
The Calvary Chronicle

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Calvary Episcopal Church
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Calvary Episcopal Church is a welcoming, caring, Christian community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors.

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Rector's Message

From Reverend Regina Christianson

On Sunday of Labor Day Weekend, members of our congregation came forward at the Offertory and placed symbols of their work at the altar. This was an outward and visible sign of an inward and invisible grace, that our work is grace-filled ministry, a fulfillment of our baptismal vows, revealing that for every Christian, baptism is our ordination to ministry. I was profoundly moved to see those items gathered at the altar. It was an affirmation of the connection between our faith and our lives "after Sunday."

The official and legal title of our denomination is the Domestic and Foreign Missionary Society of

the Protestant Episcopal Church of USA. All Episcopalians are automatically members of the Missionary Society. One of the priorities of the liturgical reforms that resulted in the 1979 BCP was reclaiming baptism not just as an "entrance rite" for the individual, but the foundation of our life together, that we are called to mission. Our individual mission is found in our own daily work, our ministry. Many Episcopalians, not brought up with this understanding of ministry, have found it hard to claim their work as ministry, resulting in unnecessary barriers between daily life and Sunday worship.

These barriers remind me of the 19th century Roman Catholic's hierarchy defining "the Church" as the ordained clergy. This division between clergy and laity is not healthy for either and both together, not healthy for the Church, not healthy for the communities and the globe on which we live. As we live and nourish our spiritual lives through worship and study we do bring into the world the fruit of these labors. Knowing the connection between our life of faith and our life of service keeps both healthy. Separating them, cutting them off from each other, is like denying oxygen to the brain, like denying the blood in veins to remove toxins from the muscles of the leg. Without the life-sustaining connections, parts of the body atrophy, die, and become toxic for the rest of the body. I believe that by consciously claiming our unity in mission, our mutual call to ministry in our baptism, we are a healthier Body of Christ.

Part of my responsibility as your pastor is to reflect back to you who you are. The service last Sunday gave me the occasion to give you opportunity to claim who you are, claim your

work as ministry, claim your mission. In a few weeks we will be administering the Sacrament of Baptism to little Ben. We will, on Ben's behalf, make a commitment to our vocation to ministry. We will begin Sunday School and welcome children, encouraging them to explore what ministry and mission might look like for them. We will be renovating the kitchen, so that we may do our particular parish ministry of feeding people. Please, also talk to me and to each other about your work-ministry. Witness to your particular mission, so we can celebrate, nurture, and support each other.

Regina†

Services: September & Early October

- **Sunday, September 2:** The Fourteenth Sunday after Pentecost. Holy Eucharist at 9:30 a.m.
- **Sunday, September 9:** The Fifteenth Sunday after Pentecost. Holy Eucharist at 9:30 a.m. **Vestry**
- **Sunday, September 16:** The Sixteenth Sunday after Pentecost. Holy Eucharist at 9:30 a.m.
- **Sunday, September 23:** The Seventeenth Sunday after Pentecost. Holy Eucharist at 9:30 a.m.
- **Sunday, September 30:** The Eighteenth Sunday after Pentecost. Holy Eucharist at 9:30 a.m.
- **Sunday, October 7:** The Nineteenth Sunday after Pentecost. Holy Eucharist at 9:30 a.m.
- **Sunday, October 14:** The Twentieth Sunday after Pentecost. Holy Eucharist at 9:30 a.m. **Vestry.**
- **Other Important Holy Days**
- **September 14:** Holy Cross Day
- **September 21:** Feast Day of Saint Matthew Apostle and Evangelist
- **September 29:** Feast Day of St. Michael and All Angels

For scriptural readings for these holy days, see BCP, page 999.

Thoughts and Prayers

Please remember in your prayers: The Bloch family, the Connelly family, the Foster Family, Jay Foy, Patricia Gillespie, Karen Lawsing, Karly, Kip, Joseph Lawsing, Susan Lehman, Marta Mares & family, Sophie Pycella, the Westman family, all of our college students, and all of our military men and women, home and abroad, especially Jesse Arbogast, Aaron Decker, and Scott Jackson.

The Warden's Corner

Well folks, I hate to remind myself, but summer is drawing to a close. This can mean only one thing: Harvest Market is nearly upon us!

Calvary will be hosting a rummage sale on Friday, Saturday and Sunday (September 28, 29 and 30). Gail and Edna are going to need lots of set-up help with this. Laurel will be overseeing a soup mix sale this year. It will run for the duration and need some dedicated soup sample and sales support. Then there is the sausage booth, known and loved by many, which will be up and running both Saturday and Sunday again like last year. Oh, the beauty of Calvary folks working together for a common cause! There are or will be sign-up sheets for all of this in the undercroft.

Some Recent Highlights: The Bishop came for his periodic visit and he left singing Calvary's praises! The choir is sounding very good these days, must be those practices are paying off. There is a new children's "soft space" that has been created in the sanctuary for parents with very young children. Soup Supper is continuing to thrive and we marked our first anniversary in June. Major front-of-church landscaping is underway which will not only beautify the church, but make us more visible in the community. Jack is back on the undercroft renovation projects. Stay tuned for more developments after Harvest Market!

I am greatly heartened by you folks who have been pitching in, often without even being asked. It makes my job no longer a burden.

Thanks,

John

Announcements:

Save the Dates:

Friday, Sept. 28 – Calvary Harvest Market Tag Sale

Saturday, Sept. 29 – Calvary Harvest Market Tag Sale, Sausage & Pepper Booth, Quilt Raffle, Cooke Tavern (dried) Soup sale

Sunday, Sept. 30 – Calvary Harvest Market Tag Sale, Sausage & Pepper Booth, Quilt Raffle, Cooke Tavern (dried) Soup sale

Sunday School Starts Sept. 9

Welcome to the 2012-2013 Sunday School Year! We will start our Sunday School schedule on Sunday, September 9, 2012. This year we are implementing a new program with all of the families getting involved in the Sunday School activities. The kids have provided us with great feedback about what they enjoy about Sunday School and what they would like to see in the program. I am developing a schedule and working with the families to identify a leader for each lesson. Stay tuned for further updates!

Thanks,

Laura

Blessing of the Backpacks and more Sunday, September 9

Students and teachers, please bring to church on Sunday your backpacks, sports equipment, musical instruments, art supplies, or whatever equipment you will be using for education this year. We will bless them and bless you as you start a new school year.

Meditation Group

“Prayer is then not just a formula of words, or a series of desires springing up in the heart - it is the orientation of our whole body, mind and spirit to God in silence, attention, and adoration. All good meditative prayer is a conversion of our entire self to God.” --Thomas Merton

Our parish is hosting a meditation group, Monday evenings starting at 6PM. Meditation is a primary spiritual and physical discipline with millennia of history. A renewed interest in breath-centered meditation has arisen from both medicine and from religion. Science and

medicine have proved its physical benefits. Even people who “don’t believe” report significant reduction of chronic pain, lower blood pressure, resilience and creativity in times of stress. Unasked, they also report that they feel a growth in their spiritual life. In religion, people have been looking deeply into the roots of spiritual practice of their tradition and have found that meditation in some form was one of the well-springs. World travel and globalization have opened possibilities of learning from other traditions. Those who have taken advantage of this opening have found meditation practiced in other traditions. They have found that when meditation is practiced in a group, understanding and love follow.

I have practiced one form of meditation or another most of my life. From imaginative meditation, to reflection, to spirit journeys, to creative/symbolic, to breath-based meditation, to mantras, to the Jesus Prayer... Each form has its gifts. When Kathryn Pedersen expressed a desire for a meditation group, we had to decide “which form for our parish.” I was delighted that she knew the one practiced at the Cathedral, called Christian Meditation, and that she thought it would be a good one for our parish.

I was delighted for several reasons. Christian Meditation is the one that is now being widely taught and used in our diocese. I am certified to teach this form, thanks to training supplied by the diocese, thanks to the support of Dean Poppe. It is supported by an international organization with resources beyond what one tiny parish can provide; we would have access to workshops and conferences, online resources, books and other publications, and, best of all, access to other practitioners’ experiences and wisdom. It is a form of meditation that, while it can be done by Christians, can be practiced by anyone, so it has ecumenical, inter-faith, and community outreach possibilities. The practice itself falls into the categories that the medical profession is touting as “beneficial,” so there is a connection with courses and resources offered through Harvard Medical School which any of us may attend.

Christian Meditation is based on the teaching and practice of John Main, OSB, a Roman Catholic monk. Before he became a monk, he served in the British Colonial Service. He was assigned to

Kuala Lumpur where he learned mantra prayer from a Swami Satyananda, who gave him a Christian mantra. Later, as a monk, Dom Main began to discover that there was also an ancient and deep meditation tradition in the Christian Church. He taught this breath-based mantra type of meditation in England, the US, and finally in Canada. Because of his hierarchy's opposition to a seemingly "Eastern," non-Christian form of meditation, Dom Main called it "Christian Meditation." He backed up the assertion that it is indeed Christian with scholarship on how this form of meditation has been practiced by Christians since its earliest days. He taught that it is Christian because Christians can and have used it as their form of meditation for millennia. He also taught it is not exclusively Christian, anyone can find a mantra that works for them, follow this practice, and reap the benefits.

We will meet in the chancel, begin with listening to meditative music and a check-in. This is followed by a bit of instruction and a reading. The meditation itself is 20 minutes, in silence. After the meditation, time allows for another check-in and brief conversation which can include questions about meditation and its practice. It is not a time for group therapy, but groups find it therapeutic. They also find that mutual respect and feelings of unity develop. Please consider joining us, inviting your friends and neighbors. Late comers and "drop ins" will of course be welcomed. Health benefits, community, inner peace, ability to cope, and more- all from a few minutes of intentionally breathing together.

Calvary's Community Soup & Bread Supper – September 20

Our Soup Supper is coming up one week earlier due to Harvest Market and the Tag Sale. Please Sign up in the Undercroft to bring your favorite soup and bread, and to help with set-up and clean-up! Thanks!!!

Choir

Calvary's choir is wonderful! Please join us for Choir Practice at Calvary on Wednesday evenings from 6:00-7:00 p.m. If you are unable to attend Wednesday nights, please arrive at church at 8:45 a.m. on Sunday. It is a fun

multigenerational experience and we are seeking more members!

Calvary's Own Cookbook

As we have mention, Fran Ganter and Tyna Westman have generously offered to undertake the huge task of publishing a cookbook which will include any and all of your favorite recipes that you would like to submit. They are suggesting that we make it a soup and bread

cookbook, as it has become very apparent that Calvary folks definitely know how to make lip-smacking good soups and breads. So, let's pass on the great recipes to them so the cookbook can get underway! Please provide copies or e-mail them to Fran and/or Tyna. Questions? Please contact Fran at fganter@myfairpoint.net, or Tyna at tynawestman@myfairpoint.net.

Vestry Minutes: June

- Regina thanked all who made the celebration of a new season of ministry such a joy. She thanked the benefactor of the new playground. Regina has been asked about a Calvary meditation group (see below). There are 10 members in our new choir. Regina spoke about the importance of communication. All have the freedom and right to add their voice to the conversations. Regina feels blessed to "land" at Calvary.
- Pam's Financial Report shows nice pledge and plate totals. Church Programs is high but not a concern. Altar Guild is high but they have additional money. Car loan is paid off. Rector's Discretionary Fund must have over \$300 to eliminate bank charges. Money will be moved from M. Connelly's donation to that account.
- Regina explained her policy on how discretionary funds are given.
- Bishop Ely's annual visitation to Calvary is Sunday, Aug. 5. Eucharist, lunch for all, then vestry meeting.
- Church security: Jack met with Chris Boyd, Asst. State Fire Marshall. Karen met with Underhill Fireman Harry Schoppmann. Harry suggested a lock box with a key that only the

Fire Dept. uses to gain access to the building. Jack will come up with a plan for Calvary.

- Tag Sale: brought in over \$1,100.00. Gail & Edna did most of the work. For future sales, email reminders will be sent out to scheduled helpers.
- Ken's Kitchen: Tyna is working with a kitchen designer.
- Congregation Feedback Methodology: Llanda asked about follow up when a parishioner leaves the church. She suggested contacting the person. Communication should come from the vestry.
- Peter Griggs Concert at Calvary– Friday, July 20 at 7:00 pm. He plays acoustic guitar covering 500 yrs. of music. Donations will be accepted. Peter will advertise.
- Summer Ecumenical Service: Sunday, July 8 at the United Church of Underhill. We will provide 2 ushers and one reader. Someone will also check the collections.
- Soup Suppers – June donations will go to Summer Rec. Program. July, to local Food Shelf.
- Meditation Group – a request was made for a Calvary group. Regina has certification and will be present here once a week. Open space is needed and will be open to any spiritual tradition. Sessions will start with a reading, 20 minutes of silence, some instruction on how to handle yourself, then some grounding time. Total: 1 hour.
- Sunday School – will end on June 24. A book will be given to each child. Party during coffee hour with piñata.
- Missing items at Calvary: Over the past two months kitchen trash bags, dish liquid, diapers and our Soup Supper silverware have gone missing. Incident will be mentioned to the police even though church is now being locked.

October Chronicle

Please submit articles to me by Thursday, October 4, for the next Chronicle. In the meantime, please watch the Sunday bulletins for announcements. *Barbie* (jbkoier@gmail.com)

Fun Stuff...

Living Bible

His name is Tim. He has wild hair, wears a T-shirt with holes in it, jeans, and no shoes. This was literally his wardrobe for his entire four years of college. He is brilliant, kind of profound and very, very bright. He became a Christian while attending college. Across the street from the campus is a well-dressed, very conservative church. They want to develop a ministry to the students but are not sure how to go about it.

One day Tim decides to go there. He walks in with no shoes, jeans, his T-shirt, and wild hair. The service has already started and so Tim starts down the aisle looking for a seat. The church is completely packed and he can't find a seat. By now, people are really looking a bit uncomfortable, but no one says anything. Tim gets closer and closer and closer to the pulpit, and when he realizes there are no seats, he just squats down right on the carpet.

By now the people are really uptight, and the tension in the air is thick. About this time, the minister realizes that from way at the back of the church, a deacon is slowly making his way toward Tim. Now the deacon is in his eighties, has silver-gray hair, and a three-piece suit. A godly man, very elegant, very dignified, very courtly. He walks with a cane and, as he starts walking toward this boy, everyone is saying to themselves that you can't blame him for what he's going to do. How can you expect a man of his age and of his background to understand some college kid on the floor?

It takes a long time for the man to reach the boy. The church is utterly silent except for the clicking of the man's cane. All eyes are focused on him. You can't even hear anyone breathing. The minister can't even preach the sermon until the deacon does what he has to do. And now they see this elderly man drop his cane on the floor. With great difficulty, he lowers himself and sits down next to Tim and worships with him so he won't be alone. Everyone chokes up with emotion.

When the minister gains control, he says, "What I'm about to preach, you will never remember. What you have just seen, you will never forget. Be careful how you live. You may be the only Bible some people will ever read!"

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