

# ST. PAUL'S EPISTLE

*November 2009*

Dear Friends,

Recent medical research strongly indicates the health benefits of the grateful heart. The studies in strongly suggest the cultivation of the habit of thanksgiving much the same way as they suggest the cultivation of physical exercise.

I wonder if we sometimes reserve our intentional acts of thanksgiving for those things in our life that are of major significance: family, friends, health, security, etc. I wonder if we miss seeing the gifts that surround us that we may take for granted: supermarkets, automobiles, baby carriages, leaves on and off the trees, etc. How can we cultivate thankful hearts in our everyday, all day lives?

G. K. Chesterton wrote: "You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink."

He invites his readers to think about all of the things that bring joy into one's life and then to acknowledge gratitude for those gifts. They are many. Even in the midst of trials or challenges there are gifts that sustain us and give us hope. Noticing those is a resource for solace and strength; being grateful for those things helps us cope with the rest.

Thanksgiving Day is one day in which we are intentional about gratitude. As we gather at our tables we are filled with hearts of thanksgiving. We are grateful for family and friends, for children and laughter, for food and sustenance. We have this one day that calls us to pay attention to the abundance in our lives. Do we remember the people who had a hand in growing and harvesting the food we eat, for the people who prepare the food, for the teachers who help our children learn about life and all the wonders in it, for medical professionals who offer care and comfort to keep us healthy, for the gas station attendant, the grocery clerk, the piano teacher, the singers and dancers, for those who pray, for those who worship with us? All of these and more, much more, are the gifts that God puts in our path to bring joy to our lives.

Some begin their day with prayers which include thanksgivings and some end their day that way. I wonder how much richer our lives would become if we notice the gifts around us all day and notice the instinct of gratitude that grows in our hearts as we reflect on God's constant generosity.

Happy Thanksgiving, dear friends.

## Notes from the Nursery School



We have had a fun filled October. The older children had their first field trip to Parlee Farms in Tyngsboro. It was a beautiful day to enjoy a hayride and to pick a pumpkin from the patch. The younger group continues to adjust to school. They all bound in quite happily and seem to have settled into the routine. We are singing lots of songs about scarecrows and pumpkins and the children are eagerly anticipating Halloween.

As we look forward to November, we are planning to run an Open House on November 5 from 1:00 pm until 3:00 pm. If you know of anyone thinking about nursery school starting in September 2010, please send them to our open house. They can bring their child, visit the classrooms and meet the staff. Also in November, we will have our annual fundraiser; a holiday gift boutique, similar to the fundraiser we had last year. We have many independent vendors coming and many Bedford businesses have contributed to our raffle. We will also have a bake sale. The date for the fundraiser is Saturday, Nov. 7 from 10am until 3pm. Please try to attend, last year's event was a lot of fun and quite successful for us.

Lee Frank



## CATECHESIS CORNER

Catechesis is off to a wonderful start! For the first time this year we have only one Atrium open due to the number of children. This will change if we have new additions to our parish family and we will then revisit opening our second Atrium.

What does that mean? It means that we have a great mix of 4 and 5 year olds and they are terrific together! It means that we as Catechists need to meet the needs of all of the children by offering what we call appropriate “extensions” and challenging “practical life” tasks.

An extension is the craft or project that connects with the lesson that we have presented that week. For example, we are offering tracing and stencils rather than just coloring for those who can handle that (tracing sheep and the Good Shepherd), a matching game that entails reading the words and matching to a picture (the word altar and draw a line to the picture of the altar), a word scramble of the altar components. It was so amazing to watch the children who can read help those who can't quite read with the matching game. This week we will be discussing the Liturgical colors and we plan to make some stained glass for our windows! Come by and see them.

Practical life tasks can be fun and challenging and have to do with daily life i.e. reading a book, in the reading corner, picking up different shaped pasta with various tools, watering and washing the leaves of plants, pouring from one pitcher to another, taking seeds out of a sunflower with tweezers, etc. The children love these activities and it is up to us to offer different tasks each week at various challenge levels.

The children continue to engage each week and amaze us with their insights and expressions of joy, knowledge and understanding.

Visitors are always welcome to our Atrium. We are so happy to have the designated space available to us and we are enjoying making it beautiful, welcoming and comfortable for your children.

With blessings from the corner,

*Ellen Ryan and Amanda Hubbard*

## Elementary Sunday School News



Dear Friends,

We have enjoyed our start into the Sunday school year learning about the 10 commandments and what it means to be part of an Episcopal community. We will hold a meeting on Sunday November 8<sup>th</sup> in the 4-5<sup>th</sup> grade Sunday school classroom to plan for our upcoming session. We welcome anyone interested in learning about our Sunday school program to attend.

*Cathy Presti*

## Middle School Youth Group Update

Snow in mid-October?! Huge snowflakes and lots of rain greeted the group during the Crop Walk for Hunger on October 18th. Many thanks to Karin Baker, Susan and Chris Adamik, Carly and Carolyn Martin, Brianna Champion, and Ailin and Bob Thomas who represented St. Paul's Church and turned in their sponsor sheets in Concord. Like many other groups, we pledged to walk a different day to fulfill our Crop Walk goals due to the bad weather. Thanks to our friends and family at St. Paul's Church, we raised approximately **\$1,200** to help fund hunger relief efforts around the world and in our own backyard!

### Upcoming events:

**Sunday, November 1st:** In-class discussion. Please come to church and meet us in the library.

**Sunday, November 29th:** @ 5:30 p.m. Annual cookie baking and cookie decorating. We will be joining forces with the High School Youth Group to prepare care packages for our faraway parishioners and plates of cookies to deliver during Christmas Caroling. We will start at 5:00 and dinner will be served!

**Laser-tag:** The social activity votes are in....and a trip to play laser tag has won! Please watch your emails for proposed dates and times during November or December (it will probably be a Saturday night). We are looking for chaperones so please let Carrie Mathews know if you are interested in helping out with this activity.

See you soon!

*Mrs. Mathews and Mrs. Baker*

## High School Youth Group

We had a busy October! Thanks to all who helped with the adult fundraising dinner on the 24th and the Halloween party on the 30th. We had a fun movie night on October 25th as well -- it's nice to see so many faces at each event!

In November we'll host our annual cookie baking/care package making party on Sunday, November 29, at 5:30pm. We'll have cookies to decorate, snacks to pack up, packages to fill, cards to sign, and dinner to eat. This is a great way to show our love to our friends in college and far away, and we hope you all can come. The middle school youth will be helping us, too.

We hope you've noticed our new youth group bulletin board in the parish hall. This will be a place for schedules, profiles, and other information pertaining to our youth groups.

Next month we'll revive our Meet the Youth Group feature and start introducing you to our large crop of freshmen. Stay tuned!

*-Emily Mitchell & Arthur Fergusson*

*THE ADVENT FAIR IS ALMOST HERE!*  
*SAT., DECEMBER 5<sup>TH</sup>, 9:00 - 2:00*



*PLEASE HELP ENSURE A SUCCESSFUL ADVENT FAIR BY KINDLY HELPING IN ANY OF THESE AREAS:*

**BAKED GOODS** (COOKIES, BROWNIES, PIES, BREADS, CAKES ETC.)  
- PLEASE LABEL AND NOTE IF CONTAIN NUTS. ALSO JAMS, JELLIES, RELISHES, TOO.

**HOMEMADE SOUPS** - CONTAINERS CAN BE FOUND IN CHURCH KITCHEN - MAY MAKE AHEAD AND FREEZE - PLEASE LABEL

**WHITE ELEPHANTS** - ANY ITEMS IN NEW OR "GENTLY USED" CONDITION - PLEASE, NO STUFFED ANIMALS OR CLOTHING.

**VINTAGE JEWELRY** - ANY ITEMS YOU NO LONGER WEAR, COSTUME JEWELRY OR BETTER!

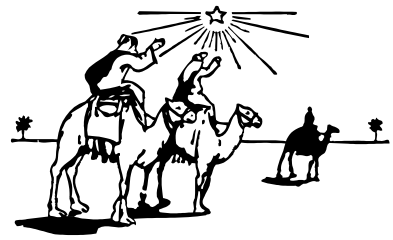
**BOOKS** - PAPERBACK OR HARDCOVER, IN GOOD CONDITION

**SILENT AUCTION ITEMS** - GIFT CARDS, GOODS OR SERVICES, LESSONS, ETC.

**DONATIONS** - TO OFFSET MATERIALS FOR GIFT BASKETS, CRAFTS & SNACK BAR

**VOLUNTEER** - SIGN UP SHEETS WILL GO UP IN MID-NOVEMBER ☺

**THANKS SO MUCH FOR YOUR TIME AND CONSIDERATION!!! HELP US MAKE THIS DAY OF FUNDRAISING AND FELLOWSHIP A BIG SUCCESS!**



## **Christmas Pageant 2009**

Is it that time already? Yes, it is time to give it some thought and get the dates on the calendars!

Sunday, December 20<sup>th</sup> - 10AM  
*Christmas Pageant*

Saturday, December 19<sup>th</sup> - 9AM  
*Lead characters*

Saturday, December 19<sup>th</sup> - 10AM  
*Full cast*

Sunday, December 13<sup>th</sup> - 10AM  
*During Sunday School*

Sunday, December 6<sup>th</sup> - 10AM  
*Rehearsal after Children's Sermon  
(Family Sunday)*

If you know now your child/children might have a conflict with the pageant and/or these particular rehearsals, please let me know and I can cast them accordingly. Every child is welcome to participate and urged to do so!!!

Please see me, call me, or email me:

Ellen Ryan  
Or  
Natalie Wicks

## **Vestry corner**

Dear friends,

Bishop Shaw reports that he had a wonderful visit at St. Paul's on October 18. Thanks to all who made the day such a success: the parents who came early to meet with the bishop, the teachers who forewent their lessons to share the service with our children, the choir and altar ministers for their service during worship, and everyone who stayed through coffee hour for discussion and fellowship with Bishop Shaw. Special thanks to Rene Seaton, Jan Gurley, Sue Marasa, and Ruth Regele for their leadership at coffee hour, and to Dori Pulizzi for arranging lunch for the bishop and the vestry.

As you know by now, we also celebrated Frank's 10<sup>th</sup> anniversary at St. Paul's on October 18, with the presentation of an original painting by Mary-Amy Cross, along with a scroll of our names. Thanks to all who helped keep the gift a secret (especially you, Chuck)!

The annual Diocesan Convention will be held November 6 and 7 at Trinity Church in Copley Square, Boston. Frank, Paul Ciaccia, and I will attend as delegates. The Diocese is celebrating its 225<sup>th</sup> anniversary this year, and they've planned a host of celebrations throughout the weekend. If you're interested in attending any part of convention, please speak with Frank.

Frank will be away from November 13 through November 19. A supply priest will lead our Sunday worship, and there will be a priest covering pastoral emergencies. If you need pastoral care while Frank is away, please contact me, and I'll put you in touch with the right person.

Just a reminder: the Executive Committee will meet on Tuesday, November 10, at 7:30pm, and the vestry will meet on Tuesday, November 24, also at 7:30pm.

Best,

*Emily Mitchell*  
*Senior Warden*

## **Stewardship**

Autumn is a time of year when we prepare for the coming months of winter. Bringing in the lawn furniture, hoses, grills, etc., cleaning out the gutters, raking the lawn and tuning up the snow blower are just a few chores that come to mind. We do this to protect what God has given us from the severe winter weather. At St. Paul's, we also must care for the needs of the church. Helping at the Fall Clean-up Day is one way we can be good stewards. Also, during the fall, we have our annual Stewardship Pledge Drive. It's during this time that we make a financial pledge to support St. Paul's and our mission in the world. We've heard from Sue Marasa, how St. Paul's has played an important role in her family's life. Carol Hokana has blessed us with a wonderful sermon of what St. Paul's means to her and how she responds with the four Ts: time, talent, treasure and tell.

The fall pledge drive is a time for us to reflect on what St. Paul's has meant to us. We are all moved in different ways throughout the year to respond to God's call to community, to worship, to serve, and it's during the fall pledge drive we are called to support the church financially. "St. Paul's continues to be a place of welcome, comfort and strength..." where we can be who we are while coming together in Christ. Please prayerfully consider how you can support our pledge drive and the budget for the coming year. We have set a goal of 100% participation. Pledges of any amount are welcomed and help the vestry plan for the year to come.

Please watch for your pledge card in the mail and make every effort to place your completed card in the collection plate on Ingathering Sunday, Nov. 22<sup>nd</sup>.

Faithfully and gratefully,

The Stewardship Committee  
*Paul Ciaccia, Paul Kruger, Emily Mitchell,*  
*Barbara Perry, Ron Presti*

## **From the Music Director**



Over the holiday weekend, I was fortunate to spend a day and a half at the Groton School, at the Regional Meeting of the Association of Anglican Musicians. Though we stayed at nearby inns, (school was in session) all our events took place on the beautiful school campus.

We were treated to a rehearsal, conducted by our host, Michael Smith, of the large chapel choir (coed), and the Evensong service that followed. After a delicious banquet, we returned to the Chapel to sing our own Compline service. On Monday we had two workshops, very professionally presented, on the new trends in congregational singing, and in working to develop good singing habits with choirs, and especially with young voices. I felt greatly enriched by the experience, happy to meet some new cohorts, and certain I would use what I had learned back at St. Paul's.

*Joan Reddy*

# OUTREACH NEWS



Children's Hospital Boston

*The first place for children*

Thanks to your overwhelming generosity, St. Paul's has made a donation of approximately \$500 in Maddy Anderson-LaPorte's name to the Extraordinary Needs fund at Children's Hospital. Extraordinary Needs is a program that helps families with the incidental expenses (parking, etc.) that really add up during a child's hospital stay. Thank you!

## **Help us "UNDECORATE" our Giving Tree**

Help make the holidays brighter for 60 residents of Fernald State School. These adults are severely multi-handicapped and many have no families. If the state stays on target, this will be the last year our Giving Tree gifts will go to the residents of Fernald, as the facility is scheduled to close this year.



On the First Sunday of Advent, our Giving Tree will be decorated with ornaments listing specific requests for each resident. Please sign up to purchase a gift and take the ornament to attach to your wrapped gift. We also welcome \$5 gift cards to Dunkin Donuts for staff who care for these residents. Gifts are due back at St. Paul's on December 13.

## **New Cards Available from Heifer International**



Thinking ahead to Christmas? Buy a lamb, but not for dinner.

Plan to buy some Heifer cards at the Advent Fair. (Minimum contribution \$10). Buy a lamb (or a cow or a flock of geese) for an impoverished family this holiday season. Heifer International works with communities around the world to end hunger and poverty by providing animals to needy families, giving them economic security and better nutrition.

## **Time to knit? Or sew? Or crochet?**

We have lots of yarn and lots of squares ready to assemble into Linus Blankets. Can you help sew together 9 squares, or crochet around the edge of a finished blanket? We also need baby hats. Lots of yarn available in the Parish Hall. Can't knit or crochet? No excuses. We can teach you!

Contact Caroline.



## **Keep those tab tops coming!**



Tab tops continue to be sent to the Shriner's Burn Hospital, which in turn are combined with other organizations' tabs. The tabs contain metal which the Shriner's Hospital extracts and sells. All proceeds are used to help pay bills for the families that incur debts when they stay at various hotels to be near their children, who are in the Shriner's Hospital.

Also, Ed Lawrence is always collecting cans/bottles to retrieve deposits to help support the National Guard Veterans for their every day expenses. Thanks!

## Interfaith Thanksgiving Service

The faith communities of Bedford will celebrate an Interfaith Thanksgiving Service on Sunday, November 22, at 3:00pm at First Church Congregational, 25 Great Road. The clergy and choirs will participate in the service, and we encourage you all to attend. It promises to be a wonderful afternoon of worship and fellowship.

## WOMEN'S GROUP FALL BOOK DISCUSSION



**Monday, November 16<sup>th</sup>, 7 P.M. in the Library**

***The 19<sup>th</sup> Wife*  
by David Ebershoff**

This is a wonderfully engrossing work of historical fiction about the early days of the Mormon Church, interlaced with a modern day story of a fundamentalist sect in Utah.

**PLEASE JOIN US!**

## Parking Lot



Please remember that the clergy space in the parking lot is reserved only during the week, not on Sunday mornings. Feel free to park there before the worship service, particularly if you need to be closer to the front door. Overflow parking is also available across the street on Dana Road or along the back drive.

## Bedford Day

Once again, we had a wonderful time on Bedford Day. The weather cooperated with lots of sunshine. We had several inquiries about St. Paul's, (and we always have a good time chatting with one another and with passersby).

Thanks so much to all of the enthusiastic parishioners who sent baked goods for us to sell! (We sold almost everything.)

Special thanks to: Ron Presti, Sue Marasa, Bruce and Jacob Seymourian, Emily Mitchell, Frank and Chuck, Jan Blake, Amanda Hubbard, Louise Maglione, Ginny Draper, Shanie George and Allen, Hunter Hayes, Phillip and Scott Thompson, and Kei Isobe.

*Sima Seymourian*

**The Crafts group will have the following meetings in preparation for the Advent Fair.**

**Please join us!**

- \*Nov. 4**, 7 PM at church for beading.
- \*Nov 11**, 7 PM at Karen Kruger's for alphabet elves and table top Christmas trees.
- \*Nov 18**, 7 PM at Karen Kruger's for hot chocolate cones and candy canes.
- \*Nov, 25** \*\* No meeting \*\*
- \*Dec 2**, 7 PM at church for boxwood decorations.

## Parishioner's Corner



A very happy birthday to Wendy Ciaccia who turns 60 on November 7<sup>th</sup>.

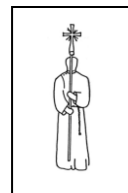
Happy 1<sup>st</sup> birthday to our beautiful little girl Mirabella Ann Mathews who celebrates her big day on November 14<sup>th</sup>.



Christmas Caroling Progressive Supper will be held on Dec 13<sup>th</sup> Anyone interested in hosting the appetizers or desserts, contact Paul Ciaccia.

## Acolyte and Torchbearer Update – Sunday, Nov 8

Acolytes and Torchbearers who have served in the past are invited to a short update meeting following church. Gospellers who would like to serve as Crucifers this year should be sure to attend this training. Robes will be re-fit and there will be pizza! Questions? Contact Caroline Larson



**St. Paul's Episcopal Church  
100 Pine Hill Road  
Bedford, MA 01730**

**Non-profit  
Organization  
U.S. POSTAGE  
PAID  
Bedford MA 01730  
Permit No. 11**

Sunday Service of Holy Eucharist: 10:00 a.m.

Office hours: Tuesday-Friday, 9:00 a.m. - 1:00 p.m.

Telephone: 781 275-8262

Fax: 781 687-9070

E-mail: [info@stpaulsbedford.org](mailto:info@stpaulsbedford.org)

*Staff:*

The Reverend Francis Fornaro, Rector

Tracy Lane, Parish Administrator

Joan Reddy, Music Director

Bob Godoy, Sexton

*Officers:*

Emily Mitchell, Senior Warden

Paul Ciaccia, Junior Warden

Betsey Anderson, Treasurer

Carol Hokana, Clerk

*Vestry:*

Andre Barber

Sue Runkle

Sharon Healey

Natalie Wicks

John MacPhee

Heather Marasa

Dori Pulizzi

***Thanksgiving Prayer***

For the vivid beauty of sunrise and sunset,  
For the harmonious colors in earth, sky and sea,  
For the graciousness of life-giving rain,  
For the rootedness of the trees,  
For the power of healing sunlight,  
For the beautiful songs of birds,  
For the perfume and harmonies of flowers,  
For the roll of thunder and of surf on the shore,  
For the gifts of soil, and sand, and forest,  
For the humbling grandeur of mountains, of stars,  
    and of far-reaching plains,  
For the marvels of the mind,  
    and the wonders of the imagination,  
For the gift of speech, and the healing sound of laughter,  
For the presence and comfort of those who care,  
For the soothing touch of human compassion,  
For the solemn trust of life,  
For each moment of joy and opportunity for service,  
We bring our words of wonder and of thanks.



**Daylight Savings Ends November 1<sup>st</sup>  
Don't forget to turn your clocks  
back 1 hour on the evening of  
October 31<sup>st</sup>.**

