



# The Guardian

NOVEMBER 2014

## FROM THE RECTORY

*The way you live your days is the way you live your life.*

*Annie Dillard*

St. Michael's newly articulated vision—*A Christ-centered community of practice awakening to the abiding presence of God*—is all about how we live our days, how we live our faith and how our days and our faith intersect.

So how do we live our days? More and more it seems that we live our days with high levels of stress, anxiety and distraction. Needless to say, “the overwhelm,” as some writers have coined the way modern people feel in their daily lives, is not conducive to an awareness of God's presence.

During the fall I've been preaching about ancient practices that can help us slow down and enjoy more space in our lives for prayer and for connection to God and to one another. Introducing and teaching new and ancient practices that can help us integrate our faith into the way we live our days will be a focus for St. Michael's in the years to come.

I think much of our sense of being overwhelmed comes from the immediate and far-reaching news of which we are more aware than ever: 24/7 news channels, the almost immediate access we have to the world's every disaster and crisis, and the media's marketing of violence and scandal. For thousands of years, human beings' access to the news was limited to their immediate environs. Now we can know it all. But how healthy is it for us and for our souls?

Recently I read an article in the *Christian Century* called “To Pray the News” by Carol Zuleski, a professor of world religions at Smith College. She discussed her own struggles with the news, which she says portrays our human story as “essentially about violence, conflict and death.” Bad news, it seems, is more interesting than good news. And yet good news, gospel news, is what we as Christians are about. While we are called to face the bad news, we know that it is not the only news.

Zuleski suggests that we learn from the monastic tradition, which has a good sense of what it is we really need to know about world affairs, “namely, just enough to enable us to pray, to serve, and to grieve within proper measure, without vain curiosity.”

What is “just enough” news for you to pray, to serve and to grieve? And how can this news be balanced with the good news of hope and love and promise that we know in Jesus Christ?

*Yours in Christ,  
Mary*



## NEWS OF THE PARISH

### ALL SAINTS' DAY CELEBRATED NOVEMBER 2

*I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers.*

Paul's letter to the Ephesians

On November 2 St. Michael's will celebrate the Feast of All Saints at both the 8:00 a.m. and 10:15 a.m. services. During this service, we will remember those saints who have gone before us as well as recognize ourselves as those saints who have been called to follow Jesus with our whole selves. On this day, we also will remember in our prayers those who have died during the last year.

- If there are people who have died this year whom you would like to be named in the prayers, please add them to the book in the back of the church.
- Also, if you have pictures of people whose lives you want to give thanks for, we will provide two tables in the chancel area (in front of the altar and in the corner) as a visible reminder of the saints who have come before us.
- The St. Michael's Choir School will sing at the 10:15 a.m. service.
- There will be incense at the 10:15 a.m. service.



### INTERFAITH YOUTH GROUP GATHERING NOVEMBER 2

All kids ages 11-14 are invited to meet at St. Michael's at 3:00 p.m. to prepare and serve a meal at the Overflow Shelter at the First Baptist Church (190 Main Street). The meal will conclude by 6:30 p.m. Kids can be picked up at the Overflow Shelter. If you have any questions, please contact Ricky Davidson at [Rickybratt@gmail.com](mailto:Rickybratt@gmail.com)



### INTERFAITH THANKSGIVING SERVICE NOVEMBER 25

All are invited to an Interfaith Service of Thanksgiving on Tuesday, November 25, at 7:00 p.m., held at the First Baptist Church, 190 Main Street in Brattleboro. Leaders and members of various faith communities will be involved, sharing from their own traditions. There will be singing and choirs of all ages. This is an opportunity to celebrate and give thanks for the amazing support and generosity of neighbors in our community, and to recognize that in the midst of all the ups and downs of life we have many blessings to share. An offering of non-perishables or money will be accepted at the door to benefit the Brattleboro Drop-in Center. This service is sponsored by the Brattleboro Area Interfaith Clergy Association.



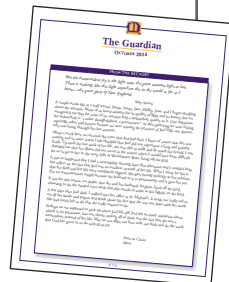
### THANKSGIVING DAY MORNING PRAYER AT CHRIST CHURCH

Join us on Thanksgiving Day, November 27, at Christ Church in Guilford for a Thanksgiving Morning Prayer service with hymns. Coming together to give thanks to God is a beautiful way to begin your Thanksgiving, and you will still have plenty of time to go home and cook! All are welcome.



### GO GREEN—RECEIVE YOUR COPY OF THE GUARDIAN BY EMAIL!

We currently send out about 300 copies of the Guardian every month. This is a lot of paper and printing, which has a cost to the environment and a cost to St. Michael's. If you would like to receive the Guardian as a PDF file that would be sent to you by email, please contact Jeanie Crosby at [jeanie@stmichaelsvermont.org](mailto:jeanie@stmichaelsvermont.org) or (802) 254-6048, x104. One advantage to receiving the newsletter this way is that you can view the pictures in color!





## NEWS OF THE PARISH



### WHY SAINT MICHAEL'S IS IMPORTANT TO ME

*by Jessica Bennett*

My journey at St. Michael's began when I was a week old. I was a newborn bundle at the Christmas Eve service. My mother tells me I slept through the whole thing. She kept me in the back pew, in case of the need for a fast escape. I was baptized at the Easter Vigil, still one of my favorite services.

I've grown up in this church. I came to work with my mom when she was the parish secretary. She had a playpen in the office for me. I spent a lot of time here growing up—we were choir brats, served on the altar, and did many youth group events. One of my fondest memories was the 30-hour famine. We built shelter out of cardboard boxes and ate lollipops for 30 hours straight. The youth group raised quite a bit of money for World Vision, an organization that feeds children in African countries.

Because of my childhood experience, raising Avery in the church became of great importance to me. Having a child, I know how wonderful it is to have a community where she is cared for. I know that she is safe here and can trust her surroundings, and that is very comforting.

This community, this building has been here my entire life. I wish that I could say the same for me, but there were times that I questioned my faith. I turned away from the church through some of my hardest times. Times when I needed to be here the most.

After losing my father, I found it very painful to be present in this place without him. I walked away, thinking that I could handle the grief on my own, without God's love. Little did I know, God's love surrounded me and brought me back to this community, and back to my faith.

St. Michael's has always been here for me, opening its loving arms to welcome me back.

I realized that I owed it to myself to be here and carry on my father's tradition of being involved and helping out. I was honored to be asked to help with the youth program! It brings me great joy to spend time with the kids of this parish week after week. I hope they gain even an ounce of what I gained from spending my childhood at St. Michael's. This is a very special place.



### PARISH FINANCIAL UPDATE: OPERATING INCOME/EXPENSES FOR JANUARY-SEPTEMBER

Pledges received in September increased as parishioners caught up in their pledging, but we are still below our annual budget by over \$3,000. Expenses for September exceeded the budget as some quarterly items came due for the fourth quarter.

**Total Pledges Received:** \$161,742 vs. Budget of \$164,998 (98.0% of Budget)

**of which: Total Pledges Received for November 2013:** \$31,666 vs. Budget of \$18,334 (172.7%)

**Total Operating Income:** \$242,743 vs. Budget of \$242,284 (100.2% of Budget)

**Total Operating Expenses:** \$244,774 vs. Budget of \$246,709 (99.2%)



## THE CHRISTMAS EVE PAGEANT

### CHRISTMAS EVE PAGEANT REHEARSALS START DECEMBER 7

Calling toddlers, children and teens! Join St. Michael's Christmas Eve pageant and help bring the Nativity to life for our parish!

We've been doing our own Vermont Nativity for several years now and will continue to do so, modifying it to fit the company and adding, of course, any new elements that pageanteers invent. Recent pageants, for instance, have been blessed with flocks of free-range angels!

**Here are the roles we need to fill:** innkeeper's assistant, innkeeper, Mary, Joseph, Angel Gabriel, angels, shepherds, wise wo/men, starbearer, and readers (all 10- to 18-year-olds are welcome as readers!).

**We'll rehearse:** Sunday mornings 9:00–10:00 a.m. (during Sunday school) starting December 7, when

we'll talk briefly about the story we'll tell and hear what role each child would like to play. On December 14 and 21, the rehearsals will be more detailed. In addition, we'll have a session with readers only at a mutually convenient time. Dress rehearsal will be on December 23 at 4:00 p.m. The pageant will be at 4:00 p.m. on Christmas Eve, Wednesday, December 24.

We invite kids from outside the Parish to join in, too. If you have friends from school or the neighborhood who'd like to be part of the pageantry, please encourage them to come to do so.

For more information and to sign up, contact Annie Landenberger, 802-348-7156, [verbatim@svcable.net](mailto:verbatim@svcable.net). Watch for more information and a list of other adult contacts in upcoming Sunday Bulletins.

## OUR MISSION & WORK . . . AND HOW YOU CAN HELP

### WORKING TOWARD PEACE IN THE WORLD

This year St. Michael's parishioners helped at two international peace camps! The S.I.T. peace camp holds a barn dance for its nearly 120 campers, young people from countries experiencing conflict. It is made possible thanks to a donation from Andy Davis, a group of great musicians, and friends who believe in the activity and loan their barn. With all kinds of dances called on a warm evening, the thirsty dancers enjoyed the water and watermelons. Your pledge dollars provided a port-a-potty.

Nicholas and Dorothy Porter held two sessions of the Kids 4 Peace program with youngsters from Israel, Palestine, and the United States. Theirs is an interfaith leadership camp for 16-year-old teens called Jerusalem Peacebuilders. The sessions were held last summer during the war between Israel and Gaza. St. Michael's people helped out, mostly in the food department. Laura Lewis and others put on three home dinners during the first session. Campers met Americans their age and enjoyed an American home. During the second session Betsy Bates and Neil Quinn invited all of the campers to their beautiful gardens and pool for

a picnic. Parishioners provided transportation and food (Hebrew national hot dogs, three-bean salad, chips, lemonade, popsicles, and watermelon). One camper told Laura, "In Jerusalem there are no gardens like this one, only very small ones if you live on the ground floor of your apartment building."

Several of us helped in food preparation at the beautiful camp at Acer Farm in the woods off Hinesburg Road. Chopping vegetables is one thing we know well, but doing it for these brave young people was quite an experience. The atmosphere was informal but serious because of the context of the war, the vulnerability of family back home, and the ongoing tensions in the region. Participants were asked how they would try to solve the problems between Israel and Palestine. Nancy Barber heard groups of campers offer solutions. One was to establish Gaza and Jerusalem as separate countries, each with its economy, social services, government oversight, and justice systems.

Sarah Benton said it was a privilege and an honor to help out and to witness the last weekend of the second session. "I was welcomed into a community of young adults who participated and learned about each others'



## OUR MISSION & WORK . . . AND HOW YOU CAN HELP



cultures and witnessed their openness to share their individual struggles and stories in an ever-changing world. They did not always agree, yet there was a sense of respect that helped them move forward. On the last Sunday families were present as the campers presented skits and talked about how they would form a government in the Holy Land. During a question-and-answer time, one boy was honest that he couldn't agree to some of the laws. He held to his convictions but agreed to disagree. One of the family members chimed in quite loudly that he was wrong and it was his country's fault there was no peace. I was taken aback and thought, wow, these kids have to deal with this every day. The group leaders did step in, and Nicholas said the kids were not wrong and



not to be blamed. The campers are the future, and they have formed friendships across their differences. The sessions were hard, but yet there were smiles, laughter, singing, and hugs.”

Two girls told Susanna Grannis on their last day that leaving was very difficult even though they

wanted to see their families. For them the camp had been overwhelming and life-changing.

We hope to return next summer to help and to witness the amazing faith shown by the Porters, their colleagues, Bishop Ely who was there, and most especially the youth who look to God to lead to a more peaceful world.

*Susanna Grannis*



### AMAZONSMILE

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## ALTERED STATES: A DAY OF CHANTING NOVEMBER 15

Chanting: what is it for? How do different cultures approach it? Is it beneficial and accessible to everyone? The answer to this last question is a resounding Yes! In this day-long program sponsored by St. Michael's own Winged Productions, we will sing and learn about a number of chants from two different traditions, leading up to singing in a joint service of thanksgiving and prayer. This event is a remarkable opportunity to nourish the soul, as we experience the rejuvenating effects of chant. No previous experience is necessary.

The practice of chanting provides an astonishing array of benefits and experiences. It

- connects us to divine presence
- nourishes the soul
- resonates in our bodies
- reduces anxiety and depression
- engenders compassion
- boosts immunity
- opens our intuition

Two dynamic teachers will be the primary leaders of the day: Dr. Amer Latif, Professor of Religious Studies at Marlboro College, and Sr. Kristina Frances, SSM, Cantrix of the Society of St. Margaret in Boston. Accompanied by traditional Sufi musicians, Dr. Latif will explore the ways in which sound and language can connect us to the divine presence through the musical practice of



tuning, also known as “making accord.” Participants will chant a variety of tones that facilitate a state of union and unity. We will also practice chanting the various Name(s) of God and phrases used in the contemplative practices of Islamic mysticism, all seeking through the act of singing to bring about the “unity of hearts.” These practices will be interspersed with readings and discussions of chanting in the writings of contemplatives such as Rumi.

Sr. Kristina Frances will explore how chanting builds and sustains community, as well as deepens a personal spiritual practice, through some of the great Gregorian and Ambrosian chants of the Christian Church. With Sr. Kristina, we will also explore breathing, volume, active listening, and silence, and find a heart center in prayer and community as we learn and sing a variety of beautiful chants, some of them dating back to the very earliest Christian sung prayers.

The day concludes with an afternoon chanted service of prayer and thanksgiving.

The fee is \$70 and includes a nourishing lunch, as well as snacks, coffee, and tea throughout the day. To register for the program, or for more information, visit the St. Michael's website at [www.stmichaelsvermont.org](http://www.stmichaelsvermont.org) (view

Winged Productions), or call the church office at (802) 254-6048.



## ADULT FORUM SCHEDULE FOR NOVEMBER

Our Adult Forums continue in November from 9:00–10:00 a.m. in the Meeting Room. The Forums provide an opportunity for Christian formation outside our regular worship times. All are welcome!

**November 2, *Telling Stories about Joel Hill and Giving Thanks for her Life***—You are invited to bring your favorite Joel story and to share it. Phillip Wilson will lead.

**November 9, *Advance Care Directives: Getting Unstuck***—If your loved one had a serious illness or accident and couldn't communicate, do you know what s/he would want? What if it were you? What would you want? Heart-rending decisions must be made. Mapping out your wishes ahead of time is a kindness to the ones who love you.

You know it's important, and you have been planning to complete your advance care directive but... Where have you gotten stuck? Or do you have a completed directive which you haven't looked at in years? An advance care directive is a living document that should be revised as your circumstances change. Let's talk about it and help one another move forward on this difficult but crucial task. Come to the forum with your questions. We will have blank Vermont, New Hampshire, and Massachusetts forms if you don't already have one. Led by Annamarie Pluhar, with Joanna Rueter, MSW of Sustainable Aging.

**November 16 and 23, *Putting the Current Crisis in the Middle East in a Larger Context***—We are happy to welcome Javed Chaudhri back to St. Michael's. Javed was born in Pakistan and attended Lawrence College at Ghora Gali, a school founded in 1860 in the Himalayas. His school friends and classmates included a Pakistani Prime Minister, a Chairman of the Pakistani Joint Chiefs, and several princes, generals, ministers, and senior public officials. He graduated from Marlboro College in 1965, studied at The New School for Social Research in New York, and earned a Masters degree in Anthropology from the University of Massachusetts, Amherst. He has worked in Canada, the U.S., and Pakistan as a business executive for various multinationals, as well

as teaching at the Community College of Vermont, Johnson State College, Marlboro College, and Keene State College.

**November 30, *Engaging with our Advent Texts***—The season of Advent is particularly blessed by texts that are rich in imagery and multiple layers of meaning. On a given Sunday, though, the hymns, collect, lessons, psalm, and gospel sail by so quickly that we miss most of this richness. In this Forum we will slow down and live with a few of these Advent texts long enough to let them find a home in us. We will engage with one of the texts through doing a guided Ignatian-style meditation. Karen Guthrie will lead. Note: This session is intended as the first in a series to be continued through Advent on the same theme and with a similar format, but with different leaders each week.

### NOVEMBER LECTIONARY

**SUNDAY, NOVEMBER 2:** Revelation 7:9–17; Psalm 34:1–10, 22; John 3:1–3; Matthew 5:1–12

**SUNDAY, NOVEMBER 9:** Joshua 24:1–3a, 14–25; Psalm 78:1–7; 1 Thessalonians 4:13–18; Matthew 25:1–13

**SUNDAY, NOVEMBER 16:** Judges 4:1–7; Psalm 123; 1 Thessalonians 5:1–11; Matthew 26:14–30

**SUNDAY, NOVEMBER 23, FEAST OF CHRIST THE KING:** Ezekiel 34:11–16, 20–24; Psalm 100; Ephesians 1:15–23; Matthew 25:31–46

**SUNDAY, NOVEMBER 30, ADVENT 1:** Isaiah 64:1–9; Psalm 80:1–7, 16–18; 1 Corinthians 1:3–9; Mark 13:24–37



ST. MICHAEL'S TERRIFIC TAG SALE







ST. FRANCIS DAY BLESSING OF THE ANIMALS



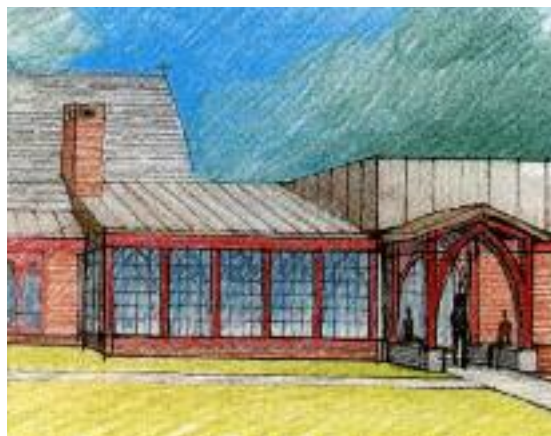


## ROTA FOR NOVEMBER

**LITURGICAL ROTA FOR NOVEMBER 2014 • 8:00 AM AND 10:15 AM SUNDAY SERVICES UNLESS OTHERWISE NOTED.**

POSITION	NOVEMBER 2	NOVEMBER 9	NOVEMBER 16	NOVEMBER 23	NOVEMBER 30
<b>8:00 A.M. SERVICE</b>					
<b>Lay Assistant</b>	Anita Crosson	Wayne Cook	Kate McGinn	Wayne Cook	Kate McGinn
<b>Intercessor</b>	Laura Lewis	Doug Switzer	Anne Brown	Doug Lilly	Bill Ames
<b>Sacramental Healing</b>		Janet Cramer	MJ Woodburn	Betsy Bates	Janet Cramer
<b>10:15 A.M. SERVICE</b>					
<b>Crucifer</b>	Miranda Smith	Mikael Mattson	Ken Nielson	Ricky Davidson	Peter Johnson
<b>Torch Bearers</b>	Thea Porter Rebecca Porter	Avery Bennett Andachew Mousin	K.C. Mattson Jake Mattson	Julian Siegel Nathaniel Johnson	Kiersten Landin Jonah Johnson
<b>Lay Assistant</b>	Sarah Benton	Nancy Barber	Miranda Smith	Greg Lesch	Annie Landenberger
<b>Intercessor</b>		Betsy Bates	Joe Grannis	Sarah Rich	
<b>Lector</b>	Martin Leggott	Annie Landenberger	Sarah Warren	Mary Carnahan	Jodi Clark
<b>Ushers</b>	Michael & Susan Wilmott	MJ Woodburn & Vince Johnson	Sherry Stimmel Annie Landenberger	Michael & Ron Doty-Tolaro	John Daly Leigh Marthe
<b>Element Bearers</b>	Sue Dyer Chris Hart	Ken Jacobs Betsy Bates	Sissi Loftin & Janet Brocklehurst	The Allen Family	Craig Hammond & Liz Vick
<b>Altar Guild</b>	Susan Dyer Elise Burrows Pat Laubach Judy Walker Laurie Chiperfield	Susan Dyer Elise Burrows Pat Laubach Judy Walker Laurie Chiperfield	Jane Sbardella Christine Gauthier Lucia Osiecki	Jane Sbardella Christine Gauthier Lucia Osiecki	Craig Newbert Irene Burtis Judith Hildreth Sherry Stimmel
<b>Sacramental Healing</b>	Trudy Crites Robin White-Diamondstone	Betsy Bates MJ Woodburn	Robin White-Diamondstone Margit Lilly	Sarah Benton Jean Smith	MJ Woodburn Betsy Bates
<b>Coffee Hour</b>	Porter Family	Annamarie Pluhar Sherry Stimmel	Susan Avery, Liz Vick & Craig Hammond	Bates/Ames/ Hueber	Martha Moravec, Brian & Joyce Vining Morgan
<b>Counters</b>	Anne Cook Judy McGee	Wayne Cook Vince Johnson	Ricky Davidson Jared Rediske	Sherry Stimmel Judith Hildreth	Doug Switzer Gwen Mousin

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





CELEBRATIONS

ABOUT US

NOVEMBER BIRTHDAYS

- November 2 Patrick Meyer
- November 3 Tian Ragle  
Rich Melanson
- November 5 Kiersten Landin
- November 9 Ruth Tilghman
- November 10 Rachel Daigneault
- November 11 Mikael Mattson
- November 15 Wendell Howard  
Nathan Olmstead
- November 16 Judy Walker
- November 17 Kate McGinn  
Ken Jacobs
- November 18 Heddy Pomazi
- November 19 George Lewis  
Christopher Wesolowski  
Aiden Anderson
- November 20 Christine Gauthier  
Eve Pomazi
- November 21 Annalise Fedoruk
- November 22 Anne Brown
- November 24 Pam Crispe
- November 28 Laurie Chiperfield
- November 30 Alfred Cramer  
Don Berg

NOVEMBER ANNIVERSARIES

- November 2 Irene & Richard Burtis
- November 9 Laurie & Bob Chiperfield
- November 11 Cordelia & Joseph Garofalo
- November 13 Rosie & Matt Wojcik
- November 29 Jessica & Chris Mattson

VESTRY OF  
ST. MICHAEL'S EPISCOPAL CHURCH

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DID YOU KNOW?

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## Saint Michael's Episcopal Church

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# The Guardian

*a Christ-centered community of practice awakening to the abiding presence of God*



## Our Worship Together

**SUNDAYS**—8:00 a.m., Quiet service of prayer and Holy Communion  
10:15 a.m., Prayer, music, and Holy Communion, with Sunday School and childcare  
**WEEKDAY MORNINGS**—6:00 a.m., Silent hour in chapel  
**WEDNESDAYS**—Noon, Brief service of prayer and Holy Communion  
**THURSDAYS**—9:00 a.m., Rite I service; 5:30 p.m., Contemplative service of chanting, silence, and prayer  
**SATURDAYS**—8:00 a.m., Centering prayer

## This Month At St. Michael's Episcopal

**NOVEMBER 2**—Celebration of the Feast of All Saints  
**NOVEMBER 15**—Altered States: A Day of Chanting  
**NOVEMBER 27**—Thanksgiving Day morning prayer, Christ Church, Guilford