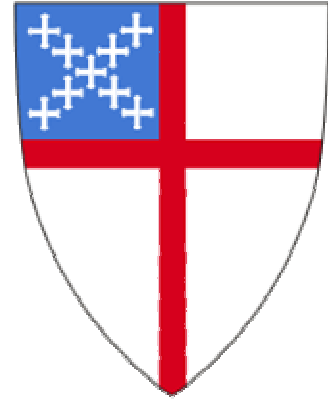


# The *Epistle*

*St. Paul's Episcopal Church  
Hopkinton, MA*



Volume 6, Number 10

**A Message from our Fr. Mike**

**St. Paul's  
Episcopal Church**

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**Worship**

Holy Eucharist – Rite II  
Sunday, 10:30 AM

coffee and hospitality  
afterward

Published:  
June 15<sup>th</sup>, 2007

**Summer Means Painting!**

*When Judy and I were house hunting in the spring of 2005 one of the things we noticed was that winters take a much heavier toll on buildings here in New England than they do down south. Down in Georgia (just a faint, sweaty memory now) the summer sun would bleach out the colors and make paint check and curl; but here it is the winter that does the damage. And winter does not discriminate between houses, shops, office buildings or churches as it eats away at whatever is protecting the exterior of a building.*

*As we were moving into our condo, way back in 2005, our condo association was painting front porches. Now, just two years later, it is doing them again. Over these two years I have received periodic phone calls from a fellow who the church hired to help paint the exterior of Saint Paul's the last time. I don't remember the year it was done. Mostly he wants a little financial help, which you have been able to provide through the Discretionary Fund, but during each call he reminds me that Saint Paul's needs to be painted again, and that he would love to be part of the project.*

*The exterior of Saint Paul's does need to be painted again. If you've looked at any part of the exterior of the building you've seen the need for paint and other maintenance. In these past few weeks Jim Warner has been making repairs to the wood trim near the entrance doors to the office hall and to the concrete steps that have been spalling away. Jim does great work, and as the unpaid half of the*

*(Continued on page 4)*

**Mission** *The mission of St. Paul's is to minister unconditionally to all in the name of Christ through shared worship, teaching, healing and service.*

**Vision** *St. Paul's is called to be an embracing, nourishing and life-giving family in Christ. We are called to care for each other, for our community and for the world.*

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## **Stars and Stripes**

Since the early 1800s various groups have observed a day to display the American flag. Presidents Woodrow Wilson (in 1916) and Calvin Coolidge (in 1927) issued proclamations marking June 14 as National Flag Day. But it wasn't until August 3, 1949, that Congress approved June 14 as a day of national observance. President Harry Truman signed it into law.



The American flag has changed designs more than any other flag in the world. In fact, the United States didn't have a standardized flag until 1912! And even after standardization, the flag changed three more times with the addition of new stars representing new states.

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## **Worship**

*As we worship you, Lord, please take away our sorrows and grant us the joy of your presence.*

### **Sunday Worship**

The Sunday worship schedule is centered on the Holy Eucharist, Rite II at 10:30AM. This service is celebrated for the first three Sundays of the month. On the fourth Sunday of each month, we nod to our more traditional members, and celebrate the Elizabethan language of the Holy Eucharist Rite I service.

All of our services feature traditional and contemporary music and enjoy the support of our organist and choir.

### **Prayer Group**

Beginning in June, the Prayer Group, led by Lori Robak and Sue Ramsley will begin meeting on Tuesdays at 9:45AM (rather than the usual Thursdays at 11AM) Fr. Mike's office. Please join them any Tuesday for the entire hour, or just to stop in to request prayer together for a specific concern. All are welcome to join this informal prayer time and are welcome to pray silently or aloud.

If you have a prayer request, please call Sue at 508-881-5361 or Lori at 508-435-3353 or visit the prayer website at:

<http://stpaulhopkinton.org/prayer/>

In addition to prayer requests, the website features special prayers, book summaries and recommendations, and links to other websites of interest. There is a special prayer request form on the website for people wishing to add their prayer requests to the site.

### **Adult Bible Study**

The Bible Study group is winding down for the summer season. It will resume in the fall, watch for more info, or contact Amy Kent at 508-435-0221 or email her at [aandjkentfamily@comcast.net](mailto:aandjkentfamily@comcast.net).

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### **Flowers on the Altar**

Flower offerings may be made at any time of the year to the Glory of God, in thanksgiving for a specific blessing or in memory of a loved one. The flowers or plants enhance the chancel and remind our parishioners of a specific blessing or memorial. After the services the flowers/plants can be taken home by the donor or can be delivered to sick/shut-in parishioners.

If you'd like to dedicate flowers on the altar, please contact Dianne Belamarich at (508)397-9487 or the church office (508)435-4536.

### **Electronic Devotionals**

There are many good devotional websites available these days. For instance, browse to:

<http://www.crosswalk.com/faith/devotionals/>

There you will find a number of links to other devotional sites. These include devotionals for women, couples and people who want an easy way to read through the Bible in a year.

If you are interested in receiving a particular devotional, just go to the website and click on a choice for the day. You can also sign up for weekly newsletters, etc.

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## **Upcoming Events**

### **June/July/August**

During the summer months, we will continue to keep the website up-to-date and will continue to send out email with news and events at St. Paul's.

Celebrate the summer!

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### **Let's Love trees**

God must love trees, because he made so many of them. Where would we be without

trees? They provide us with wood, fruits and nuts. They're home for birds, squirrels, monkeys and other animals. Children climb them, build "houses" in them and hang swings from their limbs.

Trees help keep homes cooler, thus lowering the cost of air conditioning. They fight global warming, add nutrients to the soil, and help clean streams and rivers.



Trees can increase a home's value by up to 15 percent. They also add beauty to a neighborhood with their amazing colors and restful shade.

They're God's gift to us and they bless us in more ways than we might imagine. Just think: Where would Zacchaeus have been without a tree?

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### **Stewardship Corner Note.....**

Hello all, and happy "almost summer"! As we all prepare to head out for the summer months, please remember that although we may be away from the church, the church operations and expenses continue. So, as always, if your circumstances allow, a prepayment of some/all of your summer months pledges would be greatly appreciated. And, if anyone has a miscellaneous hour or two of spare time over the summer, please let any of us on the Vestry know that too - there are always small projects that the church can use assistance with!

Have a Happy and Safe Summer!

Best,  
John

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## Everything has become New

Dr. Christian Barnard, who performed the first heart transplant in 1967, said that his transplant patients often would say, "Thank you, doctor for taking away my old diseased heart and giving me a new one."

Christians, according to St. Paul, have become new people by the presence of Christ in their lives. "If anyone is in Christ, there is a new creation: ... everything has become new!" (2 Corinthians 5:17, NRSV).

If "everything has become new," it must include our mind, our character, our lifestyle, our outlook and, of course, our heart.

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### Note from Fr. Mike *(cont. from pg. 1)*

*Warner sexton team he has done yeoman service to the parish keeping up with the small and medium sized maintenance needs of our 40 year old building. Painting the exterior of Saint Paul's is neither a small nor a medium sized project. If you have had your house painted, or have painted your house yourself, you know how expensive the project was in terms of dollars, labor and time. Multiply that by four and you will be close to the scope of work and expense.*

*Ruth Warner, as the Vestry's property manager and as our Sexton (the paid half of the team), has received four bids for the work we need to have done, and at the June vestry meeting we selected the best approach to repair the winter damage that has accumulated and to protect our building from further damage.*

*Last year we did a lot of self study, and we came to recognize that Saint Paul's first asset is the loving people of God who call our parish their spiritual home. Our second asset is a substantial physical plant that provides room for growth and flexibility to generate income through rentals (pre-school and other non-parish activities). It is time*

*for our first asset to step up and protect our second asset. Translated, that means that it is time for everyone to get ready to make a contribution to the Building Fund, and most likely to set aside a day for coming to church to paint.*

*More details will be coming after the Vestry meeting, and I'm sure that we will be sending out more emails with the specifics of what is going to be needed. I'm also sure that everyone will be invited to play a part.*

*I wonder, what color would you paint the exterior of Saint Paul's if it was up to you?*

*Faithfully,*

*Mike+*

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## A Few Ways of Praying

1. Put your hands together and make a bowl-like vessel of them. Ask God to fill your entire being with the Holy Spirit. Expect to feel a powerful presence within yourself.

2. Pray in "radar" mode. Recall how radar works? A radar transmitter sends out electronic waves. When the waves hit an object, such as a boat, a building or a vehicle, they bounce back and appear on a monitor.

So, try praying by letting your mind/spirit send forth loving thoughts toward God and others. When you sense that there is a response within yourself, sit silently and enjoy what you feel.

3. As you travel in your car or go on a walk, look around to see what God may be trying to show you. A beggar, a handicapped person or children at play, for example. Send an arrow prayer toward God and say, "Heavenly Father, please let those people feel your presence and your power. And help me to do the loving thing toward them."

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If you are walking in or near gardens or woods, look at the captivating beauty of flowers or trees or a flowing stream. Offer a prayer to God for the blessings of nature which lift up the human spirit. The more we appreciate the wonders of our fascinating world, the more we will sense the presence of God.

4. Spend time thinking about God's purpose for you. What do you think God's will for you is? Pray for empowerment and guidance in doing the will of God.

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## Altar Guild

The Altar Guild is a Parish ministry that is responsible for keeping the Church ready for its Sunday worship. The guild needs 6 to 8 people to give one hour per month, at their convenience, to set up the altar for Sunday worship, clean up afterward, and arrange the flowers for the Altar (no experience needed!!!). Please consider giving this simple gift of time and contact Ruth Warner at [whitehaller2@comcast.net](mailto:whitehaller2@comcast.net).

## Outreach

### ***Project Just Because...***

Please continue to remember St. Paul's community outreach program with **Project Just Because**.

#### ***.... Needs...***

- Household items
- toiletries
- Clothes (adult and children) in good condition.
- Blankets
- New underwear and socks
- Kitchen accessories
- Towels and sheets
- Children's toys, games, and books.

You can also browse their website for additional needs:

[www.projectjustbecause.org](http://www.projectjustbecause.org)

## ***Second Sunday Offerings***

Each month, on the second Sunday of the month, we collect various food (and non-food) items for the Hopkinton Council on Aging Food Pantry. While specific needs are announced during announcements in preceding Sunday services, and are also found on the home page of the website, you are always welcome to bring additional items - your gifts are always needed by those in our community.

## **Choir**

The choir is looking for people who enjoy singing or play an instrument. If you have an interest, you can contact Gretchen Carr or Carol Spengler for more information.

## **Hospitality**

Grace Methodist has agreed to start the coffee each Sunday morning. St. Paul's is responsible for the clean up after our service. If you have volunteered to host the coffee, you will need to be at the church to set up the "goodies" by 9:50. Grace UMC's service concludes at 10.00 AM.

There is a pot luck lunch scheduled for Sunday, May 6th. Please plan on bringing something to share. It should be fun. Our hope is to have these periodically.

We need volunteers to sign up for coffee hour for the remaining Sundays in the year. Please see the sign-up sheet in the hall or contact Gretchen Carr to sign up.

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## **Helping St. Paul's Church**

We constantly strive to maximize our financial resources in order to accomplish our goal of doing God's work here on earth. One of the ways we do this is in affiliation with Amazon.com.

A link to the Amazon associates page is available at [www.stpaulhopkinton.org](http://www.stpaulhopkinton.org). St.

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Paul's receives a percentage of the sale on all purchases on Amazon from this link.

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## Your Vestry

Jay Jacobson	Senior Warden
Sue Ramsley	Junior Warden
Phil Robidoux	Treasurer
Mary Arnaut	Asst Treasurer
Dianne Belamarich	Clerk
Ruth Warner	Property
John Diercks	Stewardship
Peter Dittman	Epistle/Website
Steve Pelletier	Stewardship
Gretchen Carr	Hospitality
Roger Mahoney	

The vestry meets monthly, at 7PM on the 1<sup>st</sup> Wednesday of the month, in the Parish Hall, with the next meeting on Wednesday, July 11<sup>th</sup>.

Copies of prior vestry meeting minutes may be found on the website. Browse to the following link for details on how to access the minutes:

<http://stpaulhopkinton.org/vestry.html>

As other minutes are posted, they will be announced via email.

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## Epistle/Communications

The Epistle is distributed electronically (as a .pdf file) and is also available on the St. Paul's Website ([www.stpaulhopkinton.org](http://www.stpaulhopkinton.org)). If you would like to receive the Epistle electronically, please send email to Peter Dittman at [epistle@stpaulhopkinton.org](mailto:epistle@stpaulhopkinton.org).

Of course, we also welcome your opinion on any communications from the vestry/church.

### **Summer Hiatus**

This is the last Epistle for the summer months. While at times I find myself rushing

to make my self-imposed deadline to get the Epistle out to you each month, I continue to enjoy His love in bringing St. Paul's messages to you – and I am thankful for that. I look forward to picking this up again in the fall.

The next Epistle will be published in the mid-to-late August timeframe – in time to talk about back to school activities and news.

Best wishes to you all for a safe and joyous summer!

In His love,

-Peter

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## Just For Kids

### A Verse Frame

Make this special gift for your dad, uncle, grandfather or father-figure. It is nice to be reminded of our heavenly Father's love for us.

#### What you need:

- Piece of craft foam (8½" x 11", any color)
- Ruler
- Scissors
- Piece of paper (8½" x 11", any color)
- Pencil, crayons or marker
- Foam shapes, stickers (optional)
- Glue
- Hole punch
- Ribbon or yarn



#### What you do:

1. Use your ruler to measure a rectangle inside the piece of craft foam. Draw the rectangle, and then cut it out. Your foam should now look like a frame.
2. Place the piece of paper under the foam frame, and trace the shape of the frame's window onto the paper.
3. Choose a verse to write inside the rectangle on your paper. (Your frame can go horizontally or vertically.) Suggested verses include 1 Corinthians 8:6, Philippians 4:20 and 1 John 3:1.
4. Turn the frame over (face down), and put glue around the edge. Lay the verse face down on the back of the frame, and let it dry.
5. Decorate the outside of the frame with foam shapes, stickers or drawings.
6. Use your hole punch to punch two holes at the top of the frame. Tie a piece of ribbon or yarn through the holes to hang the frame.



## Remember Our Heavenly Father

Father's Day is a time to thank our dads, who work hard to keep the family fed, safe and loved. Let us also remember God, our heavenly Father, who gives life to us all.

Use the grid to fill in the blanks below. To find the letter for each number, look down the column to the dot, and then go to the left to the letter. Write the letter on the appropriate blank.

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11 6 14 14 17 7 11 1 13 14 7 5 17 18 15 8 10 15 7 !"

1 John 3:1, NIV

"HOW GREAT IS THE LOVE THE FATHER HAS LAVISHED ON US, THAT WE SHOULD BE CALLED CHILDREN OF GOD!"