



# The Guardian

SEPTEMBER 2013

## FROM THE RECTORY

### DREAM-CATCHING 2.0

At the Vestry meeting last night, we heard the final report on the construction project from Judith McBean. As interesting as it was to hear about the surprises and necessary changes made to the project, what struck me most were Judith's words about the Holy Spirit's presence and guidance throughout this endeavor. These words about the Spirit have been echoed by many of you who were involved in the dreaming, planning, and implementation of the Building for the Future Project.

Back in 2006, St. Michael's engaged in a process called "dream-catching." This process involved inviting parishioners to participate in small-group conversations about their dreams for the St. Michael's building. The most important question that was addressed by these conversations was, "What is God calling this parish to do and how can our building more fully support this call?"

Two of the priorities that rose to the top in this process were that we wanted to have a building that was accessible and welcoming to all people, and that we wanted the church spaces/rooms to be flexible and multi-purpose to accommodate many different kinds of ministry.

Now that the project is finished and we indeed have a truly accessible building with flexible spaces, it is time to gather again to dream and envision what will be our priorities in ministry during these next few years. The Spirit led us through this project, and we are asking the Spirit to continue to inspire and guide us.

I invite you to participate in one of three opportunities for small-group conversation listed below. These sessions will last 90 minutes, and you will be asked to ponder, pray, and discuss how St. Michael's may embrace our calling to follow Jesus in a rapidly changing world.

At these sessions, your responses, ideas, and dreams will be recorded and gathered, then be passed on to the Vestry to help us prioritize and articulate an authentic vision for St. Michael's.

I truly hope that you will make every effort to participate in this process. As Paul says, you are the Body of Christ and individually members of it. Your insights are vital for our church. And this is true of newcomers as well as longtime members of St. Michael's.

*Yours in Christ,  
Mary*

#### **DREAM-CATCHING 2.0: CONVERSATIONS THAT MATTER**

Help us discern the Spirit's call to St. Michael's! Please participate in one of the three sessions:

Saturday, September 21, 10:00–11:30 a.m.  
Sunday, September 22, 12:00–1:30 p.m.  
Tuesday, October 9, 7:00–8:30 p.m.

All sessions will take place in the Undercroft. Childcare will be provided.



## OPENING NEW DOORS FOR THE GLORY OF GOD!

### MARK YOUR CALENDARS FOR CELEBRATION!

On September 28 and 29 the parish and the greater community will gather to celebrate the successful completion of our capital campaign and the consequent completion of St. Michael's renovations and new construction, including our new chapel. The weekend is also designed to give thanks to members of the parish, the neighborhood, the architects, the construction team, the Vestry, and St. Michael's clergy and staff for their support in helping St. Michael's meet one of the biggest challenges we've set for ourselves in decades.

The celebration will begin Saturday afternoon, September 28, with a welcome to members of our neighborhood and of the greater Brattleboro area, as well as to our own community. All are invited to view displays of the construction process, tour the new and renovated facilities, hear special entertainments, enjoy refreshments, and share in a parish supper.

On Sunday we will conclude with worship led by our bishop, Tom Ely, and a festive coffee hour. Weekend events will also include confirmation by the Bishop of several new parish members and a reunion with old friends, including former clergy of the church, as well as time for quiet contemplative prayer in, and Bishop Ely's consecration of, the new Chapel of Mary the First Apostle.

All can also enjoy hearing the history of St. Michael's, before and since our move in the 1950s from Main Street to where we are now on Putney Road. As we commune over food and festivity—coincidentally celebrating the Feast of Saint Michael—we'll recognize who we are and all we have done as we commit ourselves, out of our abundant blessings, to a renewed ministry both within and outside our parish family.

Many are already involved in creating our celebration. If you aren't yet involved and want to be, contact a member of the coordinating committee: Janet Cramer, Craig Hammond or Annamarie Pluhar. Watch your e-mail and the Sunday bulletins for more information. And save the dates!

### CONFIRMATION, RECEPTION, AND REAFFIRMATION SEPTEMBER 29

Bishop of Vermont Thomas Ely will visit St. Michael's on Sunday, September 29. At that time, he will offer the sacramental rite of Confirmation. If you are interested in being confirmed or received, or in reaffirming your baptismal vows, please enroll in the class "Exploring the Episcopal Church" (see above).

What is the difference between Confirmation, Reception, and Reaffirmation?

*Confirmation*—Baptism is the ancient entry rite into the Church, "the Body of Christ." In Baptism, we affirm that we belong to the God who is made known

to us in Jesus, and we promise (or promises are made for us, if we are infants) to live our lives in accordance with this deepest truth about who we are and whose we are. Confirmation in the Episcopal Church is a sacramental rite in which a baptized person makes a mature and public affirmation of the promises that are normally made at Baptism. After making these affirmations, the Bishop lays hands on the candidate and prays a prayer of confirmation.

*Reception*—Reception is a formal welcome into the Episcopal Church by a bishop for those who have already been confirmed in the Roman Catholic or Orthodox Church.



## NEWS OF THE PARISH

*Reaffirmation*—Reaffirmation is for people who are already confirmed in the Episcopal Church. Some people presented to the bishop during the service of Confirmation are there to “reaffirm” their Christian vows. These might be people who have been away from the church for a period of time and want to make a new beginning. Others might be people who sense that they are at a new stage in their spiritual life and want to affirm this in ritual. Periodically, a spouse or fiancé who is already a confirmed Episcopalian will go through Reaffirmation, as a way of honoring his or her partner’s decision to become a Confirmed Episcopalian, saying in effect, “We are in this together.” We all go through many changes in our life’s journey, and reaffirmation provides a rite for those who want to take stock of their religious and spiritual life anew.



### “EXPLORING THE EPISCOPAL CHURCH” BEGINS SEPTEMBER 3

Beginning Tuesday, September 3, Mary Lindquist will offer a five-session class about the Episcopal Church. The class will meet Tuesday evenings, 6:00–7:30 p.m., in the Meeting Room. In this class, we will explore the history, theology, and spirituality of the Episcopal Church.

The class is open to anyone interested in learning more about how the Episcopal Church lives out its Christian faith. Although the class is especially suited for those seeking to be baptized, confirmed, or received in the Episcopal Church, it is open to those who want to brush up on their knowledge or who are just curious.

The timing of this class is to accommodate the visit of Bishop Ely on September 29, who will be able to confirm or receive those who wish to officially become Episcopalian through Confirmation or Reception or Reaffirmation (see the article above).

Please email Mary if you are interested in attending at [mary@stmichaels-vt.org](mailto:mary@stmichaels-vt.org) or call the church office at 254-6048, ext. 102, or sign up in the Meeting Room.

Also, let Mary know if you are interested in this class but the timing does not work for you, as we may be able to change the day or time.



### USHER TRAINING SEPTEMBER 7

Calling all ushers! We are doing things a little differently since we moved back into our sanctuary and we want to make sure we’re clear about how we perform this ministry of hospitality. Please mark your calendars for an usher training session on Saturday, September 7, at 10:00 a.m. in the church.

#### *Will you help us with the ministry of ushering?*

Would you like to help welcome people and make them feel at home at St. Michael’s? Then the ministry of ushering may be for you! The ministry involves coming to church early (9:50 a.m. for the 10:15 service), welcoming people as they come through the door, helping to direct people to Holy Communion, taking the offering, etc. This is a real ministry of hospitality and vital for our church. If you are interested in signing up, there will be a sign-up sheet in the Common Room, or you may simply call the church office (254-6048). We welcome single people, families and couples—everyone—to sign up!



### SUNDAY SCHOOL OPEN HOUSE AND COMMISSIONING SEPTEMBER 8

Sunday, September 8, marks the beginning of our program year at St. Michael’s. On that day between 9:30 and 10:00 a.m., there will be a Sunday School Open House for parishioners, kids, parents, and anyone else who is interested. There will be food, play, and balloons. We will also be commissioning the teachers during the 10:15 liturgy. Please join us for this special day! And see the article below about our full roster of Sunday School activities beginning September 15.



## NEWS OF THE PARISH

### WOMEN'S BREAKFAST GROUP RESUMES SEPTEMBER 14

The Episcopal Church Women's Breakfast Group will meet on Saturday, September 14, at the church from 8:30-10:00 a.m. We will welcome Kathy Leo and a small group of the Hallowell singers, who will tell us about their program, answer questions, and offer us a few tunes. Please join us for this interesting time. Bring friends and call Irene Burtis if you need child care (257-7297). Coffee and tea will be provided, and food will be potluck. If your name begins with N-Z we request that you bring a breakfast food to share. Future meetings of the group will be held on October 19 and Nov. 9. We would love to have your ideas for speakers in future meetings. Questions/comments?

See you then,

*Ruth Tilghman, Jean Smith, Rosie Wojcik,  
and Irene Burtis*



### WOULD YOU HELP WITH COFFEE HOUR?

September 8 marks the end of summer and beginning of the "regular" church season for St. Michael's, which also means the end of "Lemonade on the Lawn" and the resumption of coffee hour in the Undercroft. Please consider if you would like to continue the "partnership" arrangement for hosting coffee hour (two people signing up for each Sunday) or if you wish to "regroup." Look for sign-up sheets in the Common Room and expect a contact from Parish Life.

*Thanks,  
Linda Rice*



### VESTRY MEETING NOTES FROM AUGUST 15

- Judy McBean came to present her project summary of our Building for the Future Campaign, both the successes and the disappointments. We are very fortunate that the former outnumbered the latter.

Corky Elwell presented the project's Financial Report, indicating that we have emerged with a much smaller debt than expected in such projects.

- We have a rough estimate of the cost of replacing half of the rectory's leaking roof, and have identified where the money will come from.
- We accepted with regret the resignation from the Vestry of Lynne Lewandowski. Wayne Cook has agreed to serve in Lynne's place until the next election in January.
- Janet Cramer reported on plans for the celebration of our refurbished church and the dedication of our new chapel with Bishop Ely and community guests, September 28 and 29.
- The date for the next Open Meeting with the Vestry is set for November 17 during Adult Forum time.
- We are also planning a series of meetings to develop our vision for what God is calling us to do and be as we move into the future in our refurbished spaces.

*Karen Guthrie, for the Vestry*



### FALL TAG SALE OCTOBER 4-5 MARK YOUR CALENDARS!



### DID YOU KNOW?

That you can see this issue of the *Guardian* in beautiful color on our new website? That you can find the Rota? That you can check for the latest on events and services? Go to [www.stmichaelsvermont.org](http://www.stmichaelsvermont.org) and see for yourself!





## EVERYTHING YOU NEED TO KNOW ABOUT SUNDAY SCHOOL

### OUR SUNDAY SCHOOL PROGRAMS

St. Michael's Sunday School classes officially begin on September 15. We still could use some help from parishioners to fully support our children in the programs listed below! Please contact the church office (Jeanie@stmichaelsvermont.org) or come to the Sunday School Open House on September 8 to sign up.

**Workshop Rotation**, a Christian formation program for children and youth ages 3–10 years old, is offered from 9:00 to 10:00 a.m. every Sunday. We explore one Biblical story for each four-week cycle, using a different learning approach each week (art, drama, video, story, science, dance, music, computer, or cooking). Our hope is to provide a time of active engagement with the stories of the Bible and with one another.

- *Volunteer Commitment*—lead or assist for one four-week session, or volunteer for one Sunday to share your gifts of cooking, drama, science, dance, or art.

**Youth Forum** (for kids 11 years old and up) is held every Sunday from 9:00 to 10:00 a.m. The Youth Forum provides an opportunity for youth to learn more about faith through service, study, conversation, and exploration.

- *Volunteer Commitment*—help teach or help with occasional special service activities or projects

**Godly Play** (ages 3–9) meets Sundays at 10:10 a.m. during the first half of the 10:15 worship service. Godly Play is a Montessori-inspired Christian formation program based on the recognition that children have an innate sense of the presence of God. All they lack is the appropriate language to help them identify and express it so it can be explored and strengthened. The Godly Play approach teaches classical Christian language in a way that enhances the child's authentic experience of God so it can contribute to the creative life of the child and the world. Children then join their parents during the Peace so that they may participate in Holy Communion with the rest of the congregation.

- *Volunteer Commitment*—be a Story Teller once every six weeks, or be a Door Keeper (assistant) once every six weeks

**Nursery Care** is offered every Sunday from 10:00 to 11:45 a.m. for infants and young children. Two experienced adult childcare providers are available to care for and nurture your children.

## EXPLORING OUR FAITH TOGETHER

### ADULT FORUM SCHEDULE FOR SEPTEMBER

Our forum year will start this month with three show-stoppers that should not be missed:

**September 15, St. Michael's Renovation Story**—Ron Lenker will give us a blow-by-blow, illustrated commentary on the renovation of our church building, the new chapel, and the Bradley Wing.

**September 22, Stories from St. Michael's History**—Bob Anderson will connect such disparate subjects as Ethan Allen, the Gales of Guilford, the chestnut blight, the Wesselhoeft Water Cure, Rudolph Serkin,

trace minerals, the governor of Vermont, the granddaughter of Theodore Roosevelt, Memorial Day 1953, and the equestrian revolutionary. He will explain how these persons and events are among the many component parts of the history of the Episcopal parish of St. Michael's in Brattleboro, Vermont.

**September 29, Bishop Tom Ely**—By the time we see him in church, he will have been an active participant, along with all of us, in the celebration, dedication, and consecration of our renovated worship space, grounds, offices, and chapel.



## EXPLORING OUR FAITH TOGETHER

### WHY SING?

*Because you are made for it.*

Singing is our first language. Anthropologists and neurologists alike now concur that singing (i.e., using pitch to communicate) is the manner in which our human ancestors relayed basic information and feelings. At the turn of the century, there were still three identified groups of peoples who still used pitch and pulse as their primary form of communication. French author Victor Hugo once wrote, “Music expresses that which cannot be put into words and cannot remain silent.” We are now beginning to understand just why this form of communication is so potent, and so vital in becoming fully human.

*Because it makes you healthier.*

One could write a book about this (and many have!). From brain health to heart health to mental health, and more. Singing in a group appears to be even healthier than solo singing, since heart and breathing rates become coordinated and regulated when one sings in a chorus, not to mention the healthy mental workout one gets in a chorus! Music therapy is a fast-growing field, proving especially effective in a variety of neurological conditions (stroke, dementia, brain trauma/injury, etc.).

*Because it makes you happier.*

Of all forms of music, singing—once again, especially in a group—has the ability to lift spirits and create community bonds on a sustained level. The release of feel-good endorphins, increased levels of oxygen in the blood, and the production of oxytocin, the all-important bonding chemical, all happen when we

sing. Do we become more loving and bonded when we sing together? Absolutely!

*Because you can.*

My father grew up thinking he couldn't sing because he seemed to have trouble matching pitch. He loved music, and was a great dancer, but he was convinced that he was tone deaf. He developed Alzheimer's in his mid 80s, and suddenly began singing along with Frank Sinatra and Nat King Cole beautifully, and bang-on pitch. I'll never forget the day he said, “I am a good singer!” Many people confuse the concept of being able to sing with being musically educated or trained. Yet babies sing before they can even walk! Reading musical notation is a great and extremely useful skill. But it isn't how we hear or produce pitch; rather, it is how we see the pitches arranged in relation to each other.

*Because it helps connect you to God.*

There is a reason why we are enjoined repeatedly in both the Old and New Testaments to “Sing unto the Lord.” As in prayer, when we allow ourselves to let go of our specific points of view and simply breathe, hum, and pulse our being, we open ourselves to hearing God's song to us.

Let go of your worries about how your voice sounds, about what you know or don't know. Reach for the note that speaks to you. Sing, and savor the song sung deeply in your soul.

*He will quiet you with His love, He will rejoice over you with singing.* Zeph. 3:14–17

Susan Dedell

### SEPTEMBER LECTIONARY

**SUNDAY, SEPTEMBER 1:** Proverbs 25:6–7; Psalm 112; Hebrews 13:1–8, 15–16; Luke 14:1, 7–14

**SUNDAY, SEPTEMBER 8:** Deuteronomy 30:15–20; Psalm 1; Philemon 1–21; Luke 14:25–33

**SUNDAY, SEPTEMBER 15:** Exodus 32:7–14; Psalm 51:1–11; 1 Timothy 1:12–17; Luke 15:1–10

**SUNDAY, SEPTEMBER 22:** Amos 8:4–7; Psalm 113; 1 Timothy 2:1–7; Luke 16:1–13

**SUNDAY, SEPTEMBER 29:** Amos 6:1a, 4–7; Psalm 146; 1 Timothy 6:6–19; Luke 16:19–31



## MILESTONES & TRANSITIONS

Milestones & Transitions features updates about what is happening in our community: graduations, retirements, changing jobs, moving/change of address, birth of a child/adoption, deaths all those major things that the community would want to know about and lift up in prayer for God's blessing. If you have an item to share please contact the church office at [Jeanie@stmichaelsvermont.org](mailto:Jeanie@stmichaelsvermont.org) or 254-6048.

**The Terrell family** (Kurt, Eden, Harper & Crosby) is moving! In mid-August, Kurt got a job as the Director of Advancement at the North Country School and Camp Treetops in Lake Placid, New York. We are very sad to say good-bye to them. We wish them many blessings and look forward to periodic visits to Brattleboro.

On Tuesday, July 29, beloved brother in Christ and member of St. Michael's **Toby Sprague** died peacefully at his residence at Vernon Green. Toby had been diagnosed with Parkinson's disease and had moved to Vernon Green in 2012. A funeral for Toby will be held at St. Michael's on Saturday, September 7, at 11:30 a.m. All are welcome.

### SEPTEMBER BIRTHDAYS

- September 3 Aaron Sharff
- September 4 Jacki Capponcelli
- September 6 Ricky Davidson, Charlie Daigneault
- September 7 Chris Lovell, Benjamin Acosta-Hughes
- September 9 Sarah Benton
- September 11 Grace Xinqi Willingham
- September 13 Richard Revilla, Richard McNary
- September 14 Kyle Capponcelli
- September 16 Susan Daigneault
- September 17 Donna Reidt
- September 18 KJ White
- September 19 Skyla Ragle, Elise Burrows
- September 20 Krista Burtis, Ainsley Meyer, Christian Olmstead
- September 21 Nicholas Fontaine, Wendy Cluff, Avery Bennett
- September 22 Anne Montgomery, Ellen McNary
- September 23 Hannah Kochinskas
- September 24 John Souza
- September 25 Dennis Miller, Scott Ryan McElhinney
- September 28 Corky Elwell
- September 29 Bruce Hesselbach
- September 30 Mary McCarthy

### SEPTEMBER ANNIVERSARIES

- September 3 Christine Triebert & Carol Ross
- September 4 Robert & Becky Anderson
- September 10 Neil Quinn & Betsy Bates, Ken & Linda Neilson, Andrew & Kate LeBlanc
- September 22 Kurt & Katherine Wagenbach
- September 28 Bob & Judy Walker

## SHE CAME, SHE SAW, SHE DECORATED— AND NOW SHE'S LEAVING!

When Jane Riedel quietly appeared at St. Michael's a couple of years ago, little did she or anyone else realize that the Holy Spirit had plans for her to play a big part in the renovation of St. Michael's. Jane had moved to Athens, Vermont, after a successful career as an interior designer in the New York area. She quickly made many friends in the parish and became more and more involved in activities at St. Michael's, including the Tag Sale and EfM.



Then, when work at the church began, Jane generously gave many, many hours of her time and expertise to make our new spaces both useful and beautiful. She advised on wall and carpet colors and finishes, planned the layout of rooms, used her professional connections to find the most appropriate furniture at the best prices—you name it, she was busy working on it! Thanks to her knowledge, thoroughness, and creativity, we will have new spaces that meet codes for public places and are durable and lovely.

But having completed her work here (a bit like Mary Poppins!), Jane is leaving us. She will be moving to California at the end of September to be near her son, daughter-in-law, and imminent grandchild.

So before Jane leaves, be sure to thank her for all her untiring work and generosity, and wish her Godspeed. She has indeed been a blessing to St. Michael's, and we will miss her!



*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.

**Clark Anderson**, *editor* • 802-257-1409  
[bodyinthelibrary@mac.com](mailto:bodyinthelibrary@mac.com)

**Susan Kochinskas**, *designer* • 802-387-2732, [flockshm@sover.net](mailto:flockshm@sover.net)

**Guardian Mailing List:** contact Jeanie Crosby with address changes or requests to be added or removed from *The Guardian* mailing list. [jeanie@stmichaels-vt.org](mailto:jeanie@stmichaels-vt.org) or 802-254-6048.

♻️ printed on recycled paper 100% post consumer, PCF



## Saint Michael's Episcopal Church

16 Bradley Avenue, Brattleboro, Vermont 05301-3429  
802-254-6048 ■ info@stmichaels-vt.org ■ www.stmichaelsvermont.org

CHANGE SERVICE REQUESTED

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
BRATTLEBORO, VT  
PERMIT #18

# 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

**SEPTEMBER 1**—Evening Prayer at 5:30 p.m. Christ Church, Guilford

**SEPTEMBER 3, 10, 17, 24**—Exploring the Episcopal Church class

**SEPTEMBER 14**—Women's Breakfast Group

**SEPTEMBER 15**—Sunday School and Forums begin

**SEPTEMBER 28 & 29**—Our Big Celebration!