

ST. PAUL'S EPISTLE

September 2009

Dear Friends,

Is September a sad month or a happy month? I know some people (teacher friends of mine) for whom September is both a sad and a happy month. It is a beginning month for many of us who work in a world that is governed by the local school calendar whether we have children or not. It is an ending month for those of us who use summer days for relaxation and outdoor activities that we otherwise forego.

For me September is a month of hopefulness and expectation. As I think about our community coming home and coming together again, I wonder about what gifts God has prepared for us as we begin a new program year. What are the fruits of your refreshment time during the summer? What hopes do you bring, what joys will you share, what challenges have you met? I wonder how your time this summer will continue to enrich the life of St. Paulø Church. It is exciting to know that God, through you, brings great joy, wisdom, sharing and wholesome community that is always refreshing and new.

For me, September is a happy month. The slower pace is finally over. I relish the relaxed pace of life at St. Paulø at the beginning of the summer but I soon begin to look forward to the activity that comes when we all gather together again. Those who have been here during the summer have kept the momentum of parish life healthy and worshipful. Their participation in worship offers all of us a sense of strength and continuity even when we are away. During the two Sundays I was away this summer I was mindful that St. Paulø Church was praying and worshipping and representing all of us all the time. Our spiritual life together is a communal activity in which we all engage either in person or not.

It is a joy to think and pray for you all summer long. In my morning prayers, I often hold our parish directory in my hands and offer prayers in thanksgiving to God for all that you are and all that you strive to be as we say in our Collect for St. Paulø.

So it is with a great deal of excitement and anticipation that I wonder about our new program year together. It is exciting to know that God has great things in store for us. It is exciting to know that God continues to bless us with strength, openness and joy in one another.

Elementary Sunday school

Summer is quickly coming to an end, and with it we begin to prepare for a new Sunday school year. St. Paul's Elementary Sunday school program engages our first to fifth graders in an exploration of the life of Jesus, our liturgy, and community awareness.

A registration table will be set up in the Parish hall during coffee hour on Sunday, Sept. 13th. I'd like to welcome all new families to come, meet us, and learn more about our elementary, catechesis and nursery programs. We will have pre-filled registration forms for our returning families. Please stop by the table to verify them.

Also on Sunday September 13th, we will hold a Sunday school planning meeting just after coffee hour in the 4-5th grade classroom on Sunday September 13th. I encourage anyone who is interested assisting in our Sunday school program, or simply wishes to learn more about it to join us. The 4-5th grade Sunday school classroom is one of the new classrooms located at the end of the parish hall - second door on the left as you face the classrooms.

Elementary and Catechesis Sunday school classes will begin on Sunday, September 20th beginning at 9:45 with singing in the parish hall. We separate at 10:00 for grade specific classes, then join the service to participate in the Eucharist. It has been our custom here at St. Paul's to present emerging 5th graders with bibles. The children will be presented their bibles during the service on September 20th.

Working with our children offers such great joy. Many volunteer opportunities are available, and we welcome anyone to participate. Teachers, assistants, and baby sitters are needed. Teaching in the classroom offers not only the obvious wonderful rewards of interacting with our children, but also a deepening of our own spirituality as we prepare and learn from the wonderful open minds of children. Last year we had great success with our wonderful youth assistants. Any youth (sixth grade and up) who would like to share their gifts with our children are encouraged to volunteer. Singers, storytellers, and readers are also needed to lead the brief 15-minute gathering time before Sunday school classes begin. I look forward to hearing from anyone interested in volunteering for the elementary Sunday school and can be reached at 781 271-9808 or cathypresti@comcast.net

Cathy Presti



CATECHESIS CORNER

While it is hard to believe in these hot and sticky days, summer will soon be over and school beginning. This means it is time to think about the church school program too. We will again be organizing the "Catechesis of the Good Shepherd" program. For those not familiar, this is our program for children ages 3 through Kindergarten. It is not at all a rote learning curriculum as the name might suggest, but very individual, with plenty of hands-on activities and time to explore them.

As we think about the program, our main request to families is to let us know which children will be enrolling or anyone who will be three years old (or close) by September is very welcome. Are there families new to St. Paul's with children in this age range? This will help us decide on the number and grouping of classes.

Official registration will be after church on Sunday, Sept. 13. But, an earlier phone call or email (781-275-7857, hubbard@psfc.mit.edu) would be helpful. **The first day for the children will be Sunday, Sept. 20.** This will be an orientation day, where we meet in the church hall and they are taken individually to their classroom or "Atrium" as we call it. Parents are welcome to come see them too.

As always, we need plenty of people to keep this active program going through the year. Please let us know if you would be willing to help, even a little! We particularly invite middle and high school youth, including new sixth graders (many of whom are Catechesis graduates!), to consider whether this is a way you would like to serve St. Paul's.

We look forward to seeing children, teachers and families soon or we've missed you!

Amanda Hubbard and Ellen Ryan

Middle School Youth Group Update

Wow, did summer go by quickly!! We hope you all had a restful and fun summer and are gearing up for a great Middle School Youth Group year. Please see below for details of our first few activities:

Sunday, September 13th: Our annual kick-off pizza party will be held at 5:00 at St. Paul's Church. Come hungry and with ideas for the upcoming year, including community service and social events. We will also play some ice breaker games to welcome our next sixth graders!

Sunday, October 4th: Our first in-class discussion will be held in the library. Please come to church that day to participate in the conversation and lend your ideas and experiences.

Sunday, October 18th: Mark your calendars now for the Crop Walk, a 7K walk through Concord center that raises money for global hunger relief efforts and local community tables (including Bedford). This will be our fourth year participating in the walk and each year we increase our fundraising efforts, contributing more than \$1,300 in 2008. Registration begins at 1:30 that afternoon and we should be done by 4:30 or so.

Lastly, some changes to share: A big thank you and send off to Suzanne Johnson for all of her efforts in creating, maintaining and growing this group over the past few years. She has made such an impact and will be missed! Suzanne will be taking some well-deserved time-off, but will continue to help out with various activities, including the Special Olympics volunteer event.

And finally, a nice warm welcome to the new co-leader of the Youth Group, Karin Baker! She comes to us with lots of experience...having raised 4 middle schoolers at St. Paul's over the years. We are lucky to have her and look forward to many fun times together - many thanks Karin for taking the time to join us in this new capacity.

Carrie Mathews and Karin Baker

High School Youth Group Social

Calling all High School Youth of the parish!! Welcome back after a well deserved summer break! It's time to cool off with the first of a number of new and exciting monthly events planned for the year. Come join us as we welcome new members to the group with our very own ice cream social with exotic flavors and fun summer stories. Mark your calendars for Sunday September 27 at 5:30pm. Please come prepared to share your thoughts and ideas for the upcoming year and be ready for a year of friendship and fellowship. Friends are welcome.

*Emily Mitchell
Arthur Fergusson*

Notes from the Nursery School



As I sit here, sweltering, on the hottest day of the year, it is hard to realize that nursery school will be starting in a few weeks. The thought of the children bounding into school with the toys set out and the bulletin boards all brightly decorated is pulling me out of my heat-induced lethargy.

I am very pleased that the entire staff is returning to school. Our personalities meshed very well last year and we enjoy working with each other. One teacher had a new baby in May, another is expecting this January but they are both excited about returning to St. Paul's and juggling the demands of family and work.

The enrollment looks good for this school year. Our two day program is full as is our five day class. Our three day program has two openings at this point. We have already had several inquiries about our program for 2010-2011. Now that I have written this, I am not feeling the heat. Instead, I am feeling excitement and anticipation of starting the 2009-2010 school year.

Lee Frank

ACOLYTE AND TORCHBEARER TRAINING THIS FALL



Save the dates!

- **Sunday October 25** . Training for New Torchbearers and Acolytes after church
- **Sunday November 8** . Refresher for Torchbearers and Acolytes and Training for new Crucifers after church

Anyone interested in being trained as an Acolyte or Torchbearer this Fall, please contact Caroline Larson (781-275-9338) or Frank Fornaro. Adults and children 2nd grade and above are invited. Serving at the altar is a way to serve God and our parish family while learning more about the Eucharist and Episcopal tradition.

VESTRY CORNER

Dear friends,

Welcome back! Although this summer was not exactly . . . summery, weather-wise, we hope you all enjoyed a chance to relax and spend time outdoors amid God's creation.

You may notice several small improvements around the church that occurred over the summer. We have two new signs in the parking lot, designating a space for the clergy and two handicapped spaces. The clergy space will always be open on Sundays for parishioner parking; it is only reserved for Frank during the week. The parking lot has also been re-lined, so we no longer have to guess where one space ends and another begins. Thanks to Jeff Zwicker for heading up that project.

Thanks are in order to many of our members and friends who helped keep St. Paul's working over the summer. The volunteers who kept our new front garden weeded and watered helped us put our best face to the neighborhood. The many members who volunteered to serve on the altar on Sundays added to our worship experience. And everyone who kept their pledges current during the summer months played a vital role in the continued health of St. Paul's.

We look forward to the start of another great year at St. Paul's!

Best,

Emily Mitchell
Senior Warden

P.S. Please see the notice elsewhere in the Epistle about announcements.

Bedford Day

Bedford Day is on **September 26th** this year. We will be selling baked goods and running Spinner Art at our booth. Look for sign ups in early September if you would like to help tend the booth. I know that many of us are pulled in several directions on Bedford Day...but even an hour of your time would be greatly appreciated! Also we would like as many people as possible to bake something for us to sell. (It doesn't have to be anything fancy!) You may bring baked items to the booth Saturday morning, or leave them at church Thursday or Friday of the previous week. Everyone has always been so generous with their time and baking skills in the past, it is always an enjoyable day for all.

Please join us, and Thanks!

Sima Seymourian

GIFT BASKETS FOR THE ADVENT FAIR



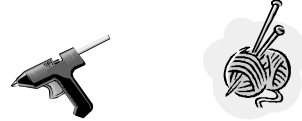
First, thank you to all who have left contributions in the basket in the church narthex for gift baskets. They are much appreciated. However, we are in need of your contributions continuing into October. So if you have new items in your house or can find good deals on some appropriate gift basket items, please bring them to church and place them in the basket provided or give one of the committee members a call.

We are always in need of linens (napkins, kitchen towels); bath supplies (body wash, fragrances, nail implements, etc.); kitchen utensils; note paper and other writing supplies; jams and jellies; giftable cookies and crackers. These are a few suggestions. You may have a lovely idea of your own for a unique basket.

As in years past, we will continue to have meetings Sundays after church (a light lunch will be provided), and one morning during the week. At this point, it looks like Thursday mornings around 9:30. Meetings are held at Jan Svendsen's, 96 Sweetwater Ave., Unit 7. We are always looking for help. It doesn't have to mean a large commitment on your part. Attend meetings when you can. We have diverse projects and steps in that project that need to be done. No previous experience required! Come and join us for fun and fellowship.

Jan Svendsen, Lisa Hafer, Natalie Wicks, Jan Gurley, Sharon Witbeck, Rene Seaton, Sharon Healey, Jan Blake

Craft Group for Advent Fair



Christmas is coming - The Advent Fair is Dec. 5. - the Craft Group is starting its fall workshop schedule: The workshops will be every Wednesday evening starting Sept 2 at 7 PM at Karen Kruger's, 14 Alaska Ave., 781-275-2016.

The first workshop will be at Karen's on September 2nd to make decorated flip-flops.

The second workshop will be September 9th and we will concentrate on felt or other ornaments for Christmas trees. Please come with ideas, designs and enthusiasm. We will try to organize the ornament projects so they can be worked on at home or at a later workshop. Bring scissors and sewing supplies, hot glue guns and cold glue. I have some felt that can be used but please bring the color that dominates your design or let me know so I can buy it. Handsewn felt ornaments have always been a best seller at the Fair.

We have a few favorite crafts that we will work on in later workshops. alphabet elves and boxwood arrangements. What we really need are new ideas and crafters. If you have a craft that you would be able to share, please volunteer to help lead a workshop (i.e., get the materials ready) for a week so we can work on the craft. The workshops can be held on other days of the week, at different times, at different locations.

See you at a workshop!



WELCOME BACK !



The ADULT CHOIR will gather for a first rehearsal on Thursday, Sept. 10 at 7 PM in the library, in preparation for singing on Sunday, Sept. 13. NEW VOICES IN ALL PARTS ARE WELCOME. Speak to Joan Reddy, or just come on Thursday night!

The YOUTH CHOIR will rehearse directly after the service on Sunday, Sept. 13 to prepare to sing on Sunday, Oct. 4. NEW MEMBERS are always welcome. Come, be a part of this lively, growing group!

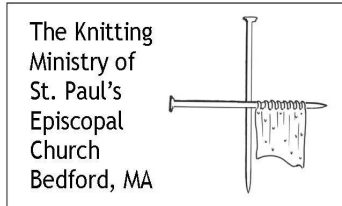
OUTREACH NEWS

Cell phone collection – Thank you Tommy!



We are grateful for Tommy Waghorne's participation in the Cell Phones for Soldiers campaign. Our used cell phone contributions allowed the purchase of phone cards for many soldiers overseas. Now that Tommy has graduated, we will not be collecting phones at St. Paul's however you can mail your old cellphones free by printing out a mailing label on line

(http://www.cellphonesforsoldiers.com/resource_center.html#label) or you can drop off your used cellphones at the Bedford Police Station to be donated to a women's shelter.



Knitters! We have yarn for Linus blankets, baby hats or shawls. For more information contact Caroline Larson at 781-275-9338 or SAILSK8@aol.com

Come see the barn we helped to build! HEIFER PROJECT HARVEST FESTIVAL

October 3-4 11 a.m. - 4 p.m.



Explore the homes in the Heifer Global Village to learn about traditional harvest celebrations in Peru, Poland, Kenya and more. Take a horse-drawn hayride to the gardens and enjoy other activities such as face painting, crafts and a hay maze. Purchase local pumpkins and browse Shop@Heifer that features fair trade and unique hand-crafted items from around the world. Throughout the day, learn about Heifer International as you meet many of Heifer's animals including water buffalo, a yak, llamas and traditional farm animals such as pigs and goats.

Admission: \$5.00 per person / Children 12 and under are free. For more information, check overlook.farm@heifer.org or call 508-886-2221.

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!

Directory Changes/Additions

(Please note the back of your directories)

New Members

Judith Wright
13 Meadowbrook Road
Bedford, MA 01730
(781)275-3960

E-mail change/addition

Paul & Kathleen West
Paul.west2@verizon.net
Kathleen.west@verizon.net

Lisa & Brad Hafer
lisa.hafer@verizon.net
brad.hafer@verizon.net

Change of Address

Kathleen Mercure
5 Riverhurst Rd., # 646
Billerica, MA 01821
(978)362-8096
Jmercure16@comcast.net

Carol Hollingshead
106 Old Billerica Road
Lower LLEWSAC, Rm # 122
Bedford, MA 01730

Mary Amy Cross & Bill Hentschel
310 Badger Terrace
Bedford, MA 01730
(781) 275-6760

Summer Schedule Ends!



**Starting September 13th the 10:00 a.m. Sunday
Service of Holy Eucharist will resume!**

Announcements

With the return to our 10:00am worship schedule, the vestry is offering new guidelines for announcements during church. The length and breadth of our announcements are a testament to the vitality and variety of life at St. Paul's. They also contribute to a longer service, however, which can pull us out of the worship mindset, and can conflict with members' other Sunday commitments, especially as school and sports pick up steam through the fall.

Starting this month, we ask that announcements be specific to St. Paul's: parish events, committee news, and the like. Members who have news that doesn't fit in these categories can take advantage of the announcement board in the narthex, coffee hour, and the Parishioners' Corner section of the Epistle. We also plan to continue with mid-month parish emails, so announcements can be sent to Emily for inclusion there.

If you have any questions, please feel free to speak to Frank or Emily.

Bishop Thomas Shaw will be visiting St. Paul's on Sunday, **October 18th**. We are delighted and honored to have him! Bishop Shaw will celebrate the Eucharist with us, then share fellowship at coffee hour before meeting with the vestry over lunch. Please plan to be in church that Sunday!

Parishioner's Corner



A very happy birthday to Avery Mathews who turned 4 years old on August 16th!

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

**Non-profit
Organization
U.S. POSTAGE
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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

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

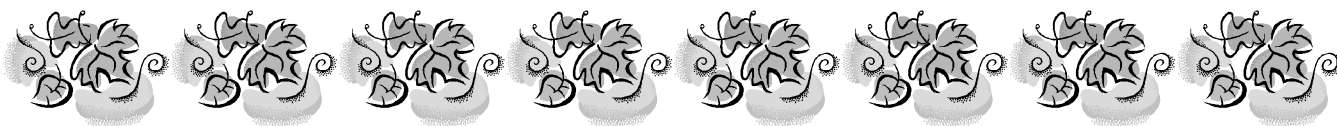
Heather Marasa

Dori Pulizzi

With Grateful Hearts

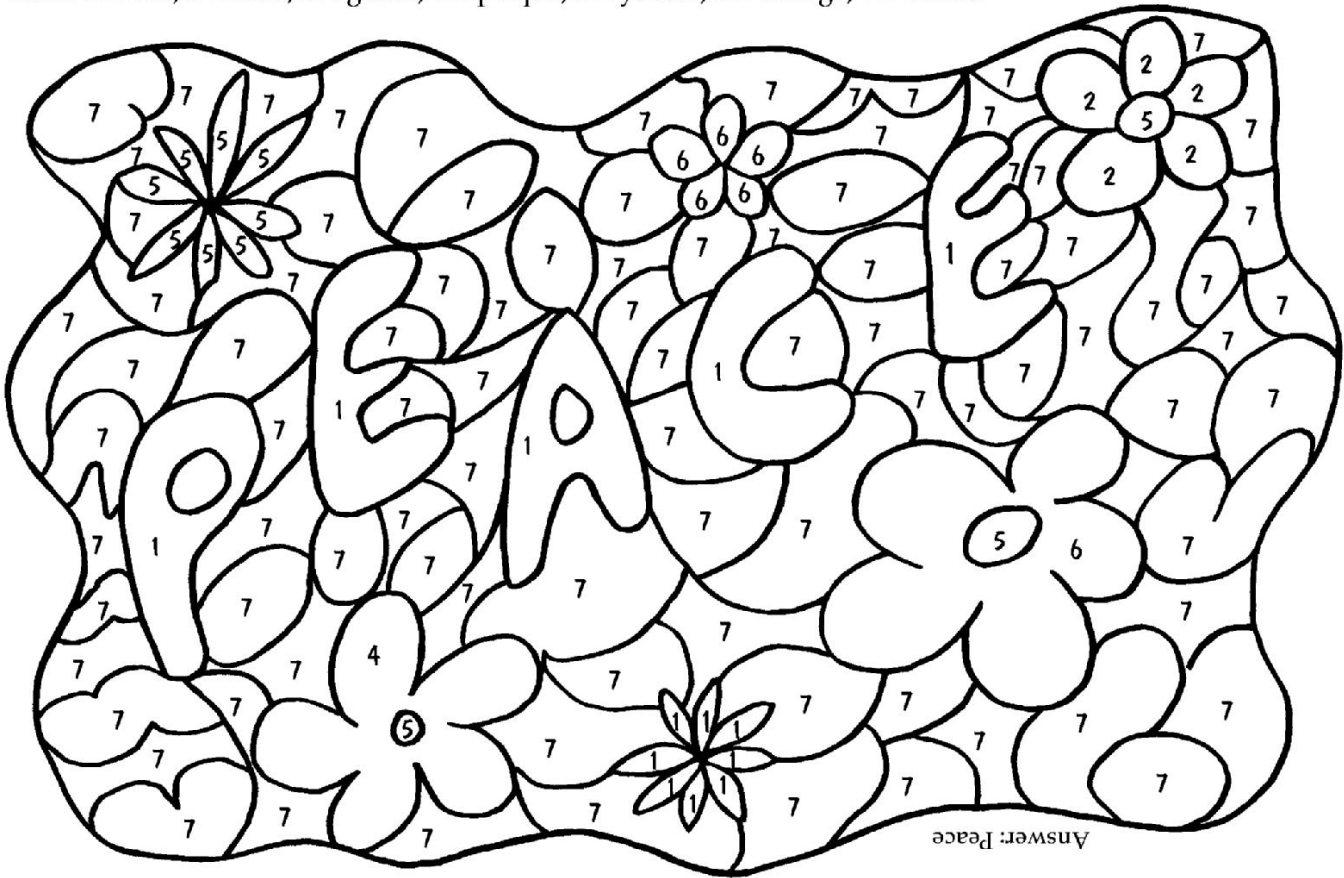
With grateful hearts we than thee, merciful Father,
for the rest and enjoyment of our holidays; for sunshine
and freedom and pleasant places; for the happiness of our homes,
and the love of those about us. We pray thee that we may
come back to our daily tasks refreshed, and set about them
with cheerfulness and goodwill, to the best of our
strength and ability; we ask this in the name and for
the love of Jesus Christ our Lord. Amen.

Lionel James



What word do you find here?

Color 1 = red, 2 = blue, 3 = green, 4 = purple, 5 = yellow, 6 = orange, 7 = violet.



Answer: Peace

Keeping Peace

Put a star by the statements that will help keep peace.

- | | |
|---|---|
| _____ 1. Make sure that everyone sees your side of an argument and that you get your way. | _____ 9. Find ways to work things out if there is a disagreement. |
| _____ 2. Forgive someone who has made you angry. | _____ 10. Tell bad things about other people to your friends. |
| _____ 3. Take the toy that you want to play with. Fight for it if you have to. | _____ 11. Try very hard to get along with your brothers and sisters. |
| _____ 4. If someone comes to play, offer them a toy. | _____ 12. If someone gets hurt and cries, make fun of them. |
| _____ 5. Use kind words instead of angry words. | _____ 13. If someone gets hurt, run and get help and try to comfort them. |
| _____ 6. Shout and scream at people if you don't agree with them. | |
| _____ 7. Be a bully. Push and shove people around, especially younger children. | |
| _____ 8. Don't repeat bad things you hear about people. | |

Now cross out the statements that do not have stars.

Answers:
Stars 2, 4, 5, 8, 9, 11, 13
Cross out 1, 3, 6, 7, 10, 12