



The Guardian

OCTOBER 2015

FROM THE RECTORY

It is the devil's greatest triumph when he can deprive us of the joy of the Spirit. He carries fine dust with him in little boxes and scatters it through the cracks in our conscience in order to dim the soul's pure impulses and its luster. But the joy that fills the heart of the spiritual person destroys the deadly poison of the serpent.

St. Francis of Assisi, 1181–1226



This must be St. Francis' year. Not only does St. Francis' feast day fall on a Sunday this year, but Pope Francis, the Bishop of Rome, is visiting the United States for the first time in his tenure. In addition, Pope Francis recently released a Papal Encyclical on the Environment, which connects very deeply with St. Francis' own spirituality.

When we think of St. Francis of Assisi, we may think of his love for the poor, his love for creation or his love for animals. All of these "loves" were indeed a part of St. Francis and a deep part of Franciscan spirituality. But perhaps what makes St. Francis one of the most beloved of all the saints is his joy. For Francis, joy was not an byproduct of his following of Jesus, it was absolutely central to his faith. As he says above, to be deprived of the joy of the Spirit is to let the devil triumph.

So it is with a sense of joy that we are celebrating St. Francis Day this year, and we are celebrating it BIG. Our worship at 10:15 a.m. on October 4 will be full of beautiful music: an "Earth Mass," by Paul Winter, led by St. Michael's Choir and the children of the Choir School. Cary Gaunt and Steve Jones, leaders in our communities on care

for the environment, will be discussing the impact of Pope Francis' Encyclical on the Environment at the Adult Forum. Then we will come together later in the day at the Brattleboro Common with our animals and pets to celebrate and bless God's gift of animals.

It is my hope and my prayer that we will experience St. Francis' joy of the Spirit deeply and fully on this special day. Please come and invite friends and neighbors to take part in this joyful occasion!

*Yours in Christ,
Mary*



NEWS OF THE PARISH

ST. FRANCIS DAY BLESSING OF THE ANIMALS OCTOBER 4



All people, creatures, and critters are invited to a special celebration in thanksgiving of our pets and animals!

When: Sunday, October 4, 4:00 p.m.

Where: The Brattleboro Common (rain venue: St. Michael's Episcopal Church, 16 Bradley Avenue)

What: The Choir School children will lead us in a brief time of music, readings, and prayer, followed by a time of blessing each pet individually

Who: You, your pet or a picture of your pet, or a stuffed animal, plus your animal-loving friends and neighbors!



PARISHIONER CHRIS TRIEBERT EXHIBIT

"Through a Glass Dimly" is a portrait exhibit by photo-artist Chris Triebert, which opens Thursday, October 1, from 5:00–7:00 p.m. at Mitchell•Giddings Gallery, 183 Main Street, Brattleboro. This portrait series was inspired in large part by the teaching of Henri Nouwen, as presented by Dr. Robert Jonas at St. Michael's last spring. The portraits suggest a way of seeing each individual as a unique manifestation of the divine. All at St. Michael's are invited to attend. The gallery is open Wednesday–Sunday, 11:00 a.m.–5:00 p.m.



ADVANCED CARE PLANNING BEGINS OCTOBER 5

Learn why every adult needs an Advance Care Directive: you, your college students, your aging parents. Discover how the wording on your Directive can help you clarify your current goals and ease your mind. These sessions will be helpful whether this is your first introduction to the Directive, a completion, or a review of a Directive you completed long ago. Explore the role of Advance Care Planning in the life of our church. Discuss how our spiritual community can offer comfort and support that aligns with our values and beliefs regarding the challenges and rewards of aging and end-of-life.

Based on the strong interest in end-of-life issues shown by our parish survey results last January, we have planned this opportunity to dig deeper and help our church community grapple with this challenging part of life's journey.

The sessions will be facilitated by Joanna Rueter, MSW, certified in Advanced Care Planning. We will meet Monday, October 5, October 19, and November 2, from 6:00–7:30 p.m. in the Undercroft.

Please join us in this discussion and take your next steps. Please call the office 802-254-6048 Ext. 104 if you are planning to attend so we know how many are coming. Also let Jeanie know by September 30 if you need childcare.

*Jane Sbardella
Linda Rice
Annamarie Pluhar*



HOPE AND HEALING OCTOBER 8 *Hope and Help in Alzheimer's Disease*

Alzheimer's Disease is a concern for everyone, regardless of their generation. At 5:30 p.m. on Thursday, October 8, the Sacramental Healing Team of St. Michael's will host the Executive Director of



NEWS OF THE PARISH

The Memory Clinic to learn about recent research and hopeful findings on Alzheimer's Disease.

Recent studies have shown how important early diagnosis is in the success of currently available treatments. Dr. Cynthia A. Murphy, PsyD, MBA, who has been at The Memory Clinic since 2001, will talk about assessment, diagnosis, treatment, and management of patients at the Clinic. She is a member of their clinical team and has been the principal investigator for over 20 clinical trials. She previously had 15 years of experience in industry, including developing the first medication (tacrine) used for Alzheimer's Disease.

We encourage you to let friends and family in the community know of this event. It is designed to help those with personal experience and people who are confused, concerned and want a safe place to ask questions and receive information.

Community Healing Service

On Thursday evening, October 8, at 7:00 p.m., there will be a service of prayer, readings, candles, and anointing for healing in the Sanctuary at St. Michael's Episcopal Church. Members of the St. Michael's Sacramental Healing Team will participate in the service, to which everyone in the community is invited, whether they attend the earlier presentation or wish only to come to the Healing Service.



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

Total Pledges Received: \$161,743 vs. Budget of \$143,919 (112% of Budget)

of which: Total Pledges Received in August: \$31,965 vs. Budget of \$17,990 (178%)

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: \$237,941 vs. Budget of \$217,109 (110% 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: \$214,603 vs. Budget of \$222,614 (96%)

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.



SEPTEMBER VESTRY REPORT

At the September meeting of the Vestry we discussed another chapter of this year's book in common, *The Agile Church*. This chapter offered a lot of ideas encouraging churches to be open to trying a number of small new things aimed at connecting more with each other and with our community neighbors. We also discussed the many good suggestions that came out of the Small Group Conversations we had earlier this year, and are working to respond to these suggestions, particularly the oft-repeated request for more small-group sharing opportunities. Stay tuned.

We were updated on the many projects that our Buildings and Grounds Committee has been overseeing, and received good news from the Treasurer about people catching up with their pledges during August (thank you!) and keeping expenses down wherever prudent.

Submitted by Karen Guthrie, Vestry Member

RECEIVE YOUR COPY OF THE GUARDIAN BY EMAIL!

If you would like to receive the *Guardian* as a PDF file that would be sent to you by email, please contact Jeanie Crosby at jeanie@stmichaelsvermont.org or (802) 254-6048, x104.



STEWARDSHIP

OCTOBER IS STEWARDSHIP SEASON

During October, we will ask you to prayerfully consider your financial commitment to St. Michael's for 2016. St. Michael's exists because many people come together every year and make a commitment to the growth and vitality of our ministry together. We offer our personal gifts and talents, our prayers, our time, and our money. Without these gifts, St. Michael's would not exist. We are dependent on one another for this common ministry of the Body of Christ called St. Michael's!

One October 11, 18, and 25, three parishioners (Lucia Osieki, Rich Cogliano, and Brian Morgan) will speak at the 8:00 a.m. and the 10:15 a.m. services about what being a part of St. Michael's means to them. We hope their sharing will help you to think about this question also. What does St. Michael's mean to you?

At the beginning of October, you will be sent a packet of materials asking you to prayerfully make a pledge to St. Michael's for 2016. Sunday, October 26, will be our Commitment Sunday & the ingathering of pledges. We ask you to return your pledge card to St. Michael's on that Sunday during either service, or to mail your pledge card to St. Michael's if you cannot attend that day.

We thank you for your generosity to our common ministry. May we continue to deepen our love for God and for one another through participating in the ministry that God has given us!

A SAFE PLACE TO SAY "GOD"

Have you ever said "God" and had someone look at you as though you had two heads? What if there were nowhere safe to say you are drawn to God? Or what if you could talk about God but only in officially approved terms lest you be shunned, excommunicated, imprisoned, or even executed?

I am so grateful for St. Michael's, a supportive, challenging community where I can openly explore the nature of God and my connection to all creation. None of you roll your eyes if I say that we come from a loving Source and are going back there when we leave this planet, or that we are surrounded by that loving God at all times. You don't think it's quaint or naive to try to follow Jesus. It's a profound experience to stand among you, among people who are trying, at least once a week, to experience God's love and to serve God in one another.

This community is the springboard that gives me the lift to do everything else I care about. It's not just about gathering strength; it's the distance I can reach. From this starting point I—really, we—can help the hungry, the sick, the lonely, the young, the old, those serving and those who need to be served, here in our town and all over the globe. And by committing our time, money, and energy to this one place, we can help ensure that others will find their springboard and their safe place at St. Michael's.

Carol Beninati

OCTOBER LECTIONARY

Sunday, October 4: Genesis 2:18–24, Psalm 8; Hebrews 1:1–4, 2:5–12; Mark 10:2–16

Sunday, October 11: Amos 5:6–7, 10–15; Psalm 90:12–17; Hebrews 4:12–16; Mark 10:17–31

Sunday, October 18: Isaiah 53:4–12; Psalm 91:9–16; Hebrews 5:1–10; Mark 10:35–45

Sunday, October 25: Jeremiah 31:7–9; Psalm 126; Hebrews 7:23–28; Mark 10:46–52



OCTOBER ADULT FORUMS

October 4, Pope Francis' Encyclical on the Environment—Steve Jones, President of Antioch University New England and the Founder of the Nature-Based Leadership Institute, and Cary Gaunt, Director of Sustainability at Keene State College, will present. Both Cary and Steve are inspired in their work by the life of St. Francis and feel strong resonance and hope in Pope Francis' recent Encyclical on the Environment. Cary says, "It's an inspirational piece of work that calls upon the wisdom of St. Francis and presents clear ideas for all of us on how to live in a more sustainable, flourishing, and holy way. We will share an overview of the Encyclical, talk about its importance globally and locally, talk about how it inspires each of us individually, and then engage the group in conversation about how it can inform and inspire our lives—as a community and as individuals."

October 11, Praying with Beads: the Practice of the Rosary—Praying with beads is an ancient practice, both in the church and in other faith traditions. During this Forum, St. Michael's parishioner Jeff Hiam will talk about his own practice of the Anglican and Dominican rosary, give a framework for these practices, and discuss the history and theology behind the rosary. Jeff will also give some instruction about how to make your own rosary. Please join us!

October 18, Eating Disorders—Eating disorders are not simply a phenomenon of the 1980s and 1990s. They are, unfortunately, still with us and just as damaging and life-threatening. David and Pam Carr will discuss their personal family struggle with anorexia and offer insight into this disease.

October 25, Jerusalem Peacebuilders—In January 2016, Jack Karn of Jerusalem Peacebuilders will be moving to Jerusalem for six months to continue the critical work of peacebuilding and leadership development among Israelis and Palestinians. A member of St. Michael's since 2013, Karn will work closely with young leaders and their parents on skill development, interfaith education, critical thinking and awareness about the conflict, and building a

resilient community of people committed to peace and each other. This forum invites members of St. Michael's and the Brattleboro community to come and learn about Karn's call to the sacred work of peacemaking and his vision and goals while in the Holy Land and beyond.



"ALTERED STATES" NOVEMBER 14–15

The weekend of November 14–15, St. Michael's will be hosting the 2nd "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?

We have a fascinating team of guest leaders: Dr. Amer Latif, teacher extraordinaire, who is an expert on Sufi practice with a deep personal connection to that tradition; Shital Kinkhabwala, who grew up with daily Hindu chanting in her home in India, and who has a warm and human style of communicating; Reb Moshe Waldocks, from Temple Beth Zion in Brookline, Massachusetts, who travels across the country enlivening Jewish worship with his dynamic presence; and psychiatrist Dr. Lesley Fishelman (formerly head of the Anna Marsh Behavioral Clinic at the Brattleboro Retreat) as our guest. Dr. Fishelman will present some of the latest research on the neurobiology of various chanting practices, with an emphasis on the practical application of chanting to physical well-being. Lastly, I will be finishing the weekend with a chanted Taize service, which will be open to the general public as well.

Details about the weekend, including schedule and cost, will be shortly posted on the church bulletin board and on the church website. We are grateful to the Diocese of Vermont for awarding us a Stirring of the Spirits grant for this program, which will help keep the costs very reasonable. Please join us—this is open to everyone, regardless of musical experience or skill.



ROTA FOR OCTOBER

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

Position	October 4	October 11	October 18	October 25
8:00 A.M. SERVICE				
Lay Assistant	Anita Crosson	Kate McGinn	Anita Crosson	Wayne Cook
Intercessor	Kiersten McKenney	Bill Ames	Anne Brown	Doug Switzer
Sacramental Healing	Janet Cramer	Janet Cramer	Janet Cramer	Sarah Benton
Usher	Judy McGee	Anne Cook	Judy McGee	Anne Cook
10:15 A.M. SERVICE				
Crucifer	Jessica Bennett	Jack Karn	Jeff Hiam	Ricky Davidson
Torch Bearers	Andachew Mousin Avery Bennett	Marian Wojcik Jonah Johnson	Annelise Fedoruk Nathaniel Johnson	Caleb Fritz Kierstan Landin
Element Bearers	Sue Dyer Linda Rice	Nancy Barber Ricky Davidson	Sarah Benton Ken Jacobs	Jeff Hiam Dick Burtis
Lay Assistant	Jeff Hiam	Greg Lesch	Miranda Smith	Brian Morgan
Lector	Martin Leggott	Mary Carnahan	Greg Lesch	Joyce Vining Morgan
Intercessor	Mary Carnahan	David Mattocks	Jen Karstad	Valerie Abrahamsen
Ushers	Liz Vick Betsy Bates	Andy & Elise Burrows	Darcy Mercier Nancy Barber	Bill & Sandy MacLean
Sacramental Healing	Sarah Benton Robin White-Diamondstone	Margit Lilly Trudy Crites	Betsy Bates Judith Hildreth	Carolyn Taylor-Olson Betsy Bates
Altar Guild	Madelyn Howard Carol Hesselbach Lynn Billington	Madelyn Howard Carol Hesselbach Lynn Billington	Sue Dyer Elise Burrows Pat Laubach Judy Walker Laurie Chiperfield	Sue Dyer Elise Burrows Pat Laubach Judy Walker Laurie Chiperfield
Coffee Hour	Greg Lesch Diana Bingham	Lucia Osiecki & Deb Jones	St. Michael's Ministry Fair Jack Lilly	Marie & Bruce Lawrence
Counters	Anne Cook Judy McGee	Wayne Cook Vince Johnson	Ricky Davidson Jared Rediske	Sherry Stimmel Judith Hildreth

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



Altar Guild meeting



CELEBRATIONS

OCTOBER BIRTHDAYS

October 4	Nancy Ames
October 5	Valerie Abrahamsen
October 6	Nathaniel Johnson
October 9	Keira Caponcelli
October 10	Janet Cramer
October 11	Brendan McElhinney
October 13	Kole Wagenbach
October 14	Ronny Jonson
October 15	Joanna Brown
October 16	Judith Hildreth
October 17	Dana McGinn, Jack Lilly
October 18	Emily Nohl
October 21	Mary Lindquist, Gayle Potter, Ed Sbardella, Bill Boggess
October 23	Sammy Panzer
October 24	Sandra Ward
October 25	Karren Meyer
October 28	Clark Anderson
October 29	Patrick Keppel
October 30	Melanie Boese

OCTOBER ANNIVERSARIES

October 1	Christine & Richard Gauthier
October 4	Rebecca & Nathan Olmstead
October 8	Thad Bennett & George Connell
October 9	Heddy & Zsolt Pomazi
October 13	Monica & David Mattocks
October 16	Anne & Wayne Cook
October 22	Anita & Jim Crosson



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The Sunday School open house



Saint Michael's Episcopal Church

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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

This Month At St. Michael's Episcopal

OCTOBER 5: Advanced Care Planning course begins
OCTOBER 4: Feast of St. Francis and Blessing of the Animals
OCTOBER 8: Alzheimer's Disease program and Community Healing Service