Because last year it took too long to cook the lunches the night before, I decided to ask parishioners to cook individual pans of lasagna or pulled BBQ chicken and bring it to St. Michael's. This worked out wonderfully! We had 16 pans of lasagna and 16 pans of pulled BBQ chicken. The kitchen volunteers had plenty to do making sandwiches for the older kids who were going to the Paw Sox game, as well as the Carson Beach field trip. In addition, time was spent cutting up fruit, slicing bread and making a green salad.

This year, those of us who went into Dorchester were able to sit with the kids at one of the lunches. It was great to talk with them. One of the girls at my table said that they had just taken a walking field trip to All Saints where they listened to the organ. Another girl said that they are doing STEM (science, technology, engineering and math for the academic portion of the camp). These two girls were very excited to have a sleepover on the weekend where they could watch a movie, eat popcorn and sleep on the couch! Camp friendships are the best!

This year, instead of the Hopkinton State Park BBQ, we were scheduled for the week of the Friday "B-SAFE all-sites 19<sup>th</sup> anniversary event" at Carson Beach in South Boston. Liz Steinhauser, the director of the B-SAFE program, said there were about 800 B-SAFE kids and staff at the event. We at St. Michael's are assigned to the Epiphany site (which serves 185 kids) in Dorchester. There are six other sites in Boston. The cornhole games were a hit! Thanks to those who loaned us the boards and bean bags, especially the Millis Council on Aging.

A BIG Thank You to everyone who helped! At my last count, 35 people (with 19 people doing more than one task) helped in one way or another; from buying snacks and water bottles to cooking individual pans of food, baking brownies and chocolate chip cookies, helping at the St. Michael's kitchen, or driving into Dorchester and Carson Beach, South Boston. Thank you again to the Holliston Congregational Church (via Paula Colburn) for letting us use their commercial-size fridge for overnight storage and, as always, to Chris Leoncini at Holliston Superette for ordering the food and allowing us the use of their walk-in fridge for additional overnight storage. B-SAFE is a huge undertaking, but year after year, St. Michael's steps up and delivers lunches and fun for the kids!

### CELEBRATION SUNDAY – SEPTEMBER 9

Celebration Sunday marks the beginning of the parish's program year. We look forward to welcoming everyone back from summer vacations. We return to the usual times for services at 8 and 10 AM. Our guest celebrant that morning will be The Rev. Canon William Clay Parnell. Parents will have an opportunity to register their children for Church School and meet with teachers.



### GUEST CELEBRANTS SEPTEMBER 9 & 16

Along with The Rev. Canon William Clay Parnell as guest celebrant on Sunday, September 9, we will also welcome back the Reverend John Finley as guest preacher and celebrant on September 16 while Sarah is away.

### PARISH MINISTRY FAIR – SEPTEMBER 23

**John 12:26** *If anyone serves me, he must follow me; and where I am, there will my servant be also. If anyone serves me, the Father will honor him.*

On Sunday, September 23, we will hold our annual Parish Ministry Fair. Everyone is warmly invited to stay after the services for refreshments and a chance to browse the fair representing our variety of parish ministries. Please come see what's happening at St. Michael's and learn how you can get involved!

### ATRIUM LEVEL I VOLUNTEERS NEEDED

This year, volunteers are needed to teach in the Level 1 Atrium. This is the classroom for ages 3-5 (pre-k). No experience is necessary and all parishioners are welcome and encouraged to help out. Please contact Kristen Walters ([keawalters@comcast.net](mailto:keawalters@comcast.net)) if you are interested, or would like more information.

*(From the Rector, cont'd from front page)*

(although it might seem like one more thing in an already full calendar) is actually a time to “stand and stare” – a time to recollect, to reconsider, and to be refueled. It is a time to just sit still, to silence the phone, to not be assaulted by the news, and to focus on the things that are of utmost importance to the heart and soul.

In July, our Gospel reading from Mark included the verses “And Jesus said to them, ‘Come away by yourselves to a desolate place and rest a while.’ For many were coming and going, and they had no leisure even to eat.” (Mark 6.31) It is a reminder that being busy is not new or unique and even 2,000 years ago Jesus had to remind his disciples to make time to be nourished in body, mind or spirit.

I hope as you plan this year that you are able to nourish your heart, body and soul in ways that truly fill you with all good things.

Yours in Christ,

*Sarah Robbins-Cole*

### **SIGN UP FOR LOAVES AND FISHES (LECHEF)!**

Our Loaves and Fishes Outreach Program (formerly known as LeChef) could use some help cooking/serving for Shadows and Serenity House. Please use the following Sign Up Genius links to volunteer:

<https://www.signupgenius.com/go/4090d4caba62caaf49-serenity2>

<https://www.signupgenius.com/go/4090d4caba62caaf49-shadows2>

These links are also found on our website. St. Michael's prepares and serves a monthly meal at Shadows House, a shelter in Ashland and Serenity House in Hopkinton, a residence for women in recovery from substance abuse. If you have questions about cooking and serving, or need help signing up, please contact Linda Ouellette at 617-686-5606 or [louellette@lawson-weitzen.com](mailto:louellette@lawson-weitzen.com).

## **MARK YOUR CALENDARS!**

### **TUESDAY BIBLE STUDY SEPTEMBER 18**

This fall we continue our Bible Study on the first and third Tuesdays of the month. Please join us beginning September 18 in Meeting Room from 12 to 1 PM with a brown bag lunch and a bible. We are currently studying the Gospel of Mark. We will be covering chapter 13.



### **APPLEFEST FALL FAIR SEPTEMBER 29**

Linda Ouellette, our Applefest Coordinator, will post sign up sheets in Eva's Room for volunteers willing to help with the event. Hopefully everyone is setting aside items for Aunt Stella's Attic, so just a reminder, due to storage issues, Linda asks that you please do not bring anything to the church until the week leading up to Applefest. More information will be forthcoming as to when and where to drop off items for Aunt Stella's, baked goods, and raffle baskets. For more information please contact Linda (617-686-5606 or [louellette@lawson-weitzen.com](mailto:louellette@lawson-weitzen.com)). Thank you!

### **INVITE A FRIEND TO BLESSING OF ANIMALS**

On Sunday, October 7, we'll hold our annual Blessing of the Animals at the 10 AM Eucharist. This is a great opportunity to invite a friend to St. Michael's. Please bring your animals suitably caged or leashed. Please do not take them upstairs or into downstairs classrooms as some children have allergies.



### **SUNDAY FORUM BEGINS OCTOBER 14**

This year, we are going to take a journey through The Book of Common Prayer, learn and discuss what it means to live a "Christian Life" as well as the basic beliefs of our faith. We will be using the book *Walk in Love, Episcopal Beliefs and Practices*, which has recently been published by the Forward Movement (many of you already use *Forward Day by Day* for your own personal devotions). We will order books in bulk so please let Sarah know if you would like a copy. They cost \$16. In addition to a hard copy, you may choose to buy an electronic copy through Amazon's kindle, Barnes and Noble Nook or the iTunes Store.



## 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 ([stmichholl@aol.com](mailto:stmichholl@aol.com)) or in person beginning August 31st. **Registration for new Church School students will be held at St. Michael's on Sunday, September 9 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 16 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](mailto:keawalters@comcast.net).

## 2018-2019 YOUTH PROGRAMS *Jarvis Wyche, Youth Director* ([youthstmichaelsholliston@gmail.com](mailto:youthstmichaelsholliston@gmail.com))

This year, St. Michael's Youth Program will consist of Rite 13, Journey to Adulthood and Young Adults in Church. 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 9. Classes begin September 16.**

### **Rite-13 for 6th & 7th graders - Meets during the 10 AM Service (youth returns at Eucharist)**

The first two years of the program (Grades 6-7 or 7-8) are called Rite-13, a name that comes from a liturgical rite of passage that we celebrate with young people around their 13th birthday. The Rite-13 program assists young people as they begin to take the first steps of independence from their families into their own lives. During these two years, the community acknowledges the gift of gender, celebrates the amazing creative power and potential of these young people, and creates a safe haven in which to explore new ideas, new interests, and new abilities. Each year this level attends the Diocese Middle School retreat in the late fall held at the Barbara C. Harris Camp and Convention Center. The Rite-13 group will meet from 10 to 10:45 AM on Sunday mornings. Look for further information at Church School registration including schedule of classes.

### **Journey to Adulthood for 8th & 9th graders (J2A)**

Journey to Adulthood helps teens create and understand the importance of a Christian community as they develop critical thinking and other skills that they will need in adulthood. During the J2A phase, teens learn and practice six basic skills for adulthood: Active listening, Negotiation, Assertion, Research and Information Management, Partnership, and Leadership. In addition to these skills, teens learn different methods of scripture reading, prayer and community-building. Each year this level attends the Diocese High School retreat in the fall held at the Barbara C. Harris Camp and Convention Center. The J2A group will meet from 11:30 AM to 1 PM on Sundays. Look for further information at Church School registration including schedule of classes.

### **Young Adults in Church for 10th, 11th, & 12th graders (YAC)**

The Young Adults in Church program helps older teens discern and carry out a ministry within their church or in the larger community. Vocation and development of a personal credo are also emphasized. This last phase encourages older youth to take on more adult responsibilities both in their church and in their community.

They are challenged to become good stewards of their time, talent and treasure. They work on identifying their gifts and commit to a specific ministry that uses those gifts. They study some of the church's ancient creeds and then write their own statement of beliefs. They look back on what they have experienced and use that as a basis for their own growing spirituality. The YAC group will meet from 11:30 AM to 1 PM on Sundays. Look for further information at Church School registration including schedule of classes.





## A RECAP OF OUR SUMMER 2018 APPALACHIA SERVICE PROJECT TRIP

*Cathy Harper*

We had two teams – team Bob Colburn and Stacey Thorner (otherwise known as Bob and his girls!) with Alex Colburn, Caroline Thorner, Audrey Givens and Emma Sawyers (both friends of Alex). And team Don May and Cathy Harper with Tessa May, Jordan French (friend of Tessa), Andrew Rice, Jaden Daugherty Dixon and Nick Teuber. We left early Saturday, July 21<sup>st</sup> and drove 12ish hours (with a few stops) to West Virginia University in Morgantown West Virginia. We stayed in the dorms for the night. Saturday morning we got breakfast at an IHop and headed to Craigsville, West Virginia where we would stay at St. Luke's Methodist Church in their air-conditioned church hall – a much bigger version of our Ekwall hall and kitchen. The hall was split into two sections, a sleeping section (separated with black plastic) and a gathering section where we would eat and have evening gatherings. There were two other churches with us, one from Frederick Maryland and one from Denver, North Carolina. In total there were about 60 people.

Each of the Appalachia Service Project centers (there are many) are run by a staff of four college students. We were in awe of how much responsibility these young people had as well as the skills they have acquired from their training and prior years of service. Each center had two cooks to prepare our breakfast and evening meals.

We were there the last week of the summer ASP schedule which meant we had to do a lot of finish work. We ended up working on four different houses in total. Both of our teams went together to the first house for a couple of days. This was a homestead comprised of several generations. At any given point, there could be up to six children under the age of ten running around as well as a few dogs and many kittens. We were tasked with working on a home for a dad, age 28, his girlfriend and his three sons ages ten, nine, and seven. At the start of the summer, the boys did not have a bedroom and their bathroom wasn't finished. By the end of the summer they had a huge bedroom and the bathroom was complete. We put in floor and window trim, and vinyl tile floor in both the bathroom and the boys' room. We had to mud, sand and paint the bathroom and install some vinyl pieces around the shower to make it waterproof. We also had to put some flashing on the roof and work on the subfloor by their front door. We quickly bonded with this family and enjoyed seeing the boys' happy faces when we gave them new sheets, pillows and fleece blankets!

Team Bob and Stacey moved on to another house for day three – this was also a bedroom for a pre-teen girl. They needed to mud, sand, paint and do trim on this room as well.

On our last day, each team had a new assignment. Team Bob and Stacey joined another church team from North Carolina to put on vinyl siding, put back underpinning and finish up a deck. This last day was long for them – not getting back to the center until after seven. But they proudly finished!

Team Don and Cathy went to a home of a woman who lives alone and will soon be progressing to a wheelchair. We sanded a wheelchair ramp, put flashing on the roof where it met the porch and installed a shower stall. Thank goodness we had Don on this job! This woman was delightful and made us a roast for lunch as her way of saying thank you.

Our evenings were filled with reflections, songs, storytelling from a local gentleman, ice cream runs and a barbeque at a beautiful lake with our families. Many enjoyed cliff jumping into the refreshing water!

In summary, we had a great week and met some wonderful families and fellow ASP participants. We all had God moments that touched our hearts. We hope to go again in the summer of 2020.

We will be showing a slide show at the end of September so that you can all see what we did and where we went. Thank you for all of your support and prayers!



## A GUIDE TO PASTORAL CARE AT ST. MICHAEL'S

*Annette Hamlet, Nan Malone*



### ***Keeping Connected***

Pastoral care is an important way for us to help stay connected with one another at St. Michael's. At certain times in our lives, whether occasions of joy or sorrow, we may have particular needs for pastoral care. The following guidelines have been written to help you know how our Rector, Sarah, and people of St. Michael's will seek to assist you at such times.

### ***Illness***

If you or someone in your household is ill, please make sure that our Rector, Sarah, or Parish Administrator, Amy Plante, know. We would like to be able to offer the prayers of the parish and to provide whatever other support would be helpful.

### ***Compassionate Cooks***

A group of parishioners will provide some meals to parish households at times of special need, for example, during an illness or following the birth of a child. Please contact Amy Plante in the Parish Office if you would like help with meals, and she will let our pastoral care team members know.

### ***Angels on Wheels***

Several parishioners have offered to provide rides to medical appointments for parishioners. Please contact Amy Plante in the Parish Office and she will contact pastoral care team members to arrange a ride providing a driver is available.

### ***Parish Prayers***

If you would like to pray for someone, please let our Rector, Sarah, know or get in touch with Amy Plante in the Parish Office and let her know the name and other relevant information.

### ***Hospitals and Emergencies***

Please tell Sarah if you expect to be hospitalized. If there is an emergency, please do not hesitate to call Sarah at home, day or night.

### ***Death***

In the event of a death, please call Sarah right away. She would like to be able to come and say prayers with you and for the deceased.

The Episcopal Church strongly urges that all burial services be held in the church, rather than in a funeral home. Sarah will talk with you about plans for the service.

It is helpful if parishioners make a note of their preferences for the funeral service (including thoughts about readings and music) so that their family will not have to worry about such decisions during a time of grief.

### ***Pastoral Counseling***

Our Rector, Sarah, is available by appointment to provide short-term pastoral care and support. If it appears that more intensive or longer-term counseling would be helpful, Sarah will help you find a qualified therapist with training appropriate to your needs. Sarah will remain available to you for pastoral support once you begin such therapy.

### ***Spiritual Guidance***

Sarah is also available to talk about spiritual or theological questions and provide guidance about topics such as prayer. Sometimes such a conversation can be helpful to a person's journey in faith. Sarah is also available by appointment for private confession.

### ***Baptisms***

Please tell our Rector, Sarah, as soon as possible following the birth of a child. Close to the time of the baby's birth, she will be glad to visit the mother and baby and to offer the brief Thanksgiving for the Birth of a Child (Book of Common Prayer, page 439) either at the home or at the hospital.

Baptisms are usually held at the Ten O'Clock Service and are held throughout the year with the exception of the seasons of Advent and Lent (unless in the case of an exceptional circumstance).

### ***Marriages***

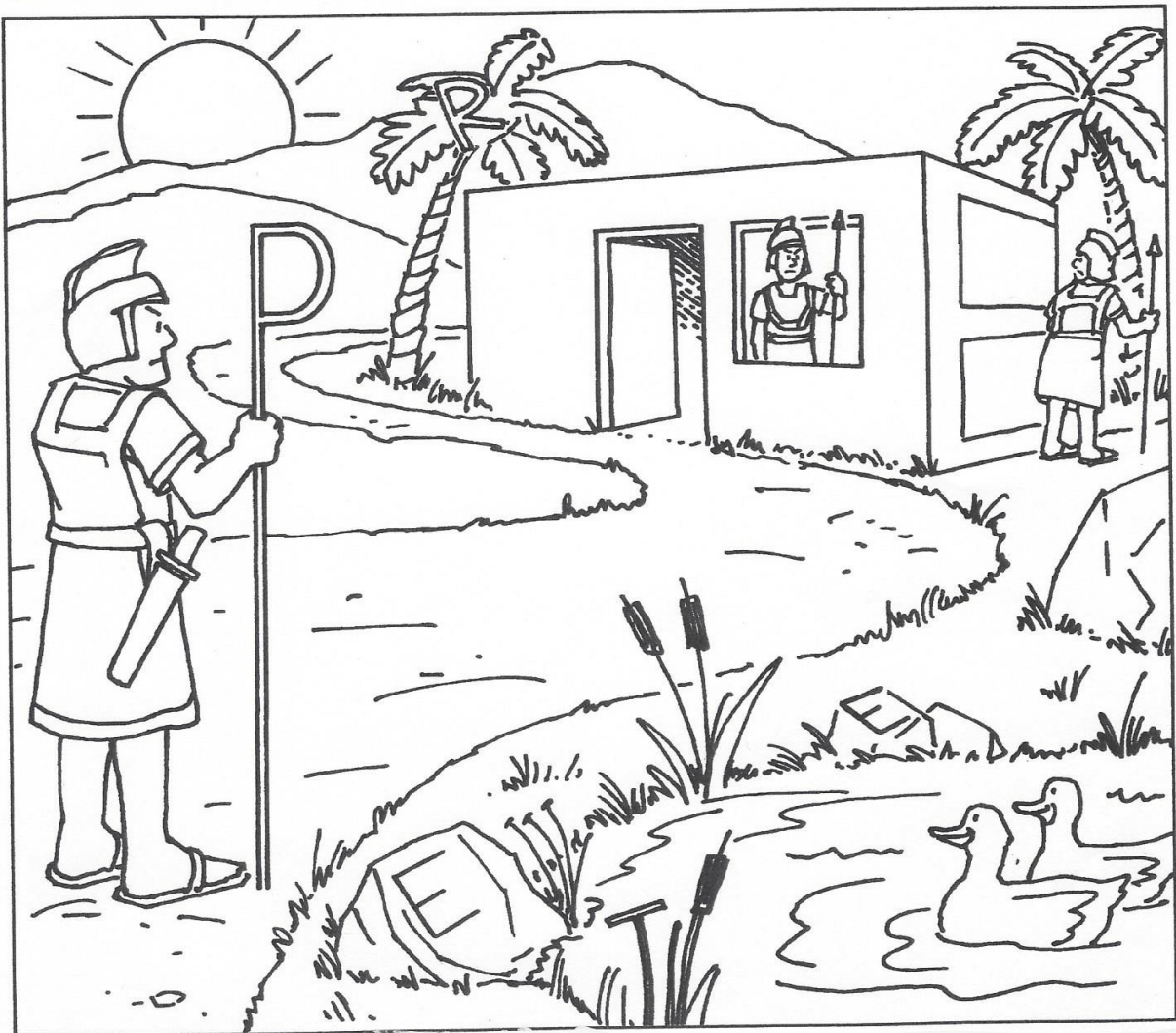
A marriage may be celebrated at St. Michael's subject to the agreement of our Rector, Sarah, and the availability of the church building, except during Lent (the seven weeks before Easter). Before making plans for a wedding date, please call Sarah to discuss the wedding — at least three months before the proposed date. Marriage preparation is required and usually takes four sessions. A short booklet, *Getting Married at St. Michael's*, is available in the tract rack in the narthex or by calling the Parish Office. This booklet provides important information to be read before getting in touch with Sarah.

If one or both of the couple wishing to be married has been divorced, the Bishop's permission must be obtained before the marriage may be celebrated. Six months is often required to complete the necessary counseling, prepare the paperwork, and await the Bishop's decision.

# St. Michael's Kids Page

**T**he guards searched for Peter, but didn't find him.

Can you find **P E T E R** hidden in the picture? Circle each letter.  
Then color the picture.



# Upcoming Events

*Invite a Friend!*



**SEPTEMBER 9 - CELEBRATION SUNDAY at 8 & 10 AM**

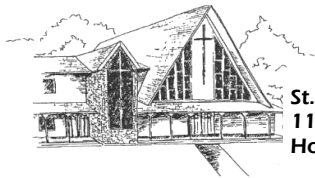
**Guest Celebrant: The Rev. Canon William Clay Parnell**

**SEPTEMBER 16 - Guest Celebrant: The Rev. John Finley**

**SEPTEMBER 23 - PARISH MINISTRY FAIR at 9 & 11 AM**

**SEPTEMBER 29 - APPLEFEST FALL FAIR 10 AM to 2 PM**

**OCTOBER 7 - BLESSING OF THE ANIMALS at 10 AM**



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