



The Guardian

NOVEMBER 2015

FROM THE RECTORY

BREAKFAST ANYONE?

A few weeks ago I was talking to a longtime parishioner during coffee hour. She told me that even though she'd been attending St. Michael's for 20 years, there were many people in church that she did not know either because they were new or because she had never had the chance to get to know them. She told me about dinners that used to be held at St. Michael's with the express intent of getting to know one another and building community.

I thought it was a great idea to figure out if St. Michael's could offer community meals where people could come together, share their stories, and get to know one another better. We heard about the importance of community in our Small Group Conversations last spring and have been thinking about what small experiments we might try to foster the deepening of relationships among us.

Not only that, but the experience of sharing food together is actually in our baptismal vows. When we promise to "continue in the breaking of the bread" we are not only promising to share Holy Communion; we are also promising to sit together and share meals—meals like eggs and bacon!

Yet the idea of dinners does not seem so practical in this day and age. Night events are difficult for many people to attend (especially seniors and families with children). I mentioned this idea to a Vestry member and she wondered about the idea of offering Sunday morning breakfasts between the 8:00 and 10:15 a.m. services. This seemed like an even better idea because it would serve the many different people who would be attending the Sunday services. Instead of having educational offerings on those Sundays, we would offer breakfast for all ages.

We presented the idea to the Vestry this month and although they thought it was a great idea, they wanted to get the congregation's feedback. Would you attend a church breakfast quarterly or even once a month? Would you take the opportunity to sit with people you did not already know and share a bit of your life? Please speak with me or with another Vestry member and let us know your thoughts. Also consider if this would be an activity in which you would like to participate (as an organizer, a cook, kitchen help, etc.).

*Yours in Christ,
Mary*



NEWS OF THE PARISH

ALL SAINTS' DAY NOVEMBER 1

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers.

Paul's letter to the Ephesians

On November 1, St. Michael's will celebrate the Feast of All Saints at both the 8:00 a.m. and 10:15 am services. We will remember those saints who have gone before us and loved ones who have died, as well as recognize ourselves as those saints who have been called to follow Jesus with our whole selves. Also on this day, we will remember in our prayers those who have died during the last year.

If you have people you would like to be named in the prayers, please add them to the book in the back of the church.

If you have pictures of loved ones who have died whose lives you want to give thanks for, we will provide two tables in the chancel area (in front of the altar and in the corner) as a visible reminder of the saints who have come before us for worship that day.

Because this is a major feast day, we will have incense at the 10:15 a.m. service.



VERMONT DIOCESAN CONVENTION NOVEMBER 6-7

Delegates, clergy, and others from the Episcopal Church in Vermont will gather in Burlington on November 6-7 to pray, listen, and discern the movement of God's spirit in our life together. This year's convention is extra special because St. Michael's Choir School will be performing the mystery play written by Paul Dedell, *Out of the Lion's Mouth*. We are so proud to share the gifts of the Choir School and Winged Productions with the rest of the church in Vermont! Delegates to convention this year include Sarah Benton, Janet Cramer, and Liz Vick. Mary Lindquist and Thad Bennett will be attending as clergy representatives. Please keep the Episcopal Church in Vermont in your prayers for this important gathering.

PAUL MOBERLY PREACHING NOVEMBER 8

On Sunday, November 8, we will welcome back our seminarian Paul Moberly, who will preach at both services. St. Michael's is Paul's sponsoring parish in the process of ordination to the priesthood. Please come and support Paul on this special day!

REPORT FROM SEMINARIAN PAUL MOBERLY

Greetings from the campus of Virginia Theological Seminary in Alexandria, where it is only just beginning to feel like fall (and the leaves are just starting to change color). It's hard to believe it's already been more than a year since the people of St. Michael's sent me off to seminary, although in some sense it also feels like so much has happened since then. I survived junior (first) year, went on a pilgrimage to the Holy Land, studied church history and systematic theology and the Old Testament; along the way, I also managed to fall in love with a really wonderful man named Gerardo. It has been a challenging but incredibly joyful and rewarding experience so far. I am so grateful for all of your support and prayers.

Most recently, on October 13, a thousand people descended upon campus for the consecration of the new Immanuel Chapel. The beloved 1881 chapel burned in an accidental fire in 2010, and the seminary community has been worshipping since then in a temporary chapel. This past Tuesday, The Most Reverend Justin Welby (Archbishop of Canterbury), The Most Reverend Katharine Jefferts Schori (Presiding Bishop and Primate of the Episcopal Church, pictured) and The Rt. Rev. Michael Curry (Presiding Bishop-elect) were here to help us consecrate the new building. I was lucky enough to be among a small group of students who joined the largely professional choir for the consecration service. It was a joyous day for our community, and the Church, and one I will certainly never forget.

I have begun field education this fall at a remarkable church in the District of Columbia called St. Paul's Parish, K Street. It is a unique parish with a strong sense of Anglo-Catholic



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identity, and as a former evangelical with very low-church roots it is quite the liturgical and formational experience for yours truly. I look forward to growing with and serving the people of St. Paul's for the next (almost) two years, when I graduate from seminary. And after that, God willing, and with the Bishop's permission, I look toward being ordained as a priest. In some ways, two years seems like a rather long time, but I know that it will go by very fast.

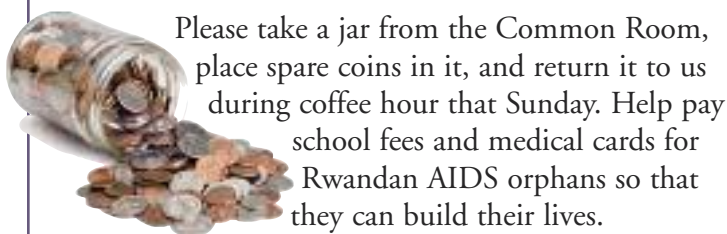
In the meantime, I hope that you will all continue to lift me up in prayer from time to time; I promise to do the same. You are all very much in my thoughts and prayers all the time. And, of course, I am grateful to hear from you if you have time to drop me a quick "hello." You can email me at pmoberly@vts.edu, or ask Jeanie in the office if you'd like my "snail mail" address. If you have anything you'd like me to keep in prayer, I would be happy to do that.

I will be visiting in early November and I look forward to seeing many of you then!

Cheers! Paul Moberly



CHABHA COIN ROLL NOVEMBER 8



Please take a jar from the Common Room, place spare coins in it, and return it to us during coffee hour that Sunday. Help pay school fees and medical cards for Rwandan AIDS orphans so that they can build their lives.

Susan Wilson



SAYING GOODBYE TO TRUDY CRITES

This November, beloved parishioner Trudy Crites will be moving to Portland, Oregon, to live with her daughter. Trudy has been a very important member of

our church community and we are sad to say goodbye to her.

Trudy, who is a wonderful and prolific artist, will be offering a sale of her art from the last many years at a discounted price. St. Michael's will host the sale on Sunday, November 8, after both services. Trudy is donating part of the proceeds to St. Michael's.

Trudy's final Sunday with St. Michael's will be November 15. Please come to the 10:15 a.m. service to bless and offer prayers for Trudy as she embarks on a new chapter of her life!



INTERFAITH THANKSGIVING SERVICE NOVEMBER 24

All are invited to an Interfaith Service of Thanksgiving on Tuesday, November 24, at 7:00 p.m., held at the First Baptist Church, 190 Main Street in Brattleboro. Leaders and members of various faith communities will be involved, sharing from their own traditions. There will be singing and choirs of all ages.

This is an opportunity to celebrate and give thanks for the amazing support and generosity of neighbor to neighbor in our community, and to recognize in the midst of all the ups and downs of life that we have many blessings to share. An offering of non-perishable contributions will be accepted at the door to benefit the Brattleboro Drop-in Center. This service is sponsored by the Brattleboro Area Interfaith Clergy Association.



THANKSGIVING DAY MORNING PRAYER AT CHRIST CHURCH

Join us on Thanksgiving Day, November 26, at Christ Church in Guilford for a Thanksgiving Morning Prayer service with hymns. Coming together to give thanks to God is a beautiful way to begin your Thanksgiving, and you will still have plenty of time to go home and cook! All are welcome.



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NEWCOMERS' TEA NOVEMBER 29

All those who are new to St. Michael's in the last year (or still feel new to St Michael's) are invited to a Newcomers' Tea on the first Sunday in Advent, November 29, at 4:00 p.m. at the beautiful retreat center in New Hampshire, The Lower Farm. The Lower Farm is a beautiful, newly renovated 1780s farm house. You can check it out on the website, <http://www.hallelujahfarm.com> There will be food, drinks, a warm fire, and good company for all ages (children are newcomers too)! Please let us know if you will be attending by signing up at church or by contacting Mary Lindquist at mary@stmichaelsvermont.org.



CALLING ALL KIDS AND TEENS: REHEARSALS START NOVEMBER 29 FOR THE CHRISTMAS PAGEANT!

Calling toddlers, children, and teens! Join St. Michael's Christmas Eve pageant and help bring the Nativity to life for our parish! We've been doing our own Vermont Nativity for several years now and will continue to do so, modifying it to fit the company and adding, of course, any new elements that pageanteers invent. Recent pageants, for instance, have been blessed with flocks of free-range angels and sheep. A couple of live rabbits showed up for auditions, too; not wanting to turn any living being away, we added them to the cast list.

Here are the roles we need to fill: innkeeper's assistant, innkeeper, Mary, Joseph, Angel Gabriel, Baby Jesus, angels, shepherds, wise wo/men, starbearer, and readers (all 8 to 19-year-olds are welcome as readers!)

We'll rehearse Sunday mornings 9:00–10:00 a.m.
(during Sunday school)

November 29: Talk briefly about the story and hear what role each child would like to play

December 6: Run through the script with pageanteers in the roles they've chosen; determine what we want to change and start "blocking"

December 13: Annie will be out of town; we'll still rehearse, but the plan is TBD

December 20: Finish all blocking; run through with all lines assigned, with music and props

Dress Rehearsal December 23: Dress rehearsal at 4:00 p.m.

Pageant December 24: All should arrive at 3:15 p.m. The Pageant is at 4:00 p.m.

We invite youth from outside the Parish to join in, too. If you have friends from school or the neighborhood who'd like to be part of the pageantry, please encourage them to come to do so.

For more information and to sign up, contact Annie Landenberger, 348-7156, verbatim@svcable.net. Watch for more information and a list of other adult contacts in upcoming Sunday bulletins.



ST. MICHAEL'S YOUTH VISIT ST. JOHN THE DIVINE

On Columbus Day weekend, members of the St. Michael's Youth Group and adult mentors from the parish headed to New York City to participate in the spiritual and educational youth program *Nightwatch*, hosted by the Cathedral of St. John the Divine. Our group joined with 50+ young people and adults for a special evening of Christian prayer and contemplation, community, and fun. After a cathedral-wide scavenger hunt, drumming and percussion circles, and snacks, the group reconvened for a candlelit meditation and Holy Eucharist service at midnight. Feeling a deeper sense of God's abiding presence in our lives, the group headed off to sleep. The next day we all shared words of appreciation and a closing prayer before enjoying a sunny stroll through Central Park and riding



St. Michael's youth group in front of the Cathedral



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the subway downtown to visit the 9/11 Memorial. All sorts of people had come to pay their respects, offer prayers, and to understand better the events of that fateful day. With maturity and compassion, our youth expressed their genuine curiosity about the place and its significance. We closed the trip with a delicious lunch at an Amish Market and headed back to Vermont, respectfully having represented our Church and the community.

*Jack Karn, Nightwatch
Trip Co-Leader*



ZACHARY ROESEMANN FEATURED IN LIVING CHURCH

Parishioner and iconographer Zachary Roesemann was recently featured in the national magazine *Living Church* in a two-part article about the revival of traditional iconography in the Episcopal tradition. New York art historian Dennis

Raverty discussed the history of the movement, interviewed Zachary extensively, and included photos of three of his icons, including the increasingly famous "Christ in Majesty" icon at the Cathedral of St. Paul in Burlington.

The icons here at St. Michael's are all by Zachary: the Archangel Michael and Mary the Mother of God in our sanctuary, and the triptych of St. Mary Magdalene in our Chapel.



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

Total Pledges Received: \$175,867 vs. Budget of \$161,909 (109% of Budget)

of which: Total Pledges Received for September: \$14,125 vs. Budget of \$17,990 (79%)

This is the percent of pledge dollars received for the month compared to what we expected in the budget.

A figure below 100% means we didn't meet the budget amount needed for that month.

Total Operating Income: \$258,382 vs. Budget of \$244,247 (106% of Budget)

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

Total Operating Expenses: \$240,586 vs. Budget of \$246,401 (98%)

This is the dollars needed to run the church, such as 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 REPORT

- The Vestry started the October meeting by discussing Chapter 6 from the book *The Agile Church*.
- We then received a report on her attendance at the Missional Leadership Conference from Mary.
- The treasurer's report indicated that St Michael's is in good financial shape with pledges continuing for the most part to be paid.
- Ideas for upcoming new events, groups, and programs were brainstormed.
- The Vestry OK'd the repair of a leak in the church slate roof at a cost of just under \$2,000. This should prevent further damage until the entire building can be re-roofed.
- Building and Grounds committee scheduled a Clean-Up Day on October 24.
- The last part of the meeting was spent discussing Vestry Visioning for 2016.

*Bruce Lawrence,
Vestry Member*



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

REPORT FROM THE FALL TAG SALE

As you read this the Fall Tag Sale is an event of the past. Hopefully, many of you were able to join me at the post-sale wrap-up meeting. On October 2 and 3 over \$6,250 was raised to support both our parish and local outreach.



This money, however, is not raised in just the six-hour sale. What you do not see is the countless volunteer hours that go into the preparation of the sale. It all starts with your item donations and team planning. Ken Neilson spends time every week sorting through these donations, fixing broken items, discarding those that are not acceptable, and arranging the storage closets to allow maximum use. Becky Anderson starts on our publicity a month before the sale. Becky, Lucia Osiecki, Linda Rice, Betty Elwell, and I spend hours calling and emailing potential volunteers. Susan Wilmott scours the incoming jewelry and clothing donations for consignment items to maximize our sale proceeds. Vince Johnson donates his time, his truck (and his strength) picking up and storing larger donations that cannot be housed at the church. Jeanie Crosby, Corky and Betty Elwell, Jean and Peter Smith, and John and Mary Carnahan graciously provide that storage space for a month before the sale. Did I mention that John Carnahan also travels the countryside putting up our sale posters? A team also begins to presort books because of the sheer volume donated. Craig Newbert, our chef extraordinaire, donates time shopping for the supplies to make (with Diana Bingham) some amazing chili while also soliciting volunteers for additional food and baked goods. All of this is happening before we even get to prep week!

When the time arrives, tables are set up, the closets emptied, and the sorting, cleaning and mending (yes, I said cleaning and mending), pricing, and arranging of all this “stuff” begins, not to mention picking up last-minute items and retrieving those stored off-site. This all takes nearly 1,000 man/woman hours to be ready for the sale.



On Friday the tent goes up, the garage is emptied, and outside sales are off and running, thanks to Wayne Cook, Michael Wilmott, Vince Johnson, Ross Kinney, Craig Hammond, and Jane Sbardella. Thanks to Ruth Tilghman and Bill McLean, there are hot dogs on the grill. Inside, doors open at 5:00 p.m. and the many floor people, cashiers, stage workers, runners, and kitchen staff finally breathe when the doors close at 8:00 p.m., a sequence only to be repeated Saturday morning. Then the work of an amazing crew cleans both inside and out after the sale and by 1:30 p.m. on Saturday you would never imagine all the workers and customers who have come through the doors in the past 24 hours.

You might think this is a well-oiled machine by the sounds of it, and in many ways it is. However, if you have not been a volunteer there is one thing you are probably not be aware of. The majority of our volunteers are over 60, some into their 80s. Without an infusion of younger (and stronger) volunteers I fear the Tag Sale may well become a thing of the past. Please take a few minutes to consider how you might assist with the future sales, what we can do to make it possible for you to help, and let me know your thoughts. My contact information is in the directory. And please mark your calendar for the next sale May 6 and 7.

To each and every one of you, those named and unnamed, who volunteered countless hours to make this past sale such a success, you have my heartfelt thanks and gratitude. Many of you worked more hours than you planned when the need was seen. I know this ministry is near to your hearts and provides so much for so many. Thank you all again for your camaraderie, support, and advice and for all we accomplished together. Thank you also for seeing God's face in each other and in our customers, and showing it to the community.

Anne Cook



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

UPDATE FROM PASTORAL CARE TEAM

The Transportation Ministry is coordinated by Lynn Billington. If you have a transportation need in the Brattleboro area, whether it be to a Sunday service or medical appointment, please call the church office 254-6048 Ext 104 and leave a message or send an email to Jeanie@stmichaelsvermont.org. For special or night events, please call the office if you need a ride or if you are available to provide a ride to someone attending the event. The office is open from Tuesday thru Friday 8:00 a.m.–1:00 p.m. We will do our best to accommodate requests.

I really appreciate our volunteers who provide this service. We would welcome others who might commit to join this essential ministry.

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

Jane Sbardella

ST. FRANCIS DAY



ST. FRANCIS DAY 2015





CONNECTING WITH GOD IN COMMUNITY

Stewardship season is upon us as we look to the ministries we are called to support in 2016. We hope you all have received your stewardship materials, taken time to decide on your pledge for 2016, and turned in your pledge card to St. Michael's. We continue to gratefully receive pledge cards and it is helpful for our planning to receive them sooner rather than later. If you have not received your stewardship information, please let St. Michael's know, or pick up extra stewardship materials in the back of the church on Sunday mornings. Many thanks to you for your generosity and love for this community of faith!

STEWARDSHIP REFLECTION

I may have been searching for my spiritual path my entire life. From baptism I was raised in the Roman Catholic church. As a family, we attended church faithfully, and I also attended religion classes through high school. But somewhere along the way I began to question my religion. What was it that I truly believed in? I was attracted to eastern religion and through college I meditated, did yoga, was a vegetarian, and was floating in an uncertainty about my faith. I instead felt an inner peace and serenity in nature—the ocean, a walk in the woods, an early snowfall, the quietness of a star-filled night.

Once out of college, while living in Boston, I began to attend the Episcopal church on Newbury Street. I remember the pastor being a tall and large man that gave huge bear hugs after service. An added bonus was that they played Bach cantatas with a chamber group following the service from September through May. I remember helping in one of their tag sales; was it a precursor of times to come? Soon I left Boston for graduate school in midwifery in Kentucky. My faith was re-invigorated by the awesomeness of childbirth and the strength of women. Over the 26 years of practicing I never lost faith in the power of prayer, especially during the middle of the night, when I prayed to God for the quick emergence of a newborn from a very tired woman. It was during the quietness and solemnity of night that I often felt the presence of God.

In 2002 we moved to Vermont and bought a bed and breakfast. Within two years both my parents died, I had moved to a new state, and I had left my career for a new one, at times feeling not so much like myself. We launched into the community and soon, it seemed, everyone in town needing donations of some

sort sought out the Meadowlark Inn. We baked and baked and donated rooms and cooked gallons of soup for Empty Bowls. Being quite busy on weekends, we really did not attend any particular church in town. But on an autumn day in 2006 while driving up Putney Road, when I didn't know I was searching for a community, the St. Michael's sign came right into sight and I zeroed in on the Wednesday noontime Eucharist service. The next Wednesday I attended my first service. It was wonderful. We all came up for the Eucharist and held hands for the final prayer. I suddenly felt at home and welcomed like at no other time in a church. I did not feel like a hand was held up that told me I could not come any closer, that some things were to be left unknown and untold.

Within a few years I felt a need to join the church and in December 2008, with Carey Lane as my sponsor, I became a member of St. Michael's. I continued to attend Wednesday services but felt on the fringe of this community. In 2011 we were approached to sell our business and on May 31, 2012, we were no longer businesswomen and I was able to retire. We started to attend more Sunday services and began to feel closer to the community. It occurred to me that I was ready to be more involved with the church and was about to approach Carey about a desire to join the Altar Guild when she suddenly passed away. I was saddened by the loss of our friend and felt an even stronger desire to become a part of the Guild. Several Guild members separately had come up to me to tell me Carey was going to ask me if I wanted to join before she had died; that felt very special to me. I have been serving on the Altar Guild since and it has given me the chance to get to know some of you quite well and to participate in an ancient church service. Besides the Guild, we bake or cook when a need arises, whether bake sales, special events at the church, or coffee hour.



I also meet with some church members in knitting prayer shawls. I received one myself from you all at a particularly difficult time in my life and wanted to be able to share in that ministry, as I was grateful to receive this gift of love and prayers.

Spring of 2014 we joined the Building and Grounds crew, which has given me a chance to get to know the workings of the church in a way I never quite imagined. Having had 10 toilets and an 1800s structure to maintain while owning the inn, I felt I had some background experience that could be put to work.

One of our biggest projects here at St. Michael's is our semi-annual Tag Sale. I always feel so overwhelmed when we begin to haul out all those many crates and bags from the closets. Will we ever get it together? And, slowly, the Undercroft is transformed into a true bargain basement. Wow! I feel such gratitude when I see people lining up well before we open our doors on Friday eve.

When I listen to Morning Edition on VPR or watch the national news on television and hear and see what is happening in our world, I can sometimes feel at a loss about how I can make a difference—there is so much happening out there! But my comfort is here, here in my community where I donate time and energy, here in my church where I do the same. It is not only monetary contributions that help in this world or in our congregation, but also getting our hands and hearts into projects and helping others. Offering a listening ear, offering a hug and becoming involved. I have been given so much and am grateful for the opportunity to give back. Thank you.

Lucia Osiecki

ADULT FORUM SCHEDULE FOR NOVEMBER

November 1, *Dwelling in the Word*—During this Forum, Mary Lindquist will introduce a scriptural practice called “dwelling in the Word” and speak about how this practice might fit into discerning the Spirit in our lives and in the life of St. Michael's. This is an interactive Forum, with small group discussion and sharing.

November 8, *The Changing Faces of God in the Bible*—From fierce tribal chieftain to loving father. Led by Phillip Wilson.

November 15, *Gratitude*—1 Thessalonians 5:18 tells us, “In everything give thanks.” This is easier said than done. How do we hold onto gratitude in the middle of pain, suffering, and injustice? How can gratitude also be love? Come and explore what it can mean to give thanks, even when giving thanks is hard. Nancy Barber will lead.

November 22, *Implicit Bias*—A talk with Brattleboro Police Chief Michael Fitzgerald, who will speak on how implicit bias affects police work. He will touch on the Black Lives Matter movement, and on the impartiality that is mandatory in all police endeavors. The Chief will speak about 30 minutes, then open the Forum to discussion and questions.

On November 29, an Advent series will begin. Please watch for more information in the weekly e-blasts and in the Sunday bulletins.

NOVEMBER LECTIONARY

Sunday, November 1: *All Saints' Day*: Wisdom of Solomon 3: 1–9
or Isaiah 25: 6–9; Psalm 24; Revelation 21: 1–6a; John 11: 32–44

Sunday, November 8: 1 Kings 17: 8–16; Psalm 146; Hebrews 9: 24–28; Mark 12: 38–44

Sunday, November 15: Daniel 12: 1–3; Psalm 16; Hebrews 10: 11–14, 19–25

Sunday, November 22: Daniel 7: 9–10, 13–14; Psalm 93; Revelation 1: 4b–8; John 18: 33–37

Sunday, November 29: *First Sunday of Advent*: Jeremiah 33: 14–16; Psalm 25: 1–9;
1 Thessalonians 3: 9–13; Luke 22: 25–36



EXPLORING OUR FAITH TOGETHER

DE-MYSTIFYING CHANT: CHANT REALLY IS FOR EVERYONE

The weekend of November 14–15, St. Michael's will be hosting the second "Altered States," an experiential program of chanting and learning. Altered States explores through practice and teaching the following questions: What is chanting? Is it just for singers? How do you do it? When do you do it? How does it "work"? Can it biologically affect or alter your physical or mental health?

If you're like me, you might find yourself humming while you work, relax, or exercise. Not necessarily songs or tunes, but just little sound patterns that seem kind of familiar. For me, this is especially true when I'm gardening, walking, cleaning, or knitting.

This kind of spontaneous humming is a form of meditative chant, and most of us do it without even recognizing it. Babies and little children almost all do it—think of the times you've overheard a little child playing by herself and singing or humming. If you listen carefully, you'll often find out it isn't even a recognizable song. But it is a tune that is lodged deep within her collective consciousness, which brings about a sense of contentment and focus.

This sense of calming is also why humans and many animals frequently hum when nervous, because humming and chanting neurologically alters brain

chemistry by producing the positive-feeling hormones serotonin and dopamine.

Chanting in a variety of spiritual practices takes this instinctive and natural human behavior to a more intentional level, one that has the possibility to take us beyond the bounds of time and space. Thus it soothes in a most profound way, on a deep cellular level. It merges our finite identity with the infinite, and so dissolves us. It relieves us from the sights and sounds and stimulation of the material world and delivers us into a spiritual space, where the sound is God.

In the most profound experiences of chant, we experience the unity of all life, which consequently awakens our hearts and opens our capacity for compassion and joy.

You don't have to sing well, because it is not about singing in the usual sense. We're not memorizing complex lyrics, or learning difficult harmonies, and we're certainly not competing or measuring.

Whether you are curious, skeptical, or an experienced chanter, I think you'll find this weekend totally fascinating. And who knows, maybe even mind-altering!

Susan Dedell

ALTERED STATES: A WEEKEND OF CHANTING

Saturday, November 14, 9:30–4 • Sunday, November 15, 1–5
with Dr. Amer Latif, Shital Kinkabwala, Rebbe Moshe Waldoks and guest neurobehaviorist Dr. Lesley Fishelman

Saturday's program: Dr. Latif in the a.m and Ms. Kinkhabwala in the p.m.

Sunday's program: Rebbe Waldoks

The weekend concludes with a service of Taize at 4:00 p.m. on Sunday. The service is open to the entire community.

Suggested donation of \$40 for Saturday; \$25 for Sunday;
both for \$60, which includes a hearty lunch and refreshments!

For more information, visit the church website, speak to Susan or Paul or email [wingedproductions.vt@gmail](mailto:wingedproductions.vt@gmail.com)

ABOUT OUR GUEST LEADERS:

Dr. Amer Latif, is professor of religious studies at Marlboro College, and guest lecturer at Cambridge University and the University of London. Dr. Latif is an authority on Rumi, and has studied Sufi chant extensively. His dynamic teaching style, and his boundless curiosity is truly magnetic. Two traditional Sufi musicians will accompany Amer this weekend.



CELEBRATIONS

NOVEMBER BIRTHDAYS

November 1	Willow Hesselbach
November 2	Patrick Meyer
November 3	Tian Ragle, Rich Melanson
November 5	Kierstan Landin
November 9	Ruth Tilghman
November 10	Rachel Daigneault
November 11	Mikael Mattson
November 12	William MacLean
November 15	Wendell Howard, Nathan Olmstead
November 16	Judy Walker
November 17	Kate McGinn, Ken Jacobs
November 18	Heddy Pomazi
November 19	George Lewis, Christopher Wesolowski, Aiden Anderson, Michael Panzer
November 20	Christine Gauthier, Eve Pomazi
November 21	Annalise Fedoruk, Amanda White
November 22	Anne Brown
November 24	Pam Crispe
November 28	Laurie Chiperfield
November 30	Alfred Cramer

NOVEMBER ANNIVERSARIES

November 2	Irene & Richard Burtis
November 11	Cordelia & Joseph Garofalo
November 13	Rosie & Matt Wojcik
November 29	Jessica & Chris Mattson



VESTRY OF ST. MICHAEL'S EPISCOPAL CHURCH

Janet Cramer, Senior Warden
jfcvermont@gmail.com | 802-257-4750

Sarah Benton, Junior Warden
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Richard Cogliano
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Karen Guthrie
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Ronny Johnson
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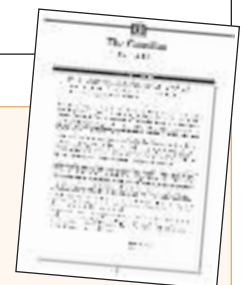
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ROTA FOR NOVEMBER

LITURGICAL ROTA FOR NOVEMBER 2015 • 8:00 AM AND 10:15 AM SUNDAY SERVICES UNLESS OTHERWISE NOTED.

POSITION	NOVEMBER 1	NOVEMBER 8	NOVEMBER 15	NOVEMBER 22	NOVEMBER 29
8:00 A.M. SERVICE					
Lay Assistant	Anita Crosson	Wayne Cook	Kate McGinn	Wayne Cook	Kate McGinn
Intercessor	Kiersten McKenney	Anne Brown	Doug Lilly	Bill Ames	Doug Switzer
Sacramental Healing	Janet Cramer	Sarah Benton	Janet Cramer	Janet Cramer	Betsy Bates
Usher	Judy McGee	Anne Cook	Judy McGee	Anne Cook	Judy McGee
10:15 A.M. SERVICE					
Crucifer	Mikael Mattson	Peter Johnson	Jeff Hiam	Jessica Bennett	Jack Karn
Thurifer	Greg Lesch				
Torch Bearers Jake Mattson	KC Mattson Andachew Mousin	Marian Wojcik Brian White	Ken Neilson Annelise Fedoruk	Avery Bennett Jonah Johnson	Kierstan Landin
Lay Assistant	Sarah Benton	Miranda Smith	Liz Vick	Nancy Barber	Annie Landenberger
Lector	Annie Landenberger	Valerie Abrahamsen	Jodi Clark	Sherry Stimmel	
Intercessor	Mary Carnahan	Craig Hammond	Devin Starlanyl	Diana Bingham	Brian Morgan
Ushers McBean	Judith & Alan Annie Landenberger	Ricky Davidson Family	Fritz Liz Vick	Craig Hammond & Betsy Bates	Jeff Hiam
Element Bearers Family	Fritz Chris Hart	Nancy Barber MacLean	Bill & Sandy Jack Karn	Sherry Stimmel Liz Vick	Craig Hammond &
Altar Guild Lucia Osiecki	Jane Sbardella Lucia Osiecki Judith Hildreth Sherry Stimmel	Jane Sbardella Irene Burtis Judith Hildreth Sherry Stimmel Zadie Olmstead	Craig Newbert Irene Burtis Betty Elwell Rebecca Olmstead	Craig Newbert Charlene Kemp	Mary Carnahan
Sacramental Healing Judith Hildreth	Carolyn Taylor-Olson Diamondstone Betsy Bates	Robin White- Margit Lilly Judith Hildreth	Trudy Crites Diamondstone	Robin White- Sarah Benton	Margit Lilly
Coffee Hour	Jenn Karstad MJ Woodburn & Vince Johnson	Sandy & Bill MacLean John Daly Susan Nicols	Leigh Marthe & Diamondstone	Robin White-	Mattson Family
Counters Judy McGee	Anne Cook Judith Hildreth	Wayne Cook Jared Rediske	Jeanette Landin Vince Johnson	Ricky Davidson Gwen Mousin	Doug Switzer

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





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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—9:00 a.m., Morning Prayer Rite I
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

NOVEMBER 1: Feast of All Saints
NOVEMBER 6–7: Diocesan Convention (Burlington)
NOVEMBER 8: Seminarian Paul Moberly preaches
NOVEMBER 14–15: *Altered States*
NOVEMBER 24: Interfaith Thanksgiving Service (First Baptist)
NOVEMBER 29: Newcomers' Tea (Hallelujah Farm)