



THE COURIER

July-August 2011 Volume 4, Issue 7

Calendar

*August 3, 10, 17,
24 & 31 -*
Eucharist &
Bible Study

August 6-
St. Luke's /
San Lucas
Soup Kitchen

August 9-
Outreach Meeting

August 23-
Outreach Meeting

Of Kayaks and Christianity

I have a kayak. Technically I have three kayaks; one is mine, one is my wife's and one is "in process" of being built. But here's the truth: I am a terrible paddler who's more than mildly afraid of the water. Despite my ownership of these beautiful, ocean-craving boats for the last ten years, I have found little time or energy to become a skilled paddler.

Paddling isn't at the core of my leisure time or the first thought I have in the morning. Paddling isn't the thing I look to for a respite from the pressures of parish ministry or the stress of parenthood. Having a kayak might make me a kayaker in the loosest of senses, but it doesn't make me a paddler. Being a paddler means paddling. Being a paddler means getting out on a regular basis to hone my skills and grow more comfortable in the cockpit. I have a kayak, but the terrible truth is I'm not a paddler.

Real paddling takes practice. It means getting in the boat and practicing all

types of different strokes and techniques. There's the forward stroke and the brace, the rudder and the draw. It means doing things that seem counter-intuitive like the leaned turn. In these turns you lean a very tippy kayak almost on its side trusting the boat and your balance to make a turn without the paddle. What a strange feeling to feel the boat seem to want to flip upside down, but know in your heart and your legs that it's not going to! Then there's the vastly useful yet terrifying eskimo roll. This is a technique meant to save you from icy waters when you flip upside down. It's called a "self-rescue" and it's a technique that can save your life. The more I practice these strokes and these techniques, the more comfortable I feel as the waters get choppy or downright dangerous. The more comfortable I am with these the better I'll be at paddling more dangerous waters. Paddling takes practice, and until I practice I'm stuck on beautiful but adventure-free Pillings Pond.

The Rector's Corner

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THE JOURNEY INWARD

Of Kayaks & Christianity (cont.)



Alot of people I meet like to tell me they're spiritual but not religious. I've found that this is often times a very positive thing. The institutional church has done a lot of harm in the world, and it's often hindered the spiritual development through legalized piety and hypocritical moralism. People who say this to me are in touch with that deep sense of God's Holy Spirit that is speaking to them in all sorts of ways.

In my "puckish" way, I try to respond to the "spiritual but not religious" person with, "I'm religious but not spiritual." I say this not because I dislike "spiritual" things, but because I believe people often miss the important reasons for the church's many religious practices. The practices of the church are not means of control set up from on high to ensure the obedience of the flock of God. The practices of the church: prayer, bible study, worship, preaching, singing, pastoral care, outreach, fellowship with other Christians, and all the rest are means of deepening faith. In these practices of faith I experience the presence of Christ. I learn about the nature of God, and I deepen my relationship with God. As the waters of life get more troubled, my faith is vastly more comfortable with the discomfort of human living. As I pray more often, study scripture more often and spend more time in worship of God these "techniques" allow my faith to weather even the most tempestuous of life's seas.

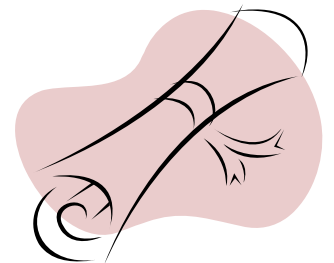
In this way, having faith is like having a kayak. Unless a kayak is being used to help me become a real paddler it's destined to a life of collecting dust in the garage. That kayak doesn't do me much good outside of the occasional pond when the water-bug bites. So it is with Christian faith. If I'm not exercising my faith through the regular practices of Christian worship, fellowship and outreach, then little good it will do me in real life. My faith, without dedication and practice, becomes a dusty relic of the life I always wish I could have lived. Without dedication and practice, my faith will never be ready for the deeper waters and great adventure to which God is calling.

~ Fr. Mike

Congratulations to Our Graduates!

Alexandra Leigh Casey received a Master's Degree in International Business from Northeastern University

Laura Manoogian received her MBA from the Tuck Business School, Dartmouth College. Laura has accepted a consulting position with Opera Consulting in Jersey City, NJ.



THE JOURNEY OUTWARD

Getting to Know the Parish: Sue & Dean Triffit



Sue and Dean Triffit have been part of the St. Paul's church family for over 30 years. Both were raised Episcopalian ("Nothin' but!" says Sue). Dean grew up in Lynn, attending All Saints Episcopal there during his youth. Sue grew up in Lynnfield and starting attending St. Paul's when she was 14, after going to St. Stephen's in Lynn for 4 or 5 years.

She and Dean met on a blind date in 1970, just after Dean returned from being drafted into the Army and serving in Vietnam in 1967 and 1968. After that first date, Sue remembers her mother being miffed because Dean hadn't taken her to supper. "But I bought her lots and lots of flowers afterward," Dean said.

They were married at St. Paul's by the Rev. Bob Etzel in 1973, on a July day so hot that the candles at the altar "wilted" from the heat. Their son Mark was born a year or so later. He was baptized and confirmed at St. Paul's, went on to graduate from

Lynnfield High School and earn a BA in English (magna cum laude) and a Golden Key award from UMass Boston. Today, he works in Cambridge in real estate.

Dean and Sue like St. Paul's because it's small, friendly and everyone knows everyone. "It's like a little country church," said Sue. "Everyone was very helpful to us when I was sick." Dean adds, "If you hurt, everyone here hurts."

Dean retired as a truck driver for Honda Barn in North Reading two years ago; he also served as a call fire fighter in Lynnfield for about 10 years. Sue worked as a nurse at Union Hospital for 25 years, and 15 years in a nursing home after that. Now, they enjoy traveling "anywhere the gypsy wagon moves," as Sue says, but especially to Sue's family in Kentucky, and to Downeast Maine where Dean has family. Dean also rides his Honda Shadow for fun and belongs to the Red Knights, an organization for fire fighters with motorcycles. And they both enjoy the company of their nine-year-old Australian shepherd, Abby.

THE JOURNEY INWARD

EfM 2011-2012



What is EfM? EfM is a Christian formation opportunity to learn more about your faith, but more than that it is an opportunity to learn more about your personal ministry. It empowers you and your ministry to more brightly reflect the light of Christ into the world around you. It also allows you to enter into a closer fellowship with a small group of St. Paul's parishioners and other Christians. EfM is produced by the University of the South School of Theology and is now in its third year at St. Paul's with six members who have completed two years. The cost (per member) is \$350.

What is EfM like? EfM is a four year course of study which meets weekly for 34 weeks during the fall, winter and spring for 2 1/2 hours. We meet on Monday evenings from 7:00~9:30, starting in September. The focus for each of the four years is: Old Testament, New Testament, church history and theological choices. Each weekly session is a mix of worship, lesson discussion, theological discussion and fellowship. There are no tests or grades.

More information? If you'd like to know more, please contact Carl Ogren by e-mail (OgrenC@Earthlink.Net) or in person and he will endeavor to answer any questions.

What is the next step? We are now planning for the 2011~2012 season so it is necessary to identify the participants. Final enrollment and payment will be required by August 15th. If you interested, but not ready to commit, please let me know right away to help with the planning.

What I've Learned...

What I've learned, been reminded of or thought about while being involved at Saint Luke's Soup Kitchen.

A list by Jen Vath

- It doesn't matter that I can't cook very well. Thankfully other people can, should and will!
- When you are convinced there won't be enough food or helpers, what has been said is true, God will provide.
- Over time, while some things in ministry get easier, some get harder. Is it supposed to be this way?
- If the meal doesn't start with a prayer or short blessing, a guest will call you out on it.
- As people from our parish have shown time and time again, sometimes just showing up for others really does matter.
- Serving others alongside your parish friends can be really fun, even when they annoy you and you annoy them.
- I sometimes wonder if the people and situations we encounter are meant more to change us than we are meant to change them. If someone is angry about their food or their life, how and why am I being asked to help this person or situation?
- It's not just the guests, I think we are all needy in some ways.
- I've discovered a joy in serving and being here. I wonder what might inspire others to come and see what St. Luke's Soup Kitchen is all about?

THE JOURNEY INWARD

Lynnfield Remember 911 2001: Tenth Anniversary

A committee of citizens and first responders in Lynnfield are preparing activities of remembrance for the community for this coming September. You may go to our website to see what these are: <http://sites.google.com/site/lynnfield911/home> or Google: Lynnfield911 (with no spaces)



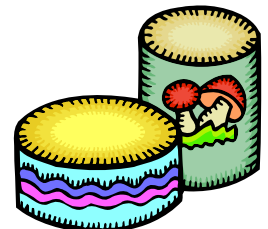
We invite the participation of the members and friends of greater Lynnfield Churches and Spiritual Community in the following ways as we remember those nearly 3,000 souls who died September 11, 2001 as the result of terrorist attacks:

- 1) Volunteer to **sing in a Community Choir** for the Service of Remembrance on Town Common, September 11, 2011 at 6 pm. Rehearsal will take place on Thursday, September 8 at 7 p.m. at Centre Congregational Church, 5 Summer Street, Lynnfield, MA 01940, under the direction of Douglas Hodgkins. There will be two songs, The "Star Spangled Banner," by Francis Scott Key and "Bound for Greater Things," by Ken Medema.
- 2) Volunteer to **read some of the nearly 3,000 names** of those who died on Sunday, September 11, 2011 at 2 p.m. on the Lynnfield Town Common. You may sign up for this on the above website or contact me at: pastor@centre-church.org, noting, if you wish, your preferences with regard to the names you would like to read. We ask for your willingness to read 50 to 100 names.
- 3) **Contribute toward the expenses** of our Remembrance events. Make checks payable to: Lynnfield 911
c/o The Savings Bank or c/o Rev. Dr. Dennis C. Bailey
Attn: Ms Janice Casoli Centre Congregational Church
351 Main Street 5 Summer Street
Wakefield, MA 01880 Lynnfield, MA 01940
- 4) Volunteer to **help "Plant" nearly 3,000 USA Flags** on Sunday, September 4, 2011 at 2 p.m., across from Town Common adjacent to Common Street in remembrance of those who died on September 11, 2001.

For more information, please see Lynnfield 911 Website: <http://sites.google.com/site/lynnfield911/home> or Google: Lynnfield911 (with no spaces)

St. Luke's / San Lucas Food Pantry

The St. Luke's/San Lucas Food Pantry is in need of donations this summer. Summer is a difficult time for Food Pantries and the need is great. People are so grateful to get some help to feed their families. The Pantry is especially in need of canned soup, canned vegetables and tuna fish. If we all contributed a little it would add up to a lot. Over the next few Sundays, we will collect canned goods at the 9:00 a.m. service and they will be delivered to Chelsea. Thank you all so much.



THE JOURNEY TOGETHER

St. Paul's Volunteer Calendar—August 2011

	August 7	August 14	August 21	August 28
Acolytes	Adannia Nwangwu Nnenna Nwangwu James Ofori	Emily McKenelley Ben Vath Nathan Vath	Sam Huebschmann Nathan Huebschmann Grace Huebschmann	Adannia Nwangwu Sydney Johnian Nnenna Nwangwu
Lay Readers 9:00 a.m.	LEM: Carl Ogren Lector: Lori DeNisco	LEM: Jim Vath Lector: Michael Bunar	LEM: Carolyn Shea Lector: Jim Rosato	LEM: Barbara Savage Lector: Priscilla March
Ushers	Gretchen & David Garlow	Kathleen & David Manoogian	Gail & Ed Purtz	Russ & Sue Mentzer
Altar Guild	Team Three	Team Four	Team One	Team Two
Flowers	In memory of: Harold Weeks & Caroline Plaisted by Gail & Ed Purtz Lois Whittemore by Ken Rosenthal			
Coffee Hour	Hazel Croxon Gail Purtz	Judi Ryan Barbara Bellucci	Candy McGee Chris Gehret	
Anniversa- ries	Harry & Sue Mandeville	Richard & Debbie Parziale Rob & Lucie McInnes		Russ & Sue Mentzer Emmanuel & Judy Cassotis Chris & Pam Simoneau
Birthdays	Maggie Bornstein Cameron Weeks Tricia May Thomas Faulkner Barbara Drozek Carolyn Krikorian Sydney May	Cindy Weeks Abigail McKenelley Marge Cleary Beth Roberto Nicole Weeks John McGee Candis McGee Marilyn Turley	Robert Barrett Katie Ahearn	Martha Ogren Amy Lamarche
Recycling	The Ogrens	David Manoogian	Carolyn Krikorian	Jim Vath

THE JOURNEY TOGETHER

Prayer Shawl Update



The Prayer Shawl Knitters concluded their six month ministry in June. Over 25 shawls were prayerfully completed and blessed. Twelve shawls were given out. All the knitters expressed a deep connectedness to the yarn and our ability to create a tangible artifact that will carry our commitment of offering prayers and comfort to those in need. The Prayer Shawl Ministry will reconvene next January 2012 for another six month ministry. If this ministry calls you, please know that you are most welcome to participate. Look for start up news in the December Courier. In the meantime, it is difficult to keep our hands "quiet"!

Several Prayer Shawl Knitters have switched their talents to knitting baby blankets and baby hats for the Neonatal Unit at Winchester Hospital. If this is of interest to you, in the New Room you will find a basket for completed items as well as directions for knitting these objects.

Staff and Vestry

Clergy and Staff

Rector	The Rev. Michael B. Dangelo	781-334-4594
	For after hour emergencies only	781-910-6922
Organist	Kathleen Surette	
Bethlehem School Director	Jennifer Baez	781-334-6436
Administrative Assistant	Lauren Ferrari	781-334-4594

Vestry Officers

Senior Warden	Abbe Moore	781-334-2377
Junior Warden	Richard Shafner	781-334-6478
Treasurer	Kwame Ofori-Asante	781-334-7229
Clerk	Carl Ogren	781-334-6705

Vestry Members

Katie Ahearn	978-531-0468
Sue Cafazzo	781-334-0198
Brian Croxon	781-334-6518
Jessica Faulkner	781-405-6810
Gretchen Garlow	781-342-5130
Jim Rosato	781-245-0161
Barbara Savage	781-334-4430
Chris Simoneau	781-334-2194
Jim Vath	781-334-6098

St. Paul's Episcopal Church
127 Summer Street
Lynnfield Massachusetts 01940
Phone: 781-334-4594
Cell Phone: 781-910-6922
(for after hour emergencies only)
Website: www.stpaulslynnfield.org
Email: office@stpaulslynnfield.org



Flowers



We have been enjoying some beautiful garden flowers on our altar this summer.

This bouquet was provided by Priscilla March on Sunday, July 31st.

If you have flowers in your garden, and would like to pick some and arrange them in our vases, please contact Gail Purtz. Or if you just want to bring them to the church, we can arrange them for you.