



The Guardian

APRIL 2013

FROM THE RECTORY

April 5–7, the weekend after Easter, the Vestry and I (plus our treasurer, Wayne Cook) will be traveling to Holy Cross Monastery in West Park, New York, for a retreat. During this time away we hope to get to know one another better, participate in the prayers, services, and silences of the monastery, and begin to discern and reflect on where God is calling St. Michael's in the next few months and years.

Last year, the new Vestry also attended a retreat at Holy Cross, but much of our discussion at that time had to do with the construction project that was about to begin. Now that our construction is nearly finished, we will turn our attention to present and future ministries of St. Michael's.

St. Michael's is coming out of a period of four years of rapid change. You have said goodbye to a long-term rector, weathered a year-and-a-half interim period, and hired a new settled rector. In the midst of these changes of leadership, St. Michael's has planned and executed a capital campaign that met its goal of \$800,000, and then saw through a disruptive and exciting building project. It may feel to us that it is time to sit back and take a breather, but we are called now to a different kind of work: the work of discernment and visioning.

Now that we have our much-longed-for accessible, flexible, and beautiful building, what are we going to do with it? What are the new ministries to which God is calling us? What is the new thing God is doing in our midst? Rest assured that the Vestry will want to engage you (the congregation) and the people in our community with these kinds of questions.

The work of discernment among community does not have the same practical landmarks of a rector search or a capital campaign or a building project. We will not always be able to say, "We are starting here and finishing there." The process of discernment can be frustrating and can demand a lot of patience and trust—trust that God is truly working, even when we cannot always see with clarity.

I hope you will keep the Vestry and the leadership of St. Michael's in your prayers during this time. I also hope that you will begin your own process of prayer and reflection about how we are being called to follow Christ in our lives together at St. Michael's.

*Yours in Christ,
Mary*

CHECK OUT OUR CENTERFOLD!

Yes, this month's *Guardian* features perhaps the first-ever centerfold in our venerable history. It is yours to take out and keep—a complete list of our furnishings wish list and the room plans to show where everything goes. We are thrilled to report that in our first week we have received almost \$7,000 in donations! Please see if there is something you, your family, or you and your friends would like to give. If so, please let us know!

Jane Riedel, Zachary Roesemann (or Jeanie Crosby in the office)



NEWS OF THE PARISH

RECOVERY SUNDAY APRIL 21

Sunday, April 21, at both the worship services and in the Adult Forum, we will celebrate the presence of God working today to call people back to health and wholeness, not only within our parish but the entire community. This Sunday we name and celebrate that movement of God we call recovery. When we hear of “recovery” we quickly think of alcohol and drug addiction. Recovery is really much larger. It is about reclaiming our heritage as children of God in the face of anything that takes power over us. It may be food, work, or the need for approval, for starters.

At both services the speaker will be Ed Sbardella, a member of the parish telling his story of recovery, indeed his “good news story” that continues to work every day. The lessons and hymns will reflect the recovery theme. As we intentionally invite people from the larger community during these services, we will use grape juice at Communion. This is an excellent time to invite a friend who might be interested to come to church with you.

So join the family of St. Michael’s as it celebrates the presence of the same God that created the universe at the beginning of time and is still creating new life by calling us all to recover and reclaim our heritage as daughters and sons of God.



PLANNED GIVING PROGRAM LAUNCHED

St. Michael’s launched its first-ever Planned Giving program at a festive lunch on February 24. With more than 40 parishioners present, we were delighted to outline the program and provide written information to everyone who attended.

Our church has been enriched throughout its history by the generous giving of its members, both during their lifetimes and after their deaths. As part of our program, we will seek to honor past, present, and future donors through a St. Michael’s Legacy Society. Everyone who remembers St. Michael’s in their wills, or makes another type of planned gift no matter what the amount will automatically be a member. We will

install a large plaque with the names of Legacy Society members in one of our common areas (though you may choose to remain anonymous if you wish).

In a few weeks, we plan to mail everyone in the parish a copy of the Planned Giving brochure, which will give you the basic information you need to begin thinking about this important issue. Remember, it’s not the amount that matters, it’s the intention. God has given you what you have. As a good steward, what arrangements have you made for it when God calls you home?

Several members of the parish who are lawyers or financial professionals have volunteered to talk with anyone who is interested in exploring this further, including discussing specific giving options. Please call Jeanie in the office or contact one of us for a referral.

*Thank you,
Bill Ames, Clark Anderson*



REPORT ON THE KNEELING RAILS

During the construction in the church sanctuary, we had to remove the kneeling rails from the church. Because we changed the shape of the chancel area, we have found it very challenging to figure out how to return the pre-existing kneeling rails to our new space. In a recent meeting that involved our architect, we came to the conclusion that we could not find a way for the pre-existing rails to return to the church sanctuary.

We are aware that kneeling when receiving Holy Communion is very important to some of us, and we want to honor that. Please rest assured that we will find a way to provide places for kneeling; we are now actively exploring several options.

*Thank you for your patience!
Mary*





NEWS OF THE PARISH

PARISH WOMEN NOTES

Nineteen women met on March 9 for a potluck breakfast and conversation about the future path that the women of St Michael's might take. A variety of ideas were expressed about interests, where our energy might take us, purposes and goals, what form our leadership might take, how often to meet, and similar topics.

The decision was made to gather on the first Saturday morning of the month for fellowship and continuing discussion. These gatherings are open to ALL women of all ages who attend St Michael's.

The next gathering will be a potluck breakfast on April 1 at 8:30 a.m. Women whose last names begin with M through Z are asked to bring a contribution to the breakfast table.

*Hope to see you there,
Mary Carnahan*



TWO THANK-YOUS

Dear Friends,

I am feeling such deep gratitude for the support and kindness extended to me from all my new and old friends at St Michael's. The memorial service and reception for Keith Maillard were truly a beautiful sharing of our thoughts and love for him in our lives. Thank you to all who contributed to that day. Susan and Paul, the music will remain in my heart for years to come. And to all those who helped me with the reception, bravo! Keith would have loved knowing we savored French treats and his favorite carrot cake in his honor. Thank you for keeping Keith in your prayers and for all your caring thoughts for his dog Leon and for me.

*With love and gratitude,
Anne Latchis*



Dear Friends,

My heartfelt thanks for the prayers, visits, cards, and flowers I received during my time in the hospital for surgery and at Thompson House for rehab. Those expressions of love and support lifted my spirits and reminded me of how blessed I am to be part of such a caring parish community. I'm deeply grateful.

*Love,
Betsy Swift*



WORKSHOP ON HOUSE-SHARING APRIL 11

Know anyone who lives alone? Of course you do, it's a very common living arrangement these days. In fact in Vermont 28.2% of households are single-occupancy and 10.3% of those are people over the age of 65. Ever worry about those you know and love being by themselves? One option, both very old and quite new, is to share housing. This option is a smart decision if you know how to find the right person(s). Annamarie Pluhar is offering a half-day workshop, *The Sharing Housing Option: A Practical Program for Helping Your Clients Save Money, Overcome Isolation, and Live Fully*, on April 11, at the Marlboro Graduate Center. For more information and to register, go to <http://www.sharinghousing.com/april-workshop> or call her at 802-451-1941.



ADULT FORUM SCHEDULE FOR APRIL

After learning more about the Ten Commandments, followed by Palm Sunday and Easter Sunday, where to go from there? Resurrection!

April 7, Resurrections—Phillip Wilson

April 14, Reflections on the Vestry Retreat—St. Michael's Vestry

April 21, Mental Health & Recovery—Whitney Nichols and Janet Cramer

April 28, TBD



EXPLORING OUR FAITH TOGETHER

***HELP, THANKS, WOW: THE THREE ESSENTIAL PRAYERS* BY ANNE LAMOTT**

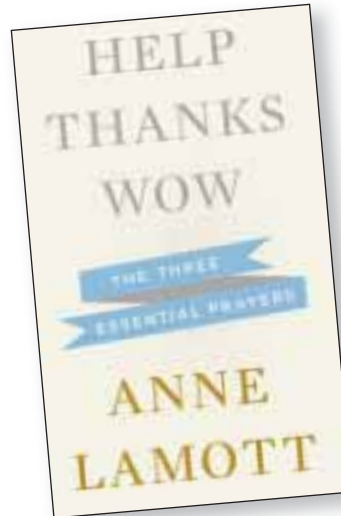
A book review by Devyn Starlanyl

If prayer is the first wireless communication, then this is a user manual. I have heard people voice concern about their distance from God. Some speak with uncertainty as to what constitutes prayer. So how do we connect to the Power Source? This little book gives us information on the three basic types of prayers Anne Lamotte uses. I find that most of my prayers fit into those categories, too. We start with where we are. We may have to overcome our past and reframe what and how we think of God. There is nothing wrong with preassembled prayers, but a deep interaction with the Higher Power may come at the strangest times and at the most basic levels.

When our lives are in shambles, there may be nothing left in us but a plea for help. That essential prayer may come in many forms. It may come in wordless weeping, or in a rant at the Almighty. Our life is broken, and we can't fix it. We need help to go on, and we ask for help. And that help is there. We need to ask so that we can receive. We need to open ourselves and let God in to allow the intimate communion.

And we give thanks, the next essential prayer. Thanks may be offered for great food or a parking space or a cancer remission. What is prayer and what is prayer? Does God want our happy chatter or praise in public? Does God want to know our deep opinions about someone or something we hate? Or do we need to learn to live in quiet gratitude? This learning may take deep life transformation. You learn to let others go first, even if they don't notice, because you know, and God knows, and that process changes you deeply. Thanks. You feel that connection. It's all about thanks.

The third essential prayer can come as we behold unimaginable devastation or unspeakable beauty—something that is beyond our words, but not beyond God. It comes to us, unbidden, from the depths of our soul, leaving us breathless and wordless but with a need to communicate that which we cannot. It is the



prayer of the stunned, as we behold the calving glacier, or as the World Trade Center comes down. When all we can say in response is Wow, it is a prayer of awe. As the author explains, “we had this all figured out, and now we don't.” Wow!

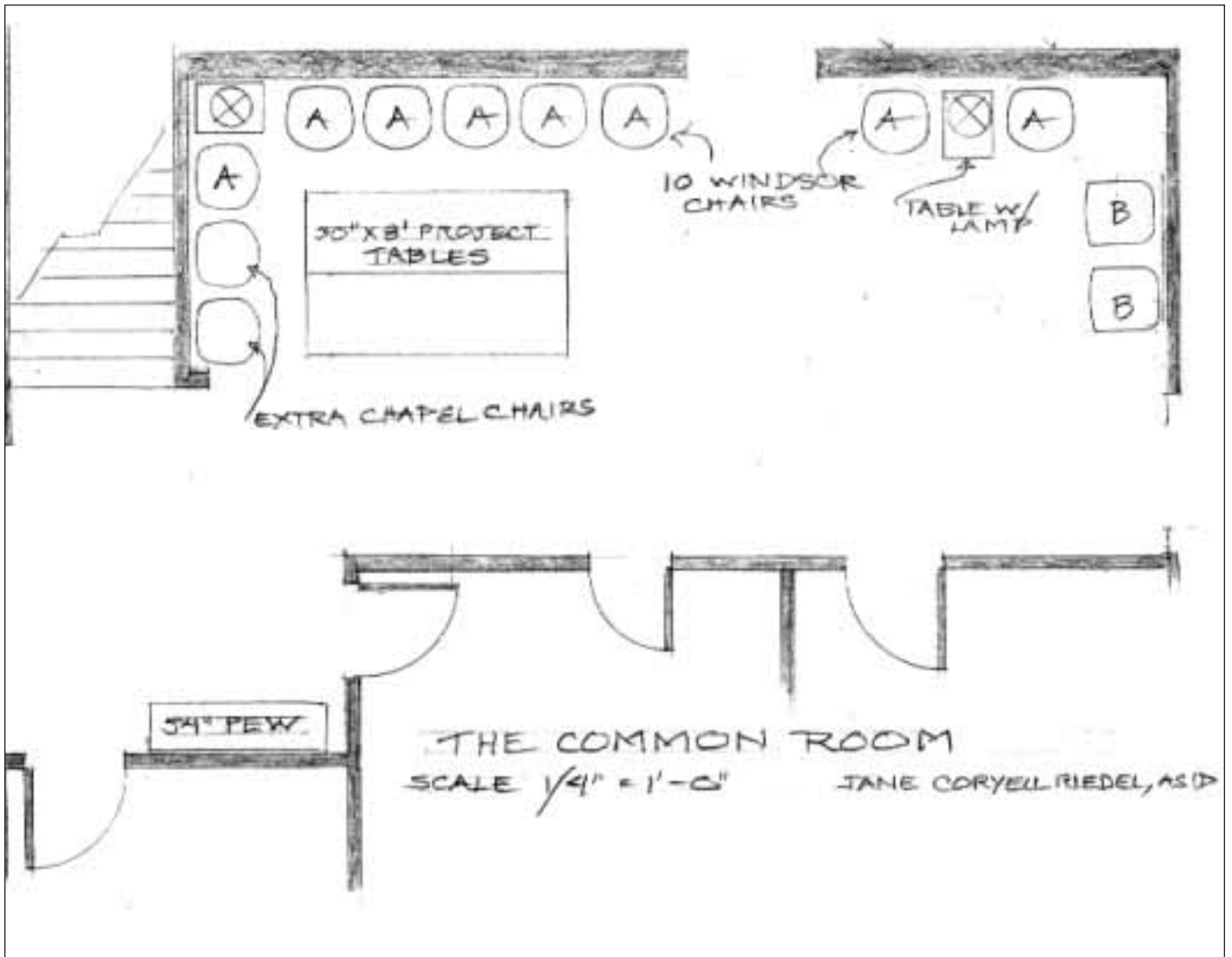
This book makes a good introduction to a great author. She is holding a mirror in which we see ourselves, and God is with us. No matter what happens, or what we do or don't do, God keeps the options of communications open, because that is what God does. Grace, progress, and blessings continue to be given to you, because God gives. All we need do is ask. Help. Thanks. Wow. Amen.



The Resurrection by William Blake (1757–1827)

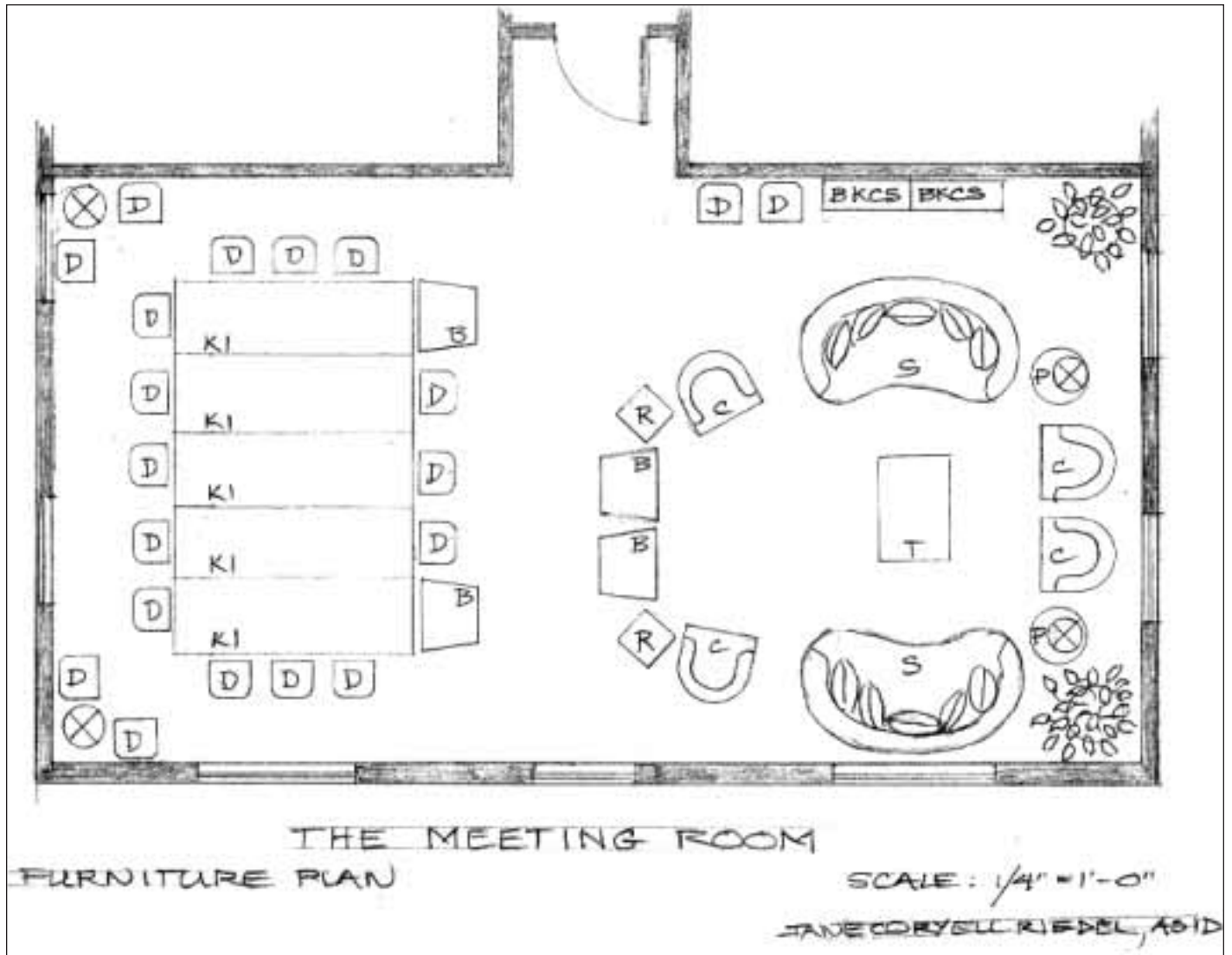


St. Michael's Furnishing Wish List



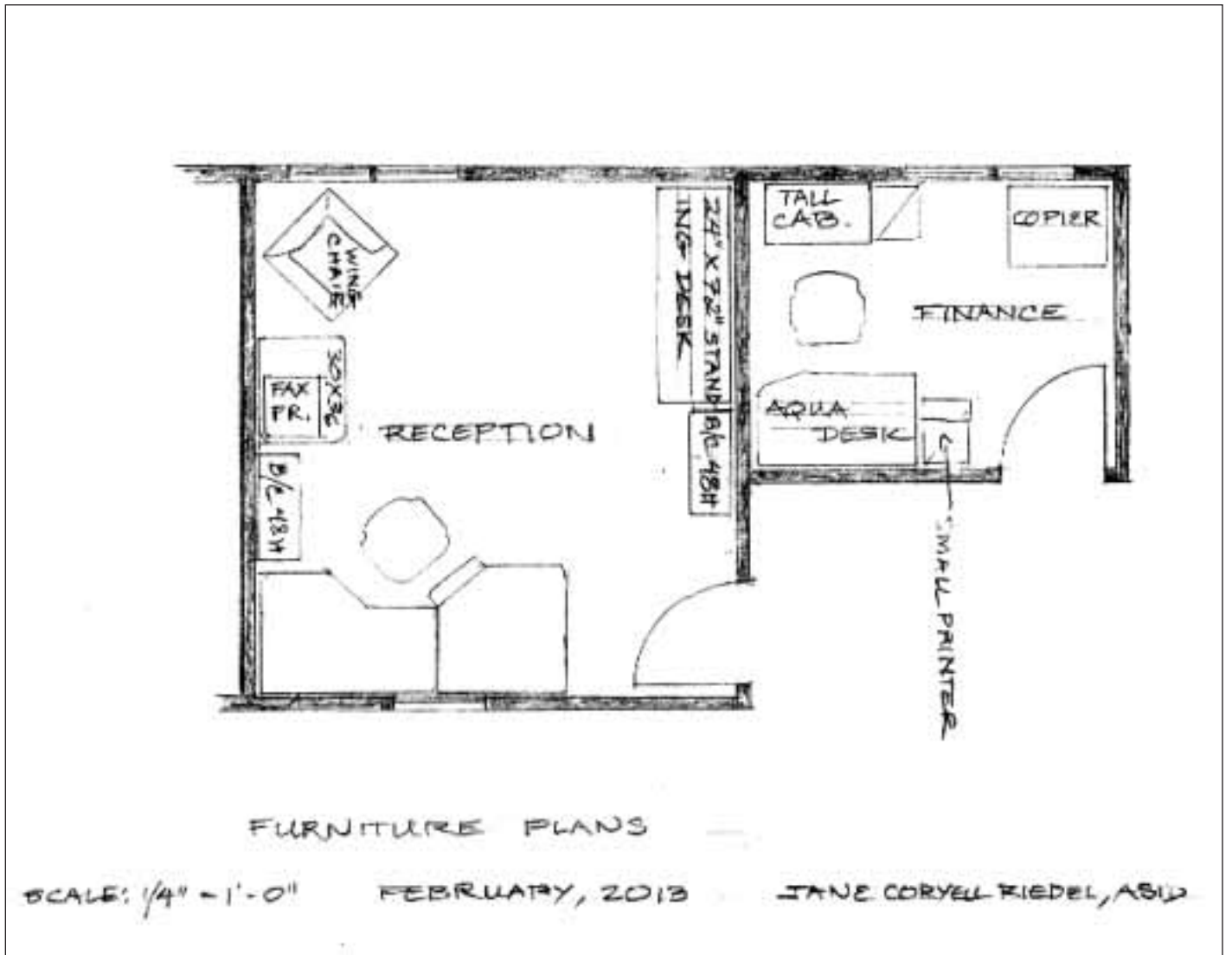
The Common Room

- 8 Windsor Chairs (A) @ \$275 each
- 2 Large Arm Chairs (B) @ \$698 each
- 1 Framed Patchwork or similar artwork @ \$670



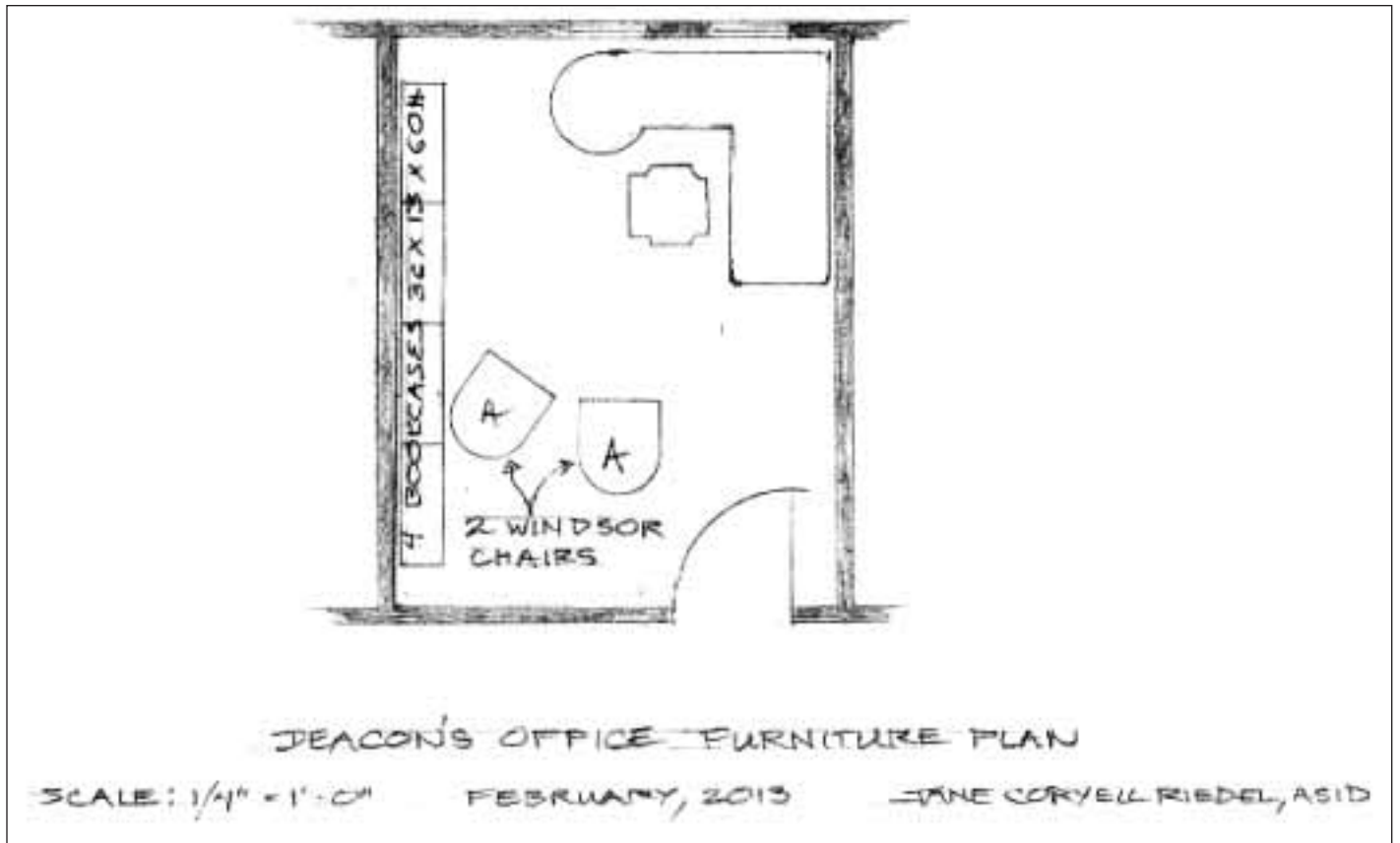
The Meeting Room

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> 2 Sofas (S) @ \$1995 each <input type="checkbox"/> 4 Club Chairs (C) @ \$895 each <input type="checkbox"/> 4 Large Arm Chairs (B) @ \$698 each <input type="checkbox"/> 20 Stacking Chairs (D) @ \$30 each <input type="checkbox"/> 2 Side Tables (P) @ \$275 each <input type="checkbox"/> 2 End Tables (R) @ \$280 each | <ul style="list-style-type: none"> <input type="checkbox"/> 2 Table Lamps @ \$415 each <input type="checkbox"/> 2 Floor Lamps @ \$550 each <input type="checkbox"/> Window Treatments @ \$5820 Total <input type="checkbox"/> 2 Bookcases 36x12x36 @ \$279 each <input type="checkbox"/> 10 Framed Art Photographs
by Christine Triebert @ \$400 each |
|---|--|



The Reception & Administrative Offices

□ 2 Bookcases 36x12x48 @ \$359 each



Deacon's Office

- 4 Bookcases 36x12x60 @ \$379 each
- 2 Windsor Chairs (A) @ \$275 each

The Library

- ✓ Complete

The Dunham Room

- ✓ Complete

Finance Office

- ✓ Complete



EXPLORING OUR FAITH TOGETHER

CHANTING OUR PRAYERS: WHAT ARE GOD'S PEOPLE'S PRAYING FOR?

This past Lent the 10:15 service had a new way of praying the Prayers of the People: we were led in chant by two cantors who offered broad corporate petitions and bid the people to pray, saying "What are God's people praying for?" This was accompanied by an Indian instrument called a shruti, which is a small box that produces pitches using a hand-operated bellows. Paul and I experienced these forms of prayers during our recent trip to a conference at Bishop's Ranch in California, and we found them most moving and wanted to bring them back to you. Prayer is at the heart of our spiritual life, I think, and finding ways to expand and enhance our prayer life is both important and exciting.

Thanks to Karen Guthrie, I have been getting the Lenten email meditations from the Society of St. John in Cambridge, and one recent one about prayer really spoke to me. In it, Br. Tristram speaks about the potential for excessive chatter in prayers, and not enough listening for God's voice. He quite amusingly says that we pray by talking quite a bit and then feeling proudly done, "leaving God to say, 'Hang on, I haven't said anything yet!'"

In another one of these short meditations, Br. Almquist observes that we often pray by coming

before God with our list of concerns and needs, hoping that we can get God's attention and response. Br. Almquist proposes a rather different concept of prayer, which is quite the opposite. He proposes that the desire to pray in the first place becomes a prayer originating from God. We pray because God has caught our attention! We then become the answer to God's prayer, and we are invited to be a collaborator. This of course means learning to listen to the voice of God in dialogue during prayer.

This is why these chanted prayers have featured less specific corporate petitions, more space for our own hearts to speak, and, most importantly, for God to speak to us. Of course, there is no one "right" way to pray. There are as many paths to the divine as there are hearts that seek. God loves to be in communication with us, of that I am sure.

To hear the meditations mentioned above, go to the following site. I hope you enjoy them as much as I did. Brother Tristram:

http://www.youtube.com/watch?v=agFDv9lgjN4&feature=youtube_gdata_player Brother Almquist:
<http://www.youtube.com/watch?v=oI1qjtQVfU4>

Susan Dedell

NEW WAYS TO THINK ABOUT GOD, JESUS, AND OURSELVES

If you would like to expand some of the ways you understand your faith, Phillip Wilson invites you to meet on three Mondays beginning on April 22 at 7:00 p.m. at St. Michael's.

We will explore the rich diversity in the early Church's understanding of God, Jesus, and their place in the world. Uniformity of belief and orthodoxy only came about later in the Christian tradition as a response to internal and external threats.

We will explore different ways to talk about God than those that speak and act as a human, a God in images beyond male, or female. How is the God that lives beyond our stories so different from the one that lives beyond the stories of other religions? Must God be omnipotent to be God? We will look at the life of

Jesus from enlightened rabbi to Son of God and ask ourselves what understanding of him best reveals the life and energy of God today. What Jesus do we need to be a faithful Christian today? We will ask what is the truth of Christianity. Is it what we say?.. believe? ..worship? what we do? The invitation is to think out of the box all the time, honoring the rich heritage (the box) that brings us to the place where we want to go deeper. We are not looking to devalue our heritage but to enlarge the possibilities within it.

Meetings are Mondays, April 22 and 29 and May 6, from 7:00-8:30 p.m. The format will begin with a presentation of the issues and questions and then a lively discussion. If interested or if you have questions call Phillip Wilson at 802-536-4641.



ROTA FOR APRIL

LITURGICAL ROTA FOR APRIL 2013 • 8:00 AM AND 10:15 AM SUNDAY SERVICES UNLESS OTHERWISE NOTED.

Liturgical Position	April 7	April 14	April 21	April 28
8:00 A.M. SERVICE				
Lay Assistant	Anita Crosson	Wayne Cook	Bill Boggess	Kate McGinn
Intercessor	Doug Switzer	Laura Lewis	Anne Brown	Bill Ames
Sacramental Healing	Sarah Benton	Sarah Benton	MJ Woodburn	Janet Cramer
Usher	Anne Cook	Anne Cook	Anne Cook	Judy McGee
10:15 A.M. SERVICE				
Crucifer	Peter Johnson	Ken Neilson	Fred Bump	Miranda Smith
Torch Bearers	Andachew Mousin Sarah Benton	Miranda Smith Jonah Johnson	Claire Fritz Annie Landenberger	Nancy Barber Dawn Kotapish
Element Bearers	Nancy Barber Liz Vick	Linda Rice Lynn Lewandowski	Ken Jacobs Janet Brocklehurst	David & Monica Mattocks
Lay Assistant	Greg Lesch	Ricky Davidson	Brian Morgan	Sarah Benton
Lector	Diana Bingham	Sarah Warren	Barbara Hoag	Sarah Rich
Intercessor	Craig Hammond	Susanna Grannis	Joyce Vining Morgan	Ronny Johnson
Ushers	Ricky Davidson Sue Dyer	John Carnahan Corky Elwell	Sherry Stimmel Betsy Bates	Michael & Susan Wilmott
Sacramental Healing	Betsy Bates Robin White-Diamondstone	Janet Cramer MJ Woodburn	Betsy Bates Trudy Crites	Robin White-Diamondstone Sarah Benton
Altar Guild	Madelyn Howard Carol Hesselbach Lynn Billington	Madelyn Howard Carol Hesselbach Lynn Billington	Sue Dyer Elise Burrows Pat Laubach Judy Walker	Sue Dyer Elise Burrows Pat Laubach Judy Walker
Coffee Hour	John Daly Ronconi Family	Lynn Billington Sherrie Keefe	MJ Woodburn Diana Bingham Greg Lesch	Kurt Johnson Ken Neilson
Counters	Anne Cook Judy McGee	Wayne Cook Vince Johnson	Sherry Stimmel Jared Rediske	Jared Rediske Sherry Stimmel

If you cannot make it, please find your own replacement; then call Jeanie in the Office at 802-254-6048, ext. 104. Thank you.

APRIL LECTIONARY

SUNDAY, APRIL 7: Acts 5:27–32; Psalm 150; Revelation 1:4–8; John 20:19–31

SUNDAY, APRIL 14: Acts 9:1–6; Psalm 30; Revelation 5:11–14; John 21:1–19

SUNDAY, APRIL 21: Acts 9:36–43; Psalm 23; Revelation 7:9–17; John 10:22–30

SUNDAY, APRIL 28: Acts 11:1–18; Psalm 148; Revelation 21:1–6; John 13:31–35



CELEBRATIONS

APRIL BIRTHDAYS

- April 2 Becky Anderson, Elizabeth Wilkinson
 April 3 Peter Smith
 April 4 Ellen Lovell
 April 5 Monica Mattocks
 April 7 Neil Montgomery
 April 8 Kelli Allen
 April 9 Carey Lane
 April 10 Bruce Capponcelli, Cherolyn Stimmel
 April 11 Kurt Johnson, Peter Johnson
 April 12 Devin Starlanyl, Michael Wilmott
 April 13 Ron Bell, Dianne Clouet, Cliff Dempster,
 Lindsey Hesselbach
 April 14 Kate Perrin
 April 15 Emily Brown, Ian McBean
 April 16 Zachary Roesemann
 April 17 Trudy Crites
 April 18 Doug Switzer
 April 19 Hazel Looker
 April 22 Marcia Steckler
 April 23 David Parker
 April 24 Sarah Rich, Matthew Sorensen, Eric
 Sorensen, Norma Willingham
 April 25 Alison Hale
 April 27 John Daly, Susan Heimer
 April 29 Brian Hesselbach, Annie Landenberger,
 Marta McBean, Zsolt Pomazi
 April 30 Douglas Bonneville, Lawrin Crispe



*Baptismal Candidates Emily, Addison, and Aiden
 From left: Cory Nohl, Sarah Nohl, Emily Nohl,
 Kimberly Gauthier, Addison Weaver, Brandi Starr,
 Aiden Anderson and Eric Anderson. Emily, Addison,
 and Aidan will be baptized on Sunday, April 14,
 at the 10:15 a.m. service.*

APRIL ANNIVERSARIES

- April 9 Charlie & Susan Daigneault



The Guardian is published monthly by St. Michael's Episcopal Church. News items, announcements, articles, etc., should be submitted to Clark Anderson, *editor*, by the 15th of the month for consideration.

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the DIVINE CHEMISTRY
 of LOVE and SPIRITUALITY:
 a celebration of Helen Daly
 Please join us as we celebrate Helen's birthday
 with music, chant, silence, and
 a discussion of the neuroscience of love
 with Dr. Lesley Fishelman

Saturday, April 27, 2013 9am–12noon
 St. Michael's Episcopal Church
 Brattleboro Vermont

"The heart is a thousand stringed instrument that can only be tuned with love."
 Rumi



Saint Michael's Episcopal Church

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The Guardian

Progressive, Prayerful, and Seeking to Follow Jesus in All Aspects of Our Lives



Our Worship Together

SUNDAYS—Holy Eucharist at 8:00 a.m. (Rite II) &
10:15 a.m. (Rite II with music)

WEDNESDAYS—Holy Eucharist at noon (Rite II)

THURSDAYS—Contemplative Prayer at 5:30 p.m.

This Month At St. Michael's Episcopal

APRIL 1—Parish Women's Breakfast

APRIL 21—Recovery Sunday

APRIL 22, 29—Evening Class