



The Guardian

APRIL 2016

FROM THE RECTORY

The world is charged with the grandeur of God.

Gerard Manley Hopkins

Springtime is nature executing her Easter liturgy. Neither poetry nor art can even approximate her grand display. In every corner of her vast cathedral a thousand voices are shouting Alleluia, the voices of creatures that have come to life. Yes, nature holy, sinless, eternal, is holding her Easter rites. Oh, that we had eyes to see this mystery! Pius Parsch

As I write this, I am sitting in my comfy chair at home, looking out the large windows of our living room into our front yard. Our dog, Dagmar, is sitting in front of the windows staring out as if watching TV.

And I have to admit, there *is* a lot of action out there. Dagmar and I see silhouettes of people walking on the road, birds swooping from tree to tree, and (best of all for Dagmar) a very well-fed-looking squirrel hopping casually through the grass. Mink, our black cat, chases the squirrel, who easily escapes up a tree.

Nature, according to Pius Parsch, “is executing her Easter liturgy.” And what a wonderful liturgy it is! The stirring of this season brings a sense of lightness, relief, excitement and hope and feels akin to the Alleluias of Easter.

And in this way, too, we know the mystery of God’s love for us. For what we have experienced in the death and barrenness of winter has been completely transformed. And even though this happens every spring and we know to expect it, in my experience spring still comes as a delightful surprise. So, too, the empty tomb, the resurrection of Jesus, surprising us yet again and transforming the barrenness of our own lives.

The tomb is empty. Christ has been raised. Let all the world, charged with the grandeur of God, sing Alleluia!

*Yours in Christ,
Mary*



SPRING FOYER GROUPS

Whether you're new to St. Michael's or a long-standing member, one of the best ways to get to know others in our church is through Foyer Groups! We're beginning a new rotation for the spring.

What are Foyer Groups?

Foyer Groups provide an opportunity to participate in a mini-supper club of sorts in which people are randomly grouped together for four meals. Each person or pair in the group takes a turn hosting a meal. The dates for these gatherings are determined by the group.

What kind of meals are involved?

Most participants provide a simple meal in their home in whatever style best suits the hosts (i.e., paper plates or fine china—the choice is up to you and is part of the fun). The object is to provide a way to get to know others over a meal. It's the variety that makes the experience; no one is expected to rival Martha Stewart. You could even decide to go to a restaurant for one of your meals.

How do I sign up?

There will be sign-ups in the Common Room, or you may call (802-254-6048) or email the church office (Jeanie@stmichaelsvermont.org). For this rotation, we are offering a couple of specialized groups for those who are interested: a foyer group for people who are single and a foyer group for families with children. Of course, there will be an "open to all" foyer group as well.

When is the deadline for signing up?

April 17.



THE POTENTIAL OF THE ENNEAGRAM: A MORNING WORKSHOP AT ST. MICHAEL'S APRIL 30

St. Michael's is pleased to welcome Louise Cochran to lead a morning workshop on "The Potential of the Enneagram" on Saturday, April 30, from 9:00 a.m.–12:30 p.m. at St. Michael's.

The Enneagram of Personality is a powerful tool for understanding ourselves and other people in our lives. In this system of nine personality types, the Enneagram symbol provides an excellent organizing framework for a wealth of information about human spirituality, personality, learning, and growth. In addition, understanding the Enneagram allows for significant progress in the spiritual journey for both individuals and communities.

The Enneagram of Personality describes nine distinct character types, each with its own particular point of view, patterns of thought and behavior, and patterns in work and in relationship.

Louise writes, "In our workshop, we will become familiar with the nine personality types. Exercises of attention and energy placement will help create a whole picture of each different personality style. We will share experiences in order to understand the underlying motivational pieces that identify type. Many of us will recognize ourselves and those with whom we live and work."

Louise, who has a Masters of Divinity degree, has been studying and teaching the Enneagram for 30 years. She is a certified Enneagram teacher in Helen Palmer's narrative tradition. She has extensive experience using the Enneagram as a tool in spiritual direction and counseling and has also taught classes in many different aspects of the Enneagram including essence qualities, subtypes, teambuilding, and leadership, and opening to the eight types other than your own. Louise writes, "There is not a day goes by that she does not use the Enneagram material in one way or another."

This workshop is free and open to all.



REPORT FROM THE OUTREACH MINISTRY RETREAT

On February 13 the Outreach Ministry Team had its day-long annual retreat at Hallelujah Farm. Much was discussed and debated. From this emerged our updated Mission Statement:



NEWS OF THE PARISH

The Outreach Ministry of St. Michael's Episcopal Church initiates and supports efforts through which we, the committee and parishioners alike, can manifest our Christian beliefs by helping those in need through charitable organizations local, national, and international. This work involves not only our "treasure" but also our "time" and "talents."

Please talk to a current member if you are moved to join the Team. Current members are Janet Cramer, Craig Hammond, Shirley Hodgdon, Jeanette Landin, Laura Lewis, Brian Morgan, Lori Palmer, and Susan Wilson. Ordinarily, the Team meets at 5:30 p.m. the first Monday evening of the month for about 90 minutes.

Brian Morgan



THANK YOU FROM THE OUTREACH MINISTRIES TEAM

Congratulations to you all for your participation in the Shrove Tuesday Pancake Supper! We served approximately 98 plates, which netted \$403. This money went to the Putney Foodshelf Family Food Bag program (see next article). A heartfelt thank you to all of you who came to enjoy pancakes or donated food for the event.



THANK YOU FROM PUTNEY FOODSHELF

The Putney Foodshelf thanks you for raising money at the Pancake Supper for our Family Food Bag program. The event raised \$403, which will go towards our weekly purchase of milk and bread for the ten families served at Putney Central School (PCS). We also thank the dedicated volunteers for putting bags together each Friday year-round: Lori Palmer, Jane Sbardella, Margit Lilly, Mimi and Doug Lilly, Susan and Phillip Wilson, and Brian and Joyce Vining Morgan. The bags are put together with food for the weekend for struggling families at PCS. Even with newly universal free lunch, this bag of groceries is important, even more so during summer months

when the children are not getting free breakfasts and lunches at school.

Thank you!

*Susan Kochinskas
for the Putney Foodshelf*



PARISH FINANCIAL UPDATE: OPERATING INCOME/EXPENSES FOR JANUARY–FEBRUARY

Total Pledges Received: \$54,456 vs. Budget of \$39,667 (137% of Budget)

of which for the month of February: \$12,922 vs. Budget of \$19,333 (65% of Budget)

This is the amount of income from pledges alone that we have received. Note that this total includes pledges that were "pre-paid" last year for 2016.

Total Operating Income: \$77,043 vs. Budget of \$55,508 (139% of Budget)

This is our total income and includes rental income, fund raising (including pledges), memorial gifts, altar guild flower income, hospitality, tag sale, and other miscellaneous income.

Total Operating Expenses: \$57,183 vs. Budget of \$55,131 (104%)

This is the dollars needed to run the church, including salaries, utilities, repaying our building loan from the Diocese, outreach, rectory expenses, administrative expenses, mission and ministry, worship and music, congregation development, grounds upkeep, and snow removal.



VESTRY MEETING REPORTS

February 25 Meeting

The Vestry met on February 25 and welcomed new members Lynn Billington, John Byrnes, and Judith McBean. A few minutes was spent with everyone



NEWS OF THE PARISH

getting to know each other. Mary handed out lists of dates of upcoming events, parish activities, and liaison assignments matching Vestry members and committees. Wayne Cook gave the Treasurer's report, assisted by Jeanette Landon, who will soon be taking over the duties of the Treasurer. The 2016 budget was approved by the Vestry, as was the Parochial Report. Mary gave her Rector's Report and touched on the Altar Guild meeting, Youth Forum, Choir School, and the schedule for Holy Week. Sarah will be leading the Vestry in a Mutual Ministry review, possibly during a retreat this fall. Sarah, Ronny, and Mary talked about the Women's Retreat recently held at Hallelujah Farm. The retreat was well attended and described as "relaxing, open, and sharing." The annual Vestry Retreat will be held April 15-17 at Holy Cross Monastery in West Park, New York. Mary closed the meeting with prayer.

*Bruce Lawrence,
Vestry member*

March 17 Meeting

Our March 17 meeting opened with a prayer, followed by an interesting reading about St. Patrick's life shared by Mary, our Rector. Here are some highlights from the meeting:

We reviewed the financial reports from February, and although the expenses were down pledge payments for the month were also down. We signed the Letter of Support for Candidacy for Paul Moberly, he is moving to the next level in his studies! We heard about the Men's Breakfast that will continue to happen on the second Saturday of each month from 8:30-10:00 a.m. in the Undercroft. The first held in February was well attended. We heard about the Lenten dinners and program presenting inspirational persons each week. We appreciate all those who prepared the meals and the presentations. Building and Grounds updated us and asked for help with the upcoming grounds clean-up day on April 2 from 9:00 a.m.-noon (rain date is April 9). We ended with a prayer and left with gratitude for the people of St. Michael's and all that is happening here!

*Deb Jones,
Vestry member*

OUR MISSION & WORK...



MARK YOUR CALENDARS: SPRING TAG SALE MAY 6-7

Our Tag Sale is fast approaching. Anne Cook and Lucia Osiecki will work together to coordinate the event, which is set for Friday, May 6, and Saturday, May 7, with prep week starting on Sunday, May 1. Watch your weekly bulletin and email for additional information. There will be ample opportunity (and plenty of work) for everyone interested in helping. If you wish to help with the prep/sale and do not receive a call by mid-April, please contact Anne Cook at 802-896-9446 or anek.cook@gmail.com. There will also be sign-up sheets in the Common Room during that month.

Donations for the tag sale should be placed in the downstairs closets. We accept housewares, linens, jewelry, adults' and children's spring and summer clothing (clean and in good condition), kids' toys and games, seasonal décor items, outdoor furniture, tools and gardening items, sport equipment, furniture, and books. Please, *no* magazines, old encyclopedias/reference books, desktop computers, or old-style TVs. We also cannot take mattresses or box springs. If you have larger items, please hold them until the week of May 1. If you are unable to hold these items, we will have additional storage space and pick-up assistance beginning this month.

Remember, this event raises vital funds that support both our church and local Outreach and Ministry. Together, we can make this a great success.

Anne Cook



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

FRIENDSHIP CAN BE POWERFUL MEDICINE

The following is composed of excerpts from a newspaper article by Mark Kenyon, which appeared in the New England newspapers.

Centuries ago, the English poet John Donne famously wrote, “No man is an island.” All these years later, and after much research on the health benefits that result from having strong connections with others in our life, we understand the powerful truth behind Donne’s words. Of the four pillars of integrative health—physical, emotional, mental, and spiritual—the concept of social bonding and connectedness may be seen as part of the foundation that supports all four of them. A human in isolation is likely to wither, rather than thrive.

The number of close friends we have, the frequency of our interactions with family and friends, our trust in neighbors, and the level of participation in neighborhood and volunteer activities all play a role in supporting our well-being. Even more important, friendship influences health, both directly and indirectly. Our physical health can benefit from social bonding as we seek companionship, support, and accountability when we take on a lifestyle change. There is much power in meeting a friend to take a walk, talking to a buddy about that new eating plan we’re starting, or asking a loved one to give you support and understanding as you quit smoking. Compassionate friends are important in emotional recovery and resilience as well. It’s always nice to have someone in your life—a friend, a relative, or even professional help—to get through the emotionally tough times that life sometimes hands us.

The process of sharing and of being understood by another person is powerful medicine in working through difficult situations. I think The Beatles had it right back in 1967 when they told us how to “get by with a little help from my friends.” After all, no one is an island.

I want to add to this. Not only do friends and relatives help one another; our church community helps one another. This happened when Betty Elwell was hospitalized for a lengthy stay. She organized a team of six women to assist her with physical therapy. Betty took the first step. It is not always easy for someone to ask for help. For nine months, each day

one of these women visited Betty Monday through Friday assisting her with her exercises. The relationship among the women was a two-way street. For me it was a time to visit with a dear friend, keep her connected to our church community, and have the joy of seeing her getting stronger every day. This relationship around a physical act fostered healing of body, mind, and soul. Betty referred to her team as “circling the wagon.” This idea comes from when a wagon train heading west came under attack. They would be better off if they formed a circle, with women and children in the middle of the circle so the men could protect them on all sides. Today we may use it to mean working together as a team. This action of “circling the wagon” was truly pastoral care in action.

Jane Sbardella



REPORT FROM THE REFUGEES FOUNDATION

Last week I asked Nicole Malmede, the founder of this Cologne, Germany-based non-profit, to tell us how our donation of \$3,140 was used. The Foundation added \$2,000 to it and bought supplies in Athens for the refugees coming through: 760 pieces of women’s underwear, 850 pieces for men, 1,200 pairs of unisex socks, and 900 emergency blankets for Samos. They also donated \$250 to “the Samos cooking ladies” who together with some local monks have prepared over 200,000 meals for refugees. The Foundation wanted “to really make a difference even if it was just for a week.”

This organization is still requesting donations for food and for those items which must be bought rather than gathered “used.” Like our “Carry Me Home” (collecting children’s items locally and sending them to Croatia for distribution), the Refugees Foundation coordinates with a Croatian organization, “Are You Syrious?” “Are You Syrious?” collects information from volunteers at the various border crossings, checkpoints, and camps and publishes it at www.facebook.com/areyousyrious/ roughly twice a week. Not only does that help volunteers, but it also



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

allows us at St. Michael's to keep abreast of developments. I print out the text and pin it to the bulletin board in the Undercroft, but since I don't print the pictures or videos, parishioners might like to check the website. Another website for information is below, this time about one impact that closing the

borders has had on the flow of refugees: a resurgent smuggling trade.
<https://www.facebook.com/media/set/?set=a.963751520345779.1073741860.885932764794322&type=3>

Joyce Vining Morgan

EXPLORING OUR FAITH TOGETHER

ADULT FORUMS FOR MARCH

Our Adult Forums meet on Sunday mornings during the church year from 9:00–10:00 a.m. in the Meeting Room. Anyone who is interested is welcome, so please come, even if you aren't a member of St. Michael's.

April 3, "Communities of Faith and Demographics"—Jeff Lewis and Jennifer Stromsten will talk about Vermont's demographic trends and their socio-economic influence. Jeff will begin with a description of his time as minister of Hope Church in Springfield, Massachusetts, in the late 1970s. Hope Church was at one time the largest Protestant congregation east of the Mississippi. The congregation closed in 1978. The demographic dynamic that caused this is fascinating. Vermont's population has specific dynamics that are influencing the health of our faith communities as well. Let's talk about what we can do to address our shared futures. Jeff and Jennifer are developers of the Vermont Futures Project sponsored by the Vermont Chamber Foundation. Their economic indicators are located at vtfuturesproject.org.

April 10, "Old Person in Training"—*Are you an "old person in training?"* For a few of us who grew up in multi-generation households, there are some models. And these models no longer fit! This Forum will explore and explode myths of aging often described as "ageism" and begin the questioning that leads to an enriching of the spirit as our bodies change. Come bring your experiences and your own myths and anxieties to share in the discussion led by Janet Cramer and Jim Crosson.

April 17, Report from Jerusalem with Jack Karn via Skype—Jack writes, "In Jerusalem, I am continuing my ministry of being a leader, guide, and mentor to youth participating in Jerusalem Peacebuilders' two programs. More than halfway through my pilgrimage, I have led ten workshops for JPB's two programs, supported field trips to the Negev Desert and Golan Heights, and developed a growing network of connections and partnerships with organizations like the Interfaith Encounter Association (IEA), Arava Institute for Environmental Studies (AIES), Combatants for Peace (CfP), and EcoPeace. Recently, I joined a local conversation group of young men discerning a call to ordained life in the Church. Each week, the group meets to discuss matters of religion, spirituality, and our diverse ministries in the Holy Land. This brotherhood is a blessing, and I know each of us benefits deeply from this fellowship in Christ."

April 24, "Tom Tull: Pay Attention and Do Something!"—Thad Bennett has agreed to reprise his Lenten talk from February 17, when the weather was bad and attendance very low. What do you do when you find yourself in the midst of illness/death and no one wants to pay attention? You organize, you gather, you pray, and you change the culture of the Episcopal Church forever. Thad will talk about his friend, Tom Tull (1942–1995), who, with a small band of followers, changed the way the Episcopal Church (and later the country) related to HIV/AIDS. Tom's example continues to challenge Thad about how best to respond to the needs of people around us. Come hear Thad talk about Tom, his witness and ministry and its effect upon Thad's ministry in the 1980s and beyond.



CELEBRATIONS

APRIL BIRTHDAYS

April 2	Becky Anderson
April 3	Callan McDowell
April 5	Monica Mattocks
April 7	Neil Montgomery
April 8	Kelli Allen, Ramon Escalera
April 10	Sherry Stimmel
April 11	Peter Johnson, Kurt Johnson
April 12	J. Michael Wilmott, Devin Starlanyl
April 13	Cliff Dempster, Diane Clouet, Ron Bell, Lyndsay Hesselbach
April 15	Ian McBean, Emily Brown
April 16	Zachary Roesemann, George Connell
April 18	Douglas Switzer
April 21	Samuel Kochinskas
April 22	Marcia Steckler
April 24	Norma Willingham
April 25	Alison Hale
April 27	Susan Heimer, John Daly
April 29	Marta McBean, Annie Landenberger, Brian Hesselbach, Zsolt Pomazi
April 30	Lawrin Crispe, Douglas Bonneville

APRIL LECTIONARY

Sunday, April 3:

Acts 5: 27–32, Psalm 118: 19–24 or Psalm 150;
Revelation 1: 4–8, John 20: 19–31

Sunday, April 10:

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

Sunday, April 17:

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

Sunday, April 24:

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

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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	5:30 p.m., Contemplative service of chanting, silence, and prayer
SATURDAYS	8:00 a.m., Centering Prayer

Coming Up at St. Michael's Episcopal

APRIL 2: Spring grounds clean-up
APRIL 30: Enneagram workshop
MAY 6-7: Spring Tag Sale