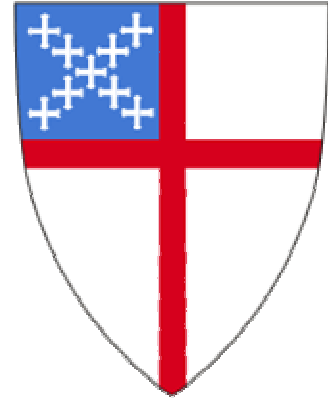


# The *Epistle*

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



Volume 7, Number 1

**A Message from our Fr. Mike**

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Episcopal Church**

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**Worship**

Holy Eucharist – Rite II  
Sunday, 10:30 AM

coffee and hospitality  
afterward

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**Welcome Home to Saint Paul's!**

*In Luke's Gospel Jesus sent out 70 of his disciples into the towns and villages he was planning to pass through on his way toward Jerusalem to prepare the way for him. They were to travel light, carrying mostly the good news (gospel) that the Kingdom of Heaven was there in the midst of God's people. Then the 70 returned to Jesus with the stories of how they had been received, what they had seen and the wonders that God had done through their efforts.*

*In June school ended and the people of Saint Paul's scattered throughout New England, the United States and the world. What good news you carried! What wonderful things you must have seen, what exciting places you must have visited, what stories you must have to tell!*

*On Sunday September 9 we invite all the Saints of Saint Paul's to gather for Sunday School registration at 10:15 AM, a grand celebration of the Holy Eucharist at 10:30 AM with organ and choir, and then to repair to the Parish Hall where we can share the glories of the summer past over a Pot Luck brunch!.*

*Welcome home, we can't wait to see you!*

*Mike+*

**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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## **Blessings Count**

This Day Is a Gift  
This beautiful day is a gift of love  
That’s given to us from God above.  
With twenty-four hours of time to use  
In ways God is hoping  
    we’ll wisely choose.  
So why not ask God for  
    both guidance and  
    grace?  
Let God set the standards  
    as well as the pace.  
Then when the day’s  
    over, we’ll find we’ve  
    been blessed  
With all that we needed in choosing what’s  
    best!

—Peggy Ferrell



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## **Worship**

*Holy God, draw near to us that we  
may know with certainty that we are  
in your loving 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**

The Prayer group, led by Lori Robak and Sue Ramsley, meets regularly on Tuesdays at 9:45AM in 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.

### **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

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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**

### **SEPTEMBER**

#### **Welcome Back Sunday – September 9<sup>th</sup>**

Please join our activities for Welcome Back Sunday. All current church members, and especially those whom you would like to invite to worship with us, are welcome. Sunday School registration begins shortly after 10 (during the tail end of the Grace UMC coffee hour). Worship will begin at 10:30 a.m., with the children joining their parents in the church at 11:15 for communion. The service will be followed by fellowship and a **pot luck brunch**. Everyone is welcome!

#### **Saint Paul's Book Club – Sept. 24<sup>th</sup>**

Saint Paul's Book Club resumes with its first meeting of the fall on Monday, September 24 at 7:30 PM. We'll gather in the Clergy Office and share our summer reading, then

pick a book for our October meeting. All adults are welcome!

#### **PolyArts– September 29<sup>th</sup>**

Each year, the town of Hopkinton is host to a craft fair and festival on the town common. St. Paul's will have a booth on the common – a time to welcome others in the community. This year, Steve Pelletier has volunteered to chair our activities - please contact him at [srpelletier@yahoo.com](mailto:srpelletier@yahoo.com) if you would like to help out with our presence at this event.

### **OCTOBER**

#### **Blessing of the Animals – October 7<sup>th</sup>**

A perennial favorite with the children is St. Paul's celebration of the Feast Day of St. Francis of Assisi. St. Francis (c. 1181-1226), founder of the Franciscans, is the patron saint of animals, and in his honor we hold a life-affirming, critter-loving ceremony called the Blessing of the Animals.

You are all invited to bring your pets for a special blessing at this celebration. Pictures and remembrances of those who have passed are also welcome.

There will be no Sunday school on that day.

#### **Rummage Sale – October 20<sup>th</sup>**

**rum-mage Pronunciation Key** (rŭm<sup>h</sup>ˈɪj)  
n. 1) A confusion of miscellaneous articles.

St. Paul's is planning to hold its Fall Rummage sale on Saturday, October 20, so start putting that *rummage* aside! Dates and times for drop off will be announced as we get closer to the 20<sup>th</sup> (check the website for updates). Call Ruth Warner at (508)435-6349 to volunteer to help.

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## **Honor Teachers**

James Michener, the author of books such as *The Source* and *Hawaii*, was once invited by President Eisenhower to a dinner at the

White House. He answered the president with these words:

"Dear Mr. President: I received your invitation three days after I had agreed to speak a few words at a dinner honoring the wonderful high school teacher who taught me how to write. I know you will not miss me at your dinner, but she might at hers."



President Eisenhower answered Michener by saying, "In his lifetime a man lives under 15 or 16 presidents, but a really fine teacher comes into his life but rarely."

Sunday school will be in full swing shortly, so let us honor all of our teachers. They sacrifice their time to prepare lessons, decorate classrooms, teach with loving care, and most importantly, are "there" for their students.



## Sunday School News

It's hard to believe the summer has gone by so quickly! We hope this has been a fun and relaxing summer for you and your family. We are looking forward to **Welcome Back Sunday on Sept 9<sup>th</sup>**. Sunday school registration will begin around 10:15am.

At the beginning of 2007, we welcomed Grace United Methodist Church into our facility. We experimented with a change to the time of Sunday School class and coffee hour. We found some challenges to overcome with the noise level disrupting the classrooms held in the parish hall. We worked with the Vestry to address this and have decided on the following changes.

**Sunday school will begin at 10:30am** (same time as service) and end at 11:15am. Teachers will bring the children into the church at 11:15am irrespective of our progression of the service.

Additionally, we will no longer have classrooms within the Parish hall. We will conduct 3 classes in addition to the nursery during Sunday service. Godly Play will be downstairs (as we have traditionally done), and the other two classes will be in the rooms upstairs.

As we enter the 2007-2008 school and church year, we are challenged with finding adults to teach our children. We continue to have a shortfall of teachers for two of the three classes. At present, there is only one adult each for Godly Play, Rite-13 and J2A. Safe Church practices says we need at least two adults to continue those programs. Many parish parents have had children go through these programs and speak highly of them. I urge you to consider volunteering your time in these classes so we can continue to provide these programs. Formal training is available for these curriculums.

Godly Play (K – 2<sup>nd</sup> grade) – This curriculum lets the class bring stories from the Old and New Testament to life using 3D figures. (Expected enrollment: 5)

Living the Good News (Intermediate: 3<sup>rd</sup> thru 5<sup>th</sup> grade) - This program features a lesson that is based on one of the Old or New Testament texts that is read during the Worship Service each Sunday. This allows families to share what they heard and learned in church and in Sunday School. (Expected enrollment: 15)

Rite-13 (6<sup>th</sup> and 7<sup>th</sup> grade – new group, Expected enrollment: 10)

Journey to Adulthood (8<sup>th</sup> and 9<sup>th</sup> grade – new group, Expected enrollment: 10)

The Rite-13 and J2A programs are structured to celebrate the transition from youth to adulthood and to explore faith and community worship. Each program is a 2 year curriculum. This fall we will celebrate last year's Rite-13 'graduating' to J2A. Our last year's *Living the Good News* Intermediate class, moves to Rite-13.

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We are still looking to hold the J2A class in the evening, but would like to discuss the timing with the parents and teacher(s).

Sunday School registration forms will be available at registration.

I look forward to seeing everyone on the 9<sup>th</sup>!

Respectfully yours,

Vicki Jacobson  
Sunday School Coordinator

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## **The Collaborative Ministry – a Summer Progress Support**

7/22/2007

The summer months are typically quiet ones for the Church in New England, and while this has been true for both Christ Church in Medway and Saint Paul's in Hopkinton, the Collaborative Ministry Task Force has been at work laying the foundation for the future ministry of the Hopkinton-Medway Collaborative Ministry (HMCM).

### **Here are some of the things that have been done:**

- The full time clergy position, filled by the Rev. Michael Billingsley, (appointed by Bishop Cederholm for 2007) has been titled "Shepherd," and the Letter of Agreement for the HMCM Shepherd for 2007 has been signed by the Vestries of both churches, the HMCM Task Force and Bishop Cederholm.
- The Reverend David Johnston has agreed to serve as the Contract Supply Priest for the HMCM through the end of 2007, and the Letter of Agreement for the Contract Supply Priest has been signed by both Vestries and the HMCM Task Force and has been submitted to Bishop Cederholm for approval.

- A schedule for Sunday morning Clergy assignments has been drawn up for the remainder of 2007, with Fr. David serving primarily at Christ Church with one Sunday each month at Saint Paul's, and Fr. Mike primarily at St. Paul's with one Sunday each month at Christ Church.

- Initial contact has been made with a resource person concerning the formation of a Collaborative Ministry Youth Group during the fall of 2007.

- The Senior Wardens and Treasurers of both parishes met with Bishop Cederholm concerning parish and future HMCM finances, and the financial support the diocese will offer for the HMCM in 2008 (more on this below).

- An aggressive time-line has been drawn up for the creation of the HMCM Covenant—a time line which will present the covenant for adoption at the 2008 Annual Parish Meetings of both Christ Church and Saint Paul's.

### **Here are some of the things that remain to be done before summer' end:**

- Attending a meeting of the Bristol Cluster Council.
- Appointing the HMCM Task Force Sub-Committee for developing the Collaborative Ministry Covenant.
- Meeting with the Youth Ministry resource, recruiting potential youth ministers and advisors, and designing the HMCM Youth Group.

**During the fall** the Task Force will work on launching a Collaborative Ministry Youth Group, developing the HMCM Covenant and a funding rationale for meeting an HMCM budget, and meeting the HMCM's clergy support needs for 2008.

With regard to funding the HMCM for 2008, the first look at the numbers shows that we are short of our bare-bones budget by about

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\$10,000.00. **The Diocese has offered a MATCHING GRANT** to help meet this need. Every dollar of increase in pledges at Christ Church or Saint Paul's for 2008 will be matched by the Diocese of Massachusetts up to \$10,000.00 for each parish. In short, if we increase our combined pledge base by \$20,000.00, we will see \$40,000.00 of new revenue to support both our parishes and the collaborative ministry.

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."

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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### **A Message for September from your Sr. Warden**

I hope that everyone had a fun and relaxing summer! Much progress has been made at St. Paul's. The exterior of the church has been freshly painted and areas of the siding and trim have been repaired. I'd like to sincerely thank all who have generously donated money and time towards this project. Our church now looks fresh and ready for the fall.

Our collaboration work with Christ Church continued through the summer. We discussed youth programs and what form our collaboration can have to benefit and stabilize both of our parishes. I will continue to keep you informed of our progress and direction as we work towards our goal of having an initial agreement in place by the end of the year.

Sunday school registration will be held on September 9<sup>th</sup> and Polyarts will be held on September 29<sup>th</sup>. The fall should prove to be a fun and exciting time. We welcome ideas for possible activities and fellowship events.

The vestry and I look forward to continuing working with the parish's positive energy and enthusiasm so that we may continue to grow and strengthen over the upcoming months.

*Faithfully Yours,*

*Jay Jacobson  
Senior Warden*

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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).

## Choir

The choir is also 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

After much deliberation, the vestry has decided to return to the more traditional coffee hours following our Sunday worship.

Grace Church will begin brewing the coffee itself for their hospitality hour that follows their service and we will clean up the coffee after our hospitality hour. But the 'hours' will be separate, with means we are looking for volunteers to host our hospitality hour. Hosting of the coffee hour means setting up the goodies before the 10:30 service, keeping the coffee pots filled as needed, and cleanup afterward.

A sign up sheet is available outside the Kitchen in the parish hall.

## Outreach

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

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

As we begin the school year, PJB **especially** needs:

- ✓ 3 Ring Binders
- ✓ Sticky Notes
- ✓ Highlighters

- ✓ Colored pencils
- ✓ Back-packs
- ✓ Lunch boxes
- ✓ Dividers
- ✓ Pencil cases & sharpeners

You can also browse their website for their other needs and how you might be able to help:

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

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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. 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

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, September 5<sup>th</sup>.

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

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

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



## **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.

-Peter Dittman



## Just for kids

### Easy Applesauce Muffins

*This healthy recipe will make a great start to your day, a great snack or a great gift for your teacher and classmates.*

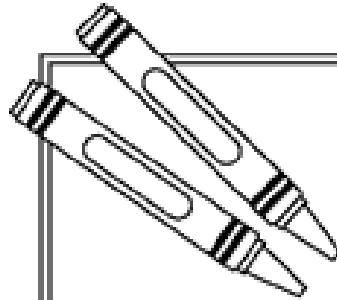
#### What you need:

- 6 tablespoons butter
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 2 eggs
- ⅔ cup brown sugar
- 1½ cups chunky applesauce
- Baking cups



#### What you do:

1. With an adult's help, heat the oven to 375 degrees. Line a 12-cup muffin tin with baking cups and set aside.
2. In a small, microwave-safe bowl, melt the butter on high for about 30 seconds; set aside to cool slightly.
3. Sift together the flour, baking powder, baking soda, cinnamon and salt in to a large mixing bowl.
4. In another large bowl, whisk together the eggs and brown sugar. Stir in the applesauce and melted butter until the mixture is smooth.
5. Pour the apple mixture over the flour mixture. Stir with a wooden spoon just until the flour disappears. (This will produce muffins with a nice, crumbly texture.)
6. Fill the baking cups about two-thirds full with batter. (For mess-free muffins, use an ice-cream scoop to spoon batter into the baking cups.)
7. Bake for 20 minutes or until light brown. Test for doneness by inserting a toothpick in the middle; if it comes out clean, the muffins are ready to eat. Makes 12.



## Just for KIDS

### Apple of Your Eye

When something is said to be the "apple of your eye," it means it's precious to you and you would protect it as you would your own eye. With school starting up again, we should remember God's instructions in Proverbs 7:2: "Keep my commands and you will live; guard my teachings as the apple of your eye" (NIV).

*Find and circle the word "apple" 13 times in the puzzle below. It can be horizontal, vertical, diagonal and even backward.*

