



# The Guardian

SEPTEMBER 2014

FROM THE RECTORY

## WHAT ARE YEARS?

One of the family rituals and inside jokes I remember from my childhood is a question that was exchanged on birthday cards between my grandfather and my father. Below the birthday wish inscribed on the card by Hallmark, my grandfather or father would write, “What are years?” I think the question was a philosophical and humorous way to approach the challenge of growing older. What are years? Simply a human construct, a line in the sand. The cycle of the year is imprinted in nature—one year marks one trip around the sun and the repetition of another four seasons.

Liturgical time is marked in one-, two- and three-year cycles. The Revised Common Lectionary (the prescribed order of Sunday Scripture readings) follows a three-year cycle. At the end of July, I was reminded by the lectionary Scripture texts (more than the calendar date) that I was celebrating my three-year anniversary at St. Michael’s. Three years ago, on my first Sunday with St. Michael’s, I preached about the Feeding of the Five Thousand from Matthew. On July 27, this was again the gospel story appointed for the day.

Three years seems like an important line in the sand, not only liturgically, but also in the cyclical life of the church, and especially of our own church.

Three years ago, St. Michael’s building was inaccessible, dated, and in disrepair. Last month, we celebrated the blessing and installation of the Mary Magdalene icon, which marks the completion of our much-beloved new chapel. We now have a building that is completely accessible, beautiful, and efficient, and provides an additional space for prayer and worship.

Three years ago, St. Michael’s kicked off its capital campaign for the Building for the Future Project. For this special occasion, we invited Brother Scott Borden from Holy Cross Monastery to be our preacher. Brother Scott will be returning to St. Michael’s to see the results of our project and to preach on the Feast of St. Michael and All Angels, which we will celebrate on September 28.

Three years ago, St. Michael’s sent Mark Genszler to seminary. On September 3, Mark will be ordained as a priest in his new position at St. Francis Church on Long Island. Meanwhile, we have just sent Paul Moberly to Virginia Seminary to begin his studies for the priesthood.

Three years ago, I was your brand new priest. Bibi, who was 3 years old when we moved, has literally doubled in age since we arrived! At three years, I believe I can no longer be considered St. Michael’s “new priest.” I am truly the settled priest now!

It has truly been a wonderful three years of ministry that I have felt honored and blessed to share with you all. I am proud of what we have accomplished and how we have responded to God’s call. I am amazed and thankful for the palpable presence and guidance of the Holy Spirit in our midst. And I am excited and hopeful for our expanding vision of ministry at St. Michael’s.

*Yours in Christ,  
Mary*



## NEWS OF THE PARISH

### ST. MICHAEL'S CHOIR SCHOOL RESUMES SEPTEMBER 16

Last spring, we launched the St. Michael's Choir School with high hopes but with no clear idea of what would happen. Twelve weeks later, I knew we had a success on our hands in many different ways. Our goal was to provide children with a motivational and nurturing singing experience, an introduction to basic choral skills, an education in musical literacy, and a chance to sing inspiring and fun sacred music.

Mary and I were floored when our first session's attendance hit 25 students on the first day. That first six-week session culminated in an afternoon service that included all the music they had learned, plus readings and prayers. The next session was where I started seeing some really astounding musical progress, as the work we were doing with pitch recognition and choral techniques started taking hold. By the end of the final six weeks, every student—no matter what their starting ability had been—was able to sing the complete solfege scale *solo* and in perfect tune! Moreover, they had begun the process of recognizing and reproducing basic written music! All this after only 12 weeks.

Perhaps just as important as the music education the students were receiving was the sense of purpose and community that had developed. Singing in a choir requires courtesy and listening, as well as initiative and independence. It is a joy to watch children develop these skills, and rise to their individual full potential. We also had some pretty interesting theological discussions! The Holy Spirit was certainly in our midst.

I really look forward to the coming year. I am sure we will continue to grow in many ways. I'd love to have your child be a part of it!

**When:** Tuesdays, 3:45–4:45 p.m., beginning Tuesday, September 16

**Who:** All children between the ages of 7 and 11. The ability to read music is not required, but the desire to sing and learn is! The choir school is open to all regardless of religious affiliation or level of musical experience.

For more information: Please visit the St. Michael's website for a more thorough description of the Choir School, and feel free to contact Susan Dedell, director of St. Michael's Choir School, with any questions or for more information at 802-348-7735 or via email at [sdedell@sover.net](mailto:sdedell@sover.net).



### "SINGING STRONG" STARTS AGAIN SEPTEMBER 16

The wildly popular chorus "Singing Strong" returns! The chorus is specifically designed for seniors and meets on Tuesdays at 1:30 p.m. Singing has been making big headlines in the health field for the last decade, as multiple studies conclude that singing in a group is one of the most effective ways to stay healthy, alert, and happy throughout the course of a lifetime. Among its many benefits, singing boosts the immune system, improves heart health, lowers blood pressure, and reduces stress. Best of all, it makes you happier! We sing songs chosen from a variety of musical styles, mostly from the great song repertoire of the 1930s, '40s, '50s, and '60s. Absolutely no prior singing experience or music reading skills necessary! There is a modest fee of \$35 for a six-week period. The chorus is sponsored through the Brattleboro Music Center, and you should call them at 257-4523 to register. Space is somewhat limited, and I want to give top priority to my fellow St. Michael's friends! If you want to know more, feel free to talk to me or call 348-7735 or email [sdedell@sover.net](mailto:sdedell@sover.net).

*Susan Dedell*



### BROTHER SCOTT BORDEN RETURNS SEPTEMBER 28

In honor of our patronal feast of St. Michael's, Brother Scott Borden will be our guest preacher and Adult Forum leader on Sunday September 28. Brother Scott is the Prior of Holy Cross Monastery in West Park, New York ([www.holycrossmonastery.com](http://www.holycrossmonastery.com)). Some of you may remember that Brother Scott preached three years ago at St. Michael's for the kick-off of our



## NEWS OF THE PARISH

capital campaign. At that time, Brother Scott spoke to us about the building project that Holy Cross had recently completed. We are excited to welcome Brother Scott again, both so that we can show him the work we have completed and so that he might speak to us about continuing our mission and ministry with our renewed building.

Brother Scott was born in Vermont and grew up in the Albany area of New York. He entered the Order of the Holy Cross in 2001 and was life professed in 2005. Before entering the Order, Scott worked in the public radio system, including positions at WKYU Bowling Green, West Virginia Public Radio, and WNYC New York. His public radio work ranged from management and audience research to concert recording, interviewing, and various types of production. Scott is an avid musician and is especially fond of a *cappella* choral music. He has sung in various ensembles throughout his life and is especially thrilled to be able to sing with Kairos Consort, which is Artist in Residence at the Monastery. Scott frequently leads retreats both at the Monastery and at other locations. He also has a regular ministry of Spiritual Direction.



### “YOGA FOR MATURE BODIES” BEGINS SEPTEMBER 15

St. Michael's Health Ministry is sponsoring a “Yoga for Mature Bodies” class that will be taught by Jo Schneiderman of Guilford. Here is a description of the class from Jo:

*As we age, we experience overuse injuries: tender back, sore knees, creaky shoulders. If we become injured, it takes longer to heal. “Yoga for Mature Bodies” will provide the guidance to heal from old injuries, train our bodies to become more resilient, and offer the opportunity to practice yoga regardless of physical constraints. Jo Schneiderman has taught yoga for 45 years and specializes in therapeutic applications of yoga. She has used yoga to recover from cancer and from the effects of a major car accident. Jo can accommodate for a variety of specific needs, including for people who use wheelchairs or walkers, or who can no longer sit on the floor. For*

*more information or to see whether the class is appropriate for you, please call Jo at 258-2093.*

The class will meet in the Dunham Room at St. Michael's on Mondays at 10:15 a.m. beginning Monday, September 15. The suggested donation is \$5 and Jo will provide the equipment. Participants may want to bring lunch and eat together after class in the Undercroft. Please register by contacting Jeanie in the Church office at 254-6048 or [jeanie@stmichaelsvermont.org](mailto:jeanie@stmichaelsvermont.org).



### MARY TO BEGIN MISSIONAL LEADERSHIP COHORT

This fall, Mary Lindquist will begin a new program called the Missional Leadership Cohort for Episcopal clergy at Luther Seminary. ([www.luthersem.edu/lifelong\\_learning/missional\\_leadership\\_cohort.aspx](http://www.luthersem.edu/lifelong_learning/missional_leadership_cohort.aspx)). The program is for a small group (12) of younger Episcopal priests for generative peer learning. The cohort will meet four times over 18 months for three-day gatherings. The first meeting is from September 22–24 at Luther Seminary in St. Paul, Minnesota.



*Betsy Bates hosted kids from Israel and Palestine who were attending the Peace Camp with a cook out, swimming, watermelon and popsicles.*



## NEWS OF THE PARISH

### FALL TAG SALE OCTOBER 3-4

The Fall Tag Sale on Friday evening, October 3, and Saturday morning, October 4, is just around the corner. This important ministry supports both our parish and local outreach, and your donations of items are greatly appreciated. All donated items should be placed in the downstairs closets. We do ask, however, that you please hold large items until the week of September 29.

If you have not been contacted and want to help out, please contact Jeanie in the church office. Your name will be provided to the appropriate Tag Sale Leaders, who will contact you. Stay tuned for additional info in the weekly email blasts and Sunday Bulletins.

*Anne Cook*



### DIVINE CHEMISTRY CD RELEASED!

Last February, St. Michael's Winged Productions began its season with a performance of Paul Dedell's Songs of Divine Chemistry, an incredible composition for chorus, children's chorus, tenor soloist, and percussion ensemble. This hour-length work was originally written as a result of a commission to celebrate Blanche Moyse's 100th birthday in 2010. This year, it was revived and newly presented and recorded thanks to a generous bequest from Helen Daly. The recording was done by Dave Snyder of Guilford Sound, and the beautiful CD is now available! You can pick up a copy in the church office, or arrange to have one mailed to you. The cost to St. Michael's members is \$12.



#### DID YOU KNOW?

That you can see this issue of the *Guardian* in beautiful color on our website? That you can find the Rota? That you can check for the latest on events and services?

[WWW.STMICHAELSVERMONT.ORG](http://WWW.STMICHAELSVERMONT.ORG)



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

Pledges are now running over \$12,000 behind budget. As you can see, our expenses for July exceeded the budget by 29.2%. Both are going in the wrong direction.

**Total Pledges Received: \$116,209 vs. Budget of \$128,330 (90.6%)**

**of which: Total Pledges Received for July: \$15,859 vs. Budget of \$18,334 (86.5%)**

**Total Operating Income: \$186,687 vs. Budget of \$189,993 (98.3%)**

**Total Operating Expenses: \$188,843 vs. Budget of \$192,441 (98.1%)**



### AUGUST VESTRY NOTES

In our July and August meetings the Vestry continued efforts to follow through on the parish Dreamcatching findings. What is our vision, and how might we articulate it? Which of the several proposals for the use of our building are in harmony both with our efforts to be more visible in the community and with the way in which we understand our mission?

We heard reports of excellent progress being made to ensure that the Tag Sale continues, that mentors are being trained to support Joel in ensuring that a strong EfM program continues here, and that we remain fiscally solvent despite a (hopefully) temporary lag in pledge receipts.

We can report that a plan has been proposed and accepted to install a sound system in the Meeting Room to address the serious hearing concerns during Adult Forums and other programs in that space.

*Karen Guthrie for the Vestry*



## EXPLORING OUR FAITH TOGETHER

# ST. MICHAEL'S SUNDAY SCHOOL 2014–2015

### *Sunday School Open House September 7*

Sunday, September 7, marks the beginning of our program year at St. Michael's. On that day between 9:15 and 10:00 a.m. there will be a Sunday School Open House for parishioners, kids, parents, and all who are interested. There will be food, play, a bouncy house, and balloons. We will also be commissioning the teachers during the 10:15 a.m. liturgy. Please join us for this special day!

### *Formation Programs for Children and Youth*

St. Michael's Sunday School classes officially begin on Sunday, September 14. 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 7 to sign up!

- **Workshop Rotation**, a Christian formation program for children and youth ages 3–10 years old, is offered from 9:00–10:00 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. The volunteer commitment choices are to lead one four-week session; assist with one four-week session (no preparation); 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 9:00–10:00 a.m. The Youth Forum provides an opportunity for youth to learn more about faith through service, study, conversation, and exploration.
- **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 in order to 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. The volunteer commitment is to be a story-teller once every six weeks or to be an assistant once every six weeks (no preparation).
- **Nursery Care** is offered every Sunday from 10:00–11:45 a.m. for infants and young children. Two experienced adult childcare-providers are available to care for and nurture your children.

### SEPTEMBER LECTIONARY

**Sunday, September 7:** Exodus 12:1–14; Psalm 149; Romans 13:8–14; Matthew 18:15–20

**Sunday, September 14:** Exodus 14:19–31; Psalm 114; Romans 14:1–12; Matthew 18:21–35

**Sunday, September 21:** Exodus 16:2–15; Psalm 105:1–6, 37–45; Philippians 1:21–30; Matthew 20:1–16

**Sunday, September 28, Feast of St. Michael and All Angels (transferred):** Genesis 28:10–17; Psalm 103:19–22; Revelation 12:7–12; John 1:47–51



## EXPLORING OUR FAITH TOGETHER

### EfM BEGINS AGAIN THIS MONTH

It is that time of year again! School will be starting soon, Godly Play and the choir will return to the 10:15 service at St Michael's, and EfM (Education for Ministry) will begin another year!

We have six returnees and new resource books, and we are hoping for new participants.

While the title of the program "Education for Ministry" might sound daunting to some, it is not a program to prepare one for the clergy, though it could be an early step on that road. EfM is a program of personal growth exploring one's faith, beliefs, and "calling" in life. Why do we as Christians continue to read words written a couple thousand years ago? What do these words mean to us today? Many times we think "what does this mean?" when we read or hear a passage from Hebrew Scripture or the Gospel of John. Do you realize others often have the same confusion or lack of understanding of these words?

EfM is a four-year program where we come together as a community of faith and explore these writings and others much as the followers of Christ did in the early Church. It is generally a lively discussion, often with friendly disagreement, but with lots of support and expansion of spirit and faith. It is, much like the early Church, a place where the followers of Christ can explore deeper and personal understanding of his teachings. You will learn to see the human side of Jesus as well as the divine. Were the politics that developed the Church then much different than our current political system? Join us in EfM and learn what Church historians have to say and form your own opinion. All opinions are welcome and respected.

Class is scheduled to begin mid-September. Information and a sampling of materials are available in the Common Room. Financial assistance is available. We hope to have enough participants to continue to run both a group in the afternoon and one in the evening.

Questions? You may contact me, Linda Rice, or Joel Hill, David Mattocks, or Sarah Benton.

### ADULT FORUMS IN SEPTEMBER

The Adult Forum series will start up again on Sunday, September 14, from 9:00–10:00 a.m. in the Meeting Room. The Adult Forum provides opportunities for Christian formation outside of the regular worship times. All are welcome!

**September 14, "What does it mean to be a Christ-Centered Community of Practice?"**—All are invited to join Rector Mary Lindquist in a discussion of an emerging vision for St. Michael's.

**September 21, "Don't Let Me Lose My Mind"**—The mystery of and fear about Alzheimer's Disease and related dementia often keep people from exploring symptoms until the damage to the brain is beyond the ability of the current treatments to address. Using their own experience, Fr. Al and Janet Cramer will explore the challenges of admitting changes in their lives due to living with moderate Alzheimer's disease. Current understanding of Alzheimer's Disease is evolving rapidly, with some hopeful developments for treating people at an early or mild stage in the disease. We will look at what this says for us as living fully in our vocation as Christians as we are challenged by this illness and others.

**September 28, "The Monastery and the Church"**—A conversation with Brother Scott, Prior of Holy Cross Monastery. Brother Scott receives many guests for retreats and spiritual direction. Come hear his perspective on the changing spiritual landscape of the church from a monastic perspective.



### REFLECTION ON THE MINISTRY OF HEALING

Every Sunday I participate in the healing prayers offered during Communion at the front of the church. I never miss them. If I'm in church, I go. For me, healing is not a sometime thing. It is an everyday need, a constant longing to feel well, whole, and unafraid. You don't have to be traumatized or in



## EXPLORING OUR FAITH TOGETHER

trouble to ask for healing prayers; you don't have to be looking for miracles for yourself or someone else. You can be, but you don't have to be. There is therapy in mere presence and medicine even in sharing joy or giving thanks.

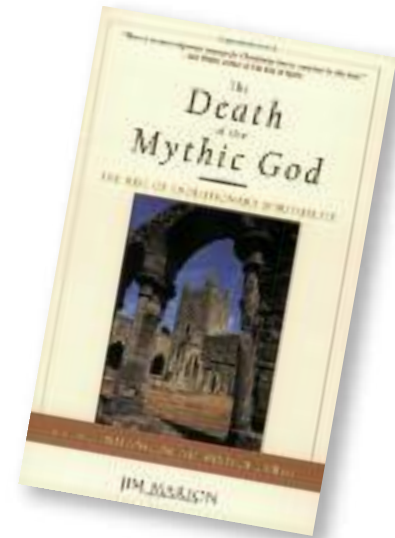
There is restoration in the knowledge that someone else hears your cry for help or call for blessing. To qualify, all you have to be is a hungry, searching soul. To find peace and feel renewed, all you need is to be heard from and then drawn into something larger than yourself, whether it's the twosome created by you and the healer or the congregation or the belief system or God.

Dr. Harold Koenig, director of Duke University's Center for Spirituality, Theology and Health, whose current research concerns comparing the outcomes of secular and spirituality-based therapies, notes that religious involvement with a strong spiritual component can actually alter the structure of the brain in people at high risk for depression. There is equally strong evidence that faith can result in reduced risk for anxiety, substance abuse, poor lifestyle choices, heart disease, and memory loss. Dr. Koenig says, "It turns out that belief itself doesn't mean much. It's whether the belief is carried out through some sort of action." This includes gathering with others in a faith community. It includes, for me, the laying on of healing hands.

At St. Michael's we have extensively trained, eloquent, and gifted healing ministers. More often than not, I approach them filled with doubt and misgiving. Sometimes I feel embarrassed. But owing to their active listening, genuine compassion, firm but gentle touch, intimate yet deeply respectful intercession, and caring, thought-full words, I feel a powerful Presence emerge from our shared experience. Together, we have created a sacred space and perhaps conjured the Spirit of the One who made example for us. The anointing at the end, receiving the sign of the cross on my forehead with consecrated oil, has become as much a part of my Sunday worship as singing a favorite hymn, eating a wafer, or trying to fathom the meaning of it all.

*Martha Moravec*

## BOOK REVIEW: *THE DEATH OF THE MYTHIC GOD: THE RISE OF EVOLUTIONARY SPIRITUALITY* BY JIM MARION



What does it mean to follow the path of Christ today? That is the core question in this engaging and challenging book which Jean Smith, Paul and Susan Dedell, and I have been reading, learning, inwardly digesting, and discussing during the summer. Marion maintains that, rather than a threat to Christians, the "death" of the mythic concepts of God prepares the way for concepts that get us closer to the core teachings of Jesus and the early Christian churches.

The author, Jim Marion, is a Christian mystic, a Catholic monk for many years, a public-policy attorney, the Director of the Institute for Spiritual Awareness, and the author of the highly acclaimed *Putting on the Mind of Christ*. He believes that it's time we retire the concept of the mythic God who lives up in the sky, separate from His creation. Marion describes this mythic God concept as male, ethnocentric, law-oriented, a projection of the human ego, judgmental, living in time and space, and the construct of a spiritual understanding going back to the time of Abraham.

As we considered these descriptors we found ourselves, somewhat to our surprise, agreeing that our own present understandings of God had indeed moved



## EXPLORING OUR FAITH TOGETHER

through and beyond the mythic. Marion shows that the God Jesus preached was not this mythic God, but an experiential reality permeating all of creation, and found in the depths of our own being. Well then, as Joel always challenges us, “So What”?

In the second half of the book Marion lists and briefly defines the typical progression of levels of spiritual consciousness which have been experienced and described by centuries of mystics, which he himself has experienced, and which lead to new understandings of God. The first five levels roughly parallel the work of developmental psychologist Jean Piaget. The Archaic level of infants, the Magical level of children ages 2-6, the Mythical level beginning around age 7 (ethnocentric, things are black or white), the Rational level usually beginning at adolescence, and, says Marion, the dominant worldview today (wider perspective, but still quite dualistic), and the Vision/Logic level, which may begin in the mid-20s (sees many different perspectives, integrates body, mind and spirit).

Beyond these Marion describes four more levels, each less egoistic, dualistic, and materialistic than the last, and more compassionate, leading to what Marion calls Christ Consciousness—the “Mind of Christ.” To get there takes, among other things, strong intention, a meditation practice, and a letting go of self. Jesus, says Marion, may have been the first human to reach this level, thus becoming totally at one with divinity, the embodiment of the cosmic Christ of John’s Gospel. “I and the Father are one.”

The “So What?” is this. During his earthly life Jesus tried to lead people into deeper spiritual understanding and into loving God and neighbor more. Still today he calls all of us to make this journey. He calls each one of us to become a manifestation of the Christ. And, he calls on the Church to be the midwife for this undertaking.

Jean, Paul, Susan and I invite anyone who wishes to talk about these ideas to stop us at coffee hour or send us an email.

*Karen Guthrie*



*Jason Breen (woodworker), Zachary Roesemann (iconographer), and John Daly (donor) enjoying the dedication of the Mary Magdalene icon.*





MARY MAGDALENE CELEBRATION





## ROTA FOR SEPTEMBER

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

Position	September 7	September 14	September 21	September 28
<b>8:00 A.M. SERVICE</b>				
Service at Christ Church, Guilford on September 7				
<b>Lay Assistant</b>	Kate McGinn	Wayne Cook	Anita Crosson	Kate McGinn
<b>Intercessor</b>	Laura Lewis	Joanne Patalano	Kiersten McKenney	Doug Switzer
<b>Sacramental Healing</b>	MJ Woodburn	Trudy Crites	Jean Smith	Sarah Benton
<b>Usher</b>	Judy McGee	Anne Cook	Bill Ames	Anne Cook
<b>10:15 A.M. SERVICE</b>				
<b>Crucifer</b>	Mikael Mattson	Leigh Marthe	Jessica Bennett	Ricky Davidson
<b>Torch Bearers</b>	KC Mattson Jake Mattson	Julian Siegel Jonah Johnson	Thea Porter Rebecca Porter	Clara Fritz Caleb Fritz
<b>Element Bearers</b>	Andy & Elise Burrows	Sarah Benton Nancy Barber	Fritz Family	Craig Hammond & Liz Vick
<b>Lay Assistant</b>	Nancy Barber	Ricky Davidson	Sarah Benton	Annie Landenberger
<b>Lector</b>	Mary Carnahan	Martin Leggott	Sarah Rich	Joyce Vining Morgan
<b>Intercessor</b>	Valerie Abrahamson	Diana Bingham	Elise Burrows	Sue Dyer
<b>Ushers</b>	Sissi Loftin & Janet Brocklehurst	Judith & Alan McBean	Chris Hart Corky Elwell	Michael & Susan Wilmott
<b>Sacramental Healing</b>	Robin White-Diamondstone Sarah Benton	Janet Cramer Betsy Bates	Robin White-Diamondstone MJ Woodburn	Janet Cramer Robin White-Diamondstone
<b>Altar Guild</b>	Jane Sbardella Christine Gauthier Lucia Osiecki	Jane Sbardella Christine Gauthier Lucia Osiecki	Craig Newbert Ruth Struthers Irene Burtis Judith Hildreth Sherry Stimmel	Craig Newbert Ruth Struthers Irene Burtis Judith Hildreth Sherry Stimmel
<b>Lemonad/Coffee Hour</b>	Leomnade/Vestry	Coffee Hour	Coffee Hour	Coffee Hour
<b>Counters</b>	Judy McGee Anne Cook	Vince Johnson Wayne Cook	Ricky Davidson Jared Rediske	Sherry Stimmel Judith Hildreth

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

### SEPTEMBER BIRTHDAYS

- September 3 Aaron Sharff, Thad Bennett
- September 4 Jacki Capponcelli
- September 6 Ricky Davidson
- September 7 Chris Lovell
- September 9 Sarah Benton
- September 11 Grace Xinqi Willingham
- September 12 Margit Lilly
- September 14 Kyle Capponcelli
- September 15 Calvin Ronconi
- September 17 Donna Reidt
- September 18 KJ White
- September 19 Skyla Ragle, Elise Burrows
- September 20 Krista Burtis, Ainsley Meyer,  
Christian Olmstead
- September 21 Avery Bennett
- September 22 Anne Montgomery, Alix Fedoruk
- September 23 Hannah Kochinskas
- September 28 Corky Elwell, Samantha Sharff,  
Thomas Brown
- September 29 Bruce Hesselbach
- September 30 Mary McCarthy

### SEPTEMBER ANNIVERSARIES

- September 1 Samantha & Aaron Sharff
- September 3 Christine Triebert & Carol Ross
- September 4 Becky & Robert Anderson
- September 5 Alix & Michael Fedoruk
- September 10 Betsy Bates & Neil Quinn,  
Linda & Ken Neilson,  
Kate & Andrew LeBlanc
- September 12 Michael & Ron Doty-Tolaro
- September 16 Margit & Jack Lilly
- September 28 Judy & Bob Walker

### VESTRY OF ST. MICHAEL'S EPISCOPAL CHURCH

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### SEEN ON A CHURCH SIGN:

God expects spiritual fruits, not religious nuts.



*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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## 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**—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

**SEPTEMBER 7**—Sunday School Open House  
**SEPTEMBER 14**—Sunday School begins  
**SEPTEMBER 15**—Yoga for Mature Bodies begins  
**SEPTEMBER 16**—Choir School and “Singing Strong” resume  
**SEPTEMBER 28**—Celebration of Feast of St. Michael and All Angels