



The Guardian

MAY 2016

FROM THE RECTORY

TAKING THE LONG VIEW ST. MICHAEL'S VESTRY RETREAT



I have just returned from a retreat with the Vestry (St. Michael's elected leaders) at Holy Cross Monastery in West Park, New York. Our time together was a mix of attending the daily prayer services with the monks, visioning together about St. Michael's ministry, and having free time to rest and get to know one another better. There is something really important, I believe, in getting some distance from the demands of our day-to-day lives from time to time; it widens our perspective and helps us to see the work of the Holy Spirit over time.

At one of our meeting sessions we thought about St. Michael's history. We touched briefly on the early history of St. Michael's, then spent more time reflecting on our history of the last five-to-ten years. Churches have personalities just like people, and when we step back and take a look at our church, certain characteristics become evident. St. Michael's is a church that enjoys challenges. When presented with a challenge, our congregation tends to rise to it. We see how the Holy Spirit has blessed us and guided us in taking risks, trying new things and being flexible. Inclusivity and hospitality are very important to St. Michael's. Also important is engaging with real-world problems as a community of faith and the integration of faith into our daily lives.

We then talked about our current ministries at St. Michael's and future challenges. Although St. Michael's is a thriving and healthy church, we need to continually be aware that the nationwide church is declining and we live in an increasingly post-Christian culture. How will the Body of Christ at St. Michael's engage with our community and world as the church (the institution) changes so radically? St. Michael's parishioners are very engaged in ministry, but we need to help prevent burn-out. We also recognized the need to continually express gratitude for parishioners' many contributions of time, energy, talent, and money. We noted that there is sometimes a tension between establishing a sense of belonging for long-time members and the integration of new people (especially on already established teams and committees). We recognized the need to gather leaders of St. Michael's ministries once or twice a year for communication, training, and support. Lastly, we spoke about pastoral care at St. Michael's, which is a ministry currently in transition. We discussed ways to expand the ways we think about this ministry and engage the ideas and creativity of our parishioners.

Everyone who participated in this retreat felt a deep sense of gratefulness for this time that we had together. We hope to address some of the challenges mentioned above in this next year. Please keep the Vestry and the rest of St. Michael's leaders in your prayers!

*Yours in Christ,
Mary*



NEWS OF THE PARISH

RECOVERY SUNDAY MAY 1

At both the 8:00 and 10:15 a.m. services on May 1, we will celebrate God in action in people's lives. Recovery comes in every shape and form. In a real sense it is a name for our spiritual journeys as we seek to reclaim and recover our identity as children of God. A member of St. Michael's, Susan Avery, will share her experiences of recovery. The service will reflect this theme in readings and prayers. Recovery Sunday is becoming a tradition at St. Michael's; this will be our fourth annual observance.



NEW ATTENDERS BRUNCH MAY 15

If you are new to St. Michael's in the last year (or if you still feel new to St. Michael's), we hope you will join us for a festive brunch on Sunday, May 15, right across the street from St. Michael's at the home of John Daly. The brunch will begin right after the 10:15 a.m. service, so come right over!

This brunch will be an opportunity to spend time together and learn more about St. Michael's. Children are welcome. If you can attend, please sign up in the Common Room or contact the church office (254-6048) or email Mary Lindquist at mary@stmichaelsvermont.org.



THE FEAST OF PENTECOST WILL BE CELEBRATED ON SUNDAY, MAY 15

Don't forget to wear red, the color of the Holy Spirit!

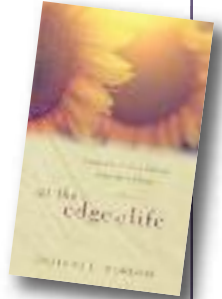


BOOK GROUP GATHERING MAY 10

Parishioners of St. Michael's are invited to meet at St. Michael's in the Meeting Room at 5:00 p.m. on Tuesday, May 10, to participate in a book-group discussion on two books:

At the Edge of Life: Conversations When Death Is Near by Richard Morgan

Our Greatest Gift: A Meditation on Dying and Caring by Henri Nouwen



We hope to help each other as a Christian faith community reflect on the spiritual, emotional, and communication parts of death and dying. These are two great (slim) books. You may order them through Everyone's Books.

We plan to meet weekly through May 31. Questions? Talk with Joanne Patalano, Janet Cramer, or Darcey Mercier. Hope to see you on May 10.



ST. MICHAEL'S PARISH BREAKFAST MAY 22

All are invited to our second-ever St. Michael's Parish Breakfast on Sunday, May 22, at 9:00 a.m. If you came to the Parish Breakfast in January, you know how amazing this breakfast will be!

On this day there will be no Adult Forum or Sunday School so that everyone can come together and enjoy some good food and good conversation. We especially hope you will sit with folks you do not know so we can expand our community. We ask a donation of \$5 to cover the food costs, if you are able.



ST. MICHAEL'S CHILDREN & YOUTH NEWS

There will be a special festive procession with streamers and doves on **Pentecost Sunday**, May 15. Children and youth are invited to be part of this procession. Please try to make it to Sunday School at



NEWS OF THE PARISH

9:00 a.m. for a special craft session, then meet outside St. Michael's at 10:00 a.m. to get ready for the procession.

The last day of **Workshop Rotation Sunday School** (the 9:00-10:00 a.m. hour) will be May 15. Workshop Rotation will resume in September.

Godly Play (10:10-10:45 a.m.) will continue to meet through June 12 then take a break for the summer.

Sunday, May 22, is **St. Michael's Parish Breakfast!** This event is for everyone, including kids.

The **Sunday School Appreciation Picnic** is planned for Sunday, June 12, following the 10:15 a.m. service on the Rectory Lawn. All kids, families, teachers and helpers are invited. Mark your calendars!



JONATHAN DANIELS VIDEO IN PARISH LIBRARY

This is an award-winning documentary on the life, civil rights work, and death of Episcopal seminarian Jonathan Daniels in and around Selma, Alabama, in 1965. He grew up in Keene, New Hampshire, just across the river, and was a devout Christian and member of St. James' in Keene. He studied at the Virginia Military Institute and Harvard before entering the Episcopal Divinity School (EDS) in Cambridge, Massachusetts. Upon a call from Martin Luther King, Jr., for people of faith to join him in Selma to promote the new Voting Rights Act and to end the disenfranchisement of African-Americans in the south, Jonathan and several other EDS seminarians joined Dr. King and thousands from around our country in Selma for the long march to the state capital, Montgomery. Jonathan stayed on and lived with black

families to continue this work. He was jailed for this, and upon his release was shot down by a sheriff's deputy for entering a small store with his black friends to buy cold drinks.

This is a powerful story and reminder of a movement as tragic as it was necessary, told through film footage that can haunt us even now. Jonathan and I were friends and classmates. In 1991 the Episcopal Church designated Jonathan Myrick Daniels as a martyr, and August 14 has been designated as a day of remembrance for the sacrifice of Jonathan and all the martyrs of the civil rights movement, including Martin Luther King. This video is now in our church library. Please feel free to sign it out and watch it.

Craig Hammond



PARISH FINANCIAL UPDATE: OPERATING INCOME/EXPENSES FOR JANUARY-MARCH

Total Pledges Received: \$76,257 vs. \$59,500 budgeted (128% of budget)

of which for the month of March: \$21,801 vs. \$19,833 budgeted (110% of budget)

This is the amount of income from pledges alone that we have received.

Total Operating Income: \$106,358 vs. \$83,263 budgeted (128% 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: \$90,838 vs. \$82,696 of budget (110% of budget)

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.



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



AIDS WALK FOR LIFE MAY 14

On Saturday, May 14, from 10:00 a.m. to noon, St. Michael's will team with others in our community to raise awareness about HIV/AIDS with the 29th Walk for Life beginning at the River Garden.

Each year in May we walk through downtown Brattleboro to remember our family and friends who have died from HIV-related illnesses, to call attention to the effects of the HIV/AIDS epidemic in our community, and to honor those who make a difference in this important and challenging work.

We will gather at the River Garden for a brief ceremony to reflect on the memory of those who have died. Following a brief walk through downtown, we will gather again at the River Garden for a presentation from Sue Conley, music, prizes for fundraising and a light lunch.

Please consider becoming a member of the St. Michael's team to walk, to gather donations, or both. There will be an information table and donation forms beginning May 1 in the Undercroft following the 10:15 a.m. worship service.

St. Michael's has been a faithful supporter financially as a presence at the Walk. I am a board member of the AIDS Project of Southern Vermont. To sign up, get a donation form, make a donation to the AIDS Project of Southern Vermont, or for more information, please contact me at dpcarrs@gmail.com or by cell phone at 214-534-8725.

Thank you for your support and participation.

David Carr



COIN ROLL FOR CHABHA JUNE 5

Here are three children that you of St. Michael's, through CHABHA (Children Affected by HIV-AIDS in Rwanda), are helping to support with school fees, health cards, and programs. Cynthia wants to be a doctor; Claudine wants to be a soldier; Jocelyn wants to be a dancer. They are part of the CHABHA girls' club.

Please continue to support these girls and hundreds more by bringing your CHABHA coin jar with spare change to church on June 5 for our coin roll during coffee hour. Jars are available in the Common Room.

*Thank you!
Susan Wilson*



INTERCESSORY PRAYER GROUP

Anita Crosson will be leading the Intercessory Prayer group. To place someone on the prayer list, please fill out a prayer request form, located in the back of the church, then place it in the collection plate, or contact Anita at jimandanita@svcable.net or 802-365-4638.

Members of the Intercessory Prayer group are Anita and Jim Crosson, Don Erwin, Charlene Kemp, Joan Pinilla, Paula Ryan and Judy Walker. The prayer group keeps a person on the list for three months unless we hear from the person requesting prayers.

Thank you, Anita, for taking on this important ministry.

Jane Sbardella



EXPLORING OUR FAITH TOGETHER

ADULT FORUM SCHEDULE FOR MAY

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. Michaels.

May 1, Recovery Sunday—Out of the Darkness, Into the Light: Spiritual Aspects of a 12 Step Program. Or as Keb Mo sings it, “It’s God trying to get your attention,” or Dorothy saying “Toto, we’re not in Kansas anymore.” Led by Lucia Osieki.

May 8, Theology of Star Wars—When George Lucas wrote Star Wars over 30 years ago, did he realize it would withstand the test of time? Why does Star Wars still resonate with us after all these years? Come learn the ways of the Jedi and see how knowing the force is like inviting the Holy Spirit into your daily life. Led by Darcey Mercier.

May 15, “Doing” Compassion—It’s hard to always show compassion, even to the people we love. But Robert Thurman (TED Talk Video) asks that we develop compassion for our enemies and gives us exercises to extend beyond our inner circle. So the focus is how you love better the people you trust and even better those you do not. Led by Phillip Wilson.

May 22, no Forum. Fellowship Breakfast at 9:00 a.m.

May 29, TBD

LIVING WATER:

REFRESHING BODY, MIND & SPIRIT

Jesus said, “Everyone who drinks this water will get thirsty again. But no one who drinks the water I give will ever be thirsty again. The water I give is like a flowing fountain that gives eternal life.”

John 4:13–14

Living Water for Our Bodies

Water is one of the most basic elements of life. It is important to all living things. Physically it is the most abundant substance on the earth and in our bodies. Sixty percent of the human body is water. We and all living things need a large amount of water to function and grow properly! Even Jesus was thirsty. In the account of Jesus and the woman at the well, Jesus asked her for a drink of water.

Most of us do not drink enough water. Throughout our country we have been blessed with abundant water supplies, yet we often fail to drink enough plain water. For most of us (unless your doctor has directed you otherwise), our bodies need approximately six to eight (8 oz.) glasses of water each day.

What does water do for us?

- Removes waste products effectively
- Assists in digestion and metabolism
- Helps regulate our body temperature
- Lubricates our joints
- Improves our energy
- Helps maintain our fluid balance
- Increases our mental and physical performance
- Keeps our skin healthy and glowing
- Reduces headaches and dizziness

Living Water for Our Spirits

Our Creator God has provided living water for our spirits. Without this living water, we can become spiritually dried up. Indeed, thinking of that familiar glass of refreshing water as a symbol for life makes a lot of sense both physically and spiritually. Focusing our minds on each drink of water we take can remind us to also drink from God’s living water for our spirits.

From Episcopal Health Ministries Newsletter, March 2016



Palm Sunday 2016



ROTA FOR MAY

LITURGICAL ROTA FOR MAY 2016 • 8:00 AM AND 10:15 AM SUNDAY SERVICES UNLESS OTHERWISE NOTED.

POSITION	MAY 1	MAY 8	MAY 15	MAY 22	MAY 29
8:00 A.M. SERVICE					
Lay Assistant	Anita Crosson	Kate McGinn	Wayne Cook	Kate McGinn	Wayne Cook
Intercessor	Kiersten McKenney	Anne Brown	Doug Lilly	Bill Ames	Doug Switzer
Sacramental Healing	Janet Cramer	Janet Cramer	Janet Cramer	Carolyn Taylor-Olson	Carolyn Taylor-Olson
Usher	Judy McGee	Anne Cook	Judy McGee	Anne Cook	Anne Cook
10:15 A.M. SERVICE					
Crucifer	Mikael Mattson	Darcey Mercier	Jeff Hiam	Jessica Bennett	Miranda Smith
Torch Bearers	KC Mattson Jake Mattson	Julian Siegel Jonah Johnson	Nathaniel Johnson Jonah Johnson	Avery Bennett Annelise Fedoruk	Marion Wojcik Kierstan Landin
Element Bearers	Fritz Family	Sherry Stimmel Sue Dyer	Bill & Sandy Maclean	Chris Hart Nancy Barber	Craig Hammond & Liz Vick
Lay Assistant	Miranda Smith	Sarah Benton	Liz Vick	Ricky Davidson	Greg Lesch
Lector	Carolyn Taylor-Olson	Julia Fedoruk	Valerie Abrahamsen	Jenn Karstad	Jeanette Landin
Intercessor	Joyce Vining Morgan	Sue Dyer	Martin Leggott	Diana Bingham	Greg Lesch
Ushers	Alan & Judith McBean	Ricky Davidson Elaine Curry-Smithson	Fritz Family	Craig Hammond & Liz Vick	Dick Burtis Jeff Hiam
Sacramental Healing	Judith Hildreth	Robin White- Diamonstone	Betsy Bates	Margit Lilly	Judith Hildreth
Altar Guild	Madelyn Howard Carol Hesselbach Lynn Billington Judy Walker	Madelyn Howard Carol Hesselbach Lynn Billington Judy Walker	Susan Dyer Elise Burrows Pat Laubach Laurie Chiperfield	Susan Dyer Elise Burrows Pat Laubach Laurie Chiperfield	Jane Sbardella Lucia Osiecki
Coffee Hour		Diana Bingham Sherry Stimmel	Bruce & Marie Lawrence	Fellowship Breakfast 9-10 am	Holly MacLean Beth Chase
Counters	Anne Cook Judy McGee	Jeanette Landin Judith Hildreth	Ricky Davidson Jared Rediske	Wayne Cook Sherry Stimmel	Wayne Cook Gwen Mousin

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



Altar Guild preparing for Holy Week



Easter Vigil reception



Jonah Mystery play



CELEBRATIONS

MAY BIRTHDAYS

May 1	Holden McDowell
May 2	Sarah Colson
May 4	Deborah Leggott, Carol Beninati, Bruce Landenberger
May 5	Bill Ames
May 6	Mark Mayer
May 7	Diane Pitcher, Beatrice Johnson
May 8	Opal Mayer
May 10	Sarah Nohl
May 11	Brian Morgan, Diana Bingham, Julian Siegel
May 12	K.C. Mattson
May 17	Brian White
May 19	Susan Dyer
May 21	Ruth Struthers
May 22	Oliver Pomazi
May 23	Chloe Hull
May 25	Serina Keppel
May 26	James Crosson, Sylvester Mayer
May 27	Karin Bleecker
May 29	Colby McGinn

MARRIAGES

May 2	Karren & Steven Meyer
May 19	Sarah Colson & Cliff Dempster
May 24	Janet Brocklehurst & Sissi Loftin
May 27	Teri Robinson & Ross Kinney



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MAY LECTIONARY

Sunday, May 1:

May 1: Acts 16:9–15; Psalm 67; Revelation 21:10, 22–22:5; John 14:23–29 or John 5:1–9

Sunday, May 8:

Acts 16:16–34; Psalm 97; Revelation 22:12–14, 16–17, 20–21; John 17:20–26

Sunday, May 15:

Acts 2:1–21 or Genesis 11:1–9; Psalm 104: 25–35, 37; Romans 8:14–17 or Acts 2:1–21; John 14:8–17

Sunday, May 22:

Proverbs 8:1–4, 22–31; Psalm 8 or Canticle 13 (or Canticle 2); Romans 5:1–5; John 16:12–15

Sunday, May 29:

1 Kings 8:22–23, 41–43; Psalm 96:1–9; Galatians 1:1–12; Luke 7:1–10



Saint Michael's Episcopal Church

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CHANGE SERVICE REQUESTED

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

- MAY 14:** AIDS Walk
- MAY 15:** Feast of Pentecost, New Attenders brunch
- MAY 22:** Parish Breakfast
- JUNE 5:** CHABHA coin roll
- JUNE 12:** Sunday School Appreciation Picnic