

# ST. PAUL'S EPISTLE

Summer 2007

*Dear Friends,*

"It's summertime and the living is easy." Because of the rhythms of climate, the school year, work schedules and leisure, summertime offers opportunities to live easy. We live in an age of busyness. (I can hear some of you saying: "Oh, this is Frank's letter about resting, time out, slow down, etc. etc.") You are right!

I was at a gathering recently where everyone was complaining about how busy they were. It appeared after a while to be a contest of who was busier than the other. Eventually the busyness morphed into some convoluted way of measuring how valuable the work, the person, the outcomes were. The busier I am the better I am doing!

Jesus did not stay busy all the time. He is the model for living and working. Jesus stopped often to pray, to go to mountains, to ride in boats, to visit his friends for a meal. Jesus was not a workaholic! He knew that to accomplish his responsibilities it was required that he stop on a consistent basis to reflect, to play, to relax. Sometimes he did this alone but mostly he rested and relaxed with friends.

In God's great wisdom, at the end of the beginning of creating, God instituted/created REST. The creating initiative of God continues and will continue until the end of time. God's work of creating is ongoing and we, the children of God, are co-creators of this fantastic gift of the earth and all that is in it. And we must like God rest at consistent and necessary times in our work in the world.

Resting, relaxing and enjoying life should not be reserved for summer months. We are called by God to stop and rest as often as necessary in order to do the work that God has given us to do.

Many of you will be away for weeks at a time in these summer months; some of you will be away on weekends. Some will take day trips or sit out on a deck somewhere. You will all find ways, I hope and pray, to stop for significant time to be refreshed by God, family and friends.

It should make us happy when we have hours, days, weeks even when we can honestly say "I have no agenda." I am going to take this TIME and relax. I don't have to be busy at anything; I don't have to go to a meeting; I don't have to be in a constant frenzy of work. I can spend TIME doing what I need to do to refuel, refresh, reenergize.

"Time is money" they say. I agree. But in this day and age, time is the cheapest fuel for refueling our spirit and our bodies. Take it; God gives it to us. Use it; God needs us to use this gift so that we can continue working with God in making the world a better place for ourselves, our families, our friends.

Let Jesus be your model! Go hiking up mountains and find silence and solitude sometimes. Go hiking with friends and loved ones and find joy in each other's company. Row out somewhere in a boat; have cookouts with friends (or cook ins). The Resurrected Jesus was the chef at a cookout on the beach. Great role model for summer fun! Take time like He did; take time as He invites us to spend time, lots of it, to pray and play.

Have a joyous, restful, playful summer, my dear friends.

## Catechesis Corner

The 2006-2007 Church School year has come to a close. Our last class on May 20 was a presentation on Pentecost – each child selected a gift they wanted from the Holy Spirit, and brought home a red candle. We were glad to see most children there. For those who were absent we have certificates and folders, full of the year's artwork, in church. We had truly wonderful groups of children in both classes, who stayed engaged and attentive throughout the year. We will especially miss the group of Kindergarteners who will be moving on to the Elementary classes next year, several after 3 years in the Catechesis program. We hope to see families in church throughout the summer – much of what we do in class is intended to help them understand what they see and do in the service.



All that remains this month is to say a huge and heartfelt THANK YOU to the team that made the program possible. Fellow lead catechists Lisa Hafer, Sharon Keane and Louisa Saladino-Kuhl prepared and taught lessons all year. A large group of assistant teachers took turns doing whatever was needed in the classroom: Jan Blake, Elizabeth DeRose, Emma Healey, Carol Hokana, Miranda Keane, Helen Kissel, Shea Kuhl, Lori Murphy, Barbara Perry, Ron Presti, Timothy Ryan, Elle Thompson and Tommy Waghorne. It was great to see several of you at the training on May 11<sup>th</sup> by Rev. Louise Forrest. **We hope most of you will be able to attend the Teacher Brunch following church on June 3<sup>rd</sup>.**

We wish children, teachers and their families a wonderful and relaxing summer – we'll start up again in September following the Church School schedule. Please let us know of new children (age 3 and up) who will be starting next year. To all in the congregation, please consider helping out with the program next year – we could use assistance with materials (sewing, woodworking) as well as in the classroom. A special invitation to the new 6<sup>th</sup> graders - this year's youth have been a very important part of our team.

Sincerely,

*Amanda Hubbard and Ellen Ryan.*

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## Nursery News

Our nursery program will continue through June 17<sup>th</sup> this year. Sue MacPhee has done a marvelous job coordinating the nursery to provide childcare for our youngest parishioners each week from September through June. Thank you to Christine Anderson, Carrie Mathews, Anne Sharpe, Karin Baker, Cassie Baker, Heather Marasa, Sue Marasa, John MacPhee, Becky Waghorne, Emma Healey, and Carol Hokana who volunteered in this vital program that entertains our youngest parishioners so their parents can join the service and serve other ministries within the church. The nursery will resume on September 9<sup>th</sup> next year and continue until we switch to a 9AM summer service in June. Each week, two people are needed to attend to our youngest children. More volunteers are needed. Middle and high school youth are encouraged to join in this wonderful ministry. If you are interested in helping in the nursery, whether you wish to help often or only once in a while, please contact Sue MacPhee at 781 275-5794, or [Jemacphee@verizon.net](mailto:Jemacphee@verizon.net)

*Cathy Presti*

## **Elementary Sunday school**

Last Sunday, we concluded our Sunday school year with the wonderful story of Pentecost and the gifts we receive from the Holy Spirit. During coffee hour, the celebration continued with our annual end of the year ice-cream social coordinated by Andre Barber. Thank you to everyone who offered supplies, elbow grease and support for this fun event.

On Sunday, June 10<sup>th</sup>, we will enjoy a visit from Bishop Bud Cederholm. He has prepared a special presentation for our children. What a wonderful opportunity for our children to welcome and interact with our bishop.

This year's elementary Sunday school program would not have been possible without the unwavering dedication from our lead teachers and assistants. I'd like to thank all our Sunday school teachers who brought the joy of God to our children each week this year: Stacy Schalick and Natalie Wicks for leading our first and second grade class, Christine Thompson for leading our third grade class, Janice Young and Sima Seymourian for leading the 4 and fifth grade class, and Andrea Hayes, Susan Adamik, Becky Ricci, Tina Blackburn, Nicky Blackburn, Ariana Seymourian, Ailin Thomas, Jacob Seymourian and Eric Wicks whose assistance kept things running smoothly throughout the year.

Sunday school will resume next fall on September 16, 2007. Pre-filled enrollment forms for next year be sent out shortly. Families can enroll for next year by returning the pre-filled out enrollment form, visiting St. Paul's web site at [www.stpaulsbedford.org](http://www.stpaulsbedford.org), filling out one of the enrollment forms found in the Narthex and leaving it in the bin on Frank's door, or filling out an enrollment form during coffee hour on September 16<sup>th</sup>.

Looking forward to next year, we had a wonderful planning meeting last week. We decided to hold three elementary classes again next year, a first grade class, a combined second and third grade class, and a combined fourth and fifth grade class. We aim to have two teachers in each classroom, a lead and an assistant. If anyone is interested in helping out in the classroom next year, wants to learn more about what goes on within the classrooms, or has an idea we can share in the classrooms please feel free to contact me at [cathypresti@comcast.net](mailto:cathypresti@comcast.net) or 781 271-9808.

*Cathy Presti*

### **Middle School Youth Update!**

As the school year nears its end, so too does the first year of the St. Paul's Middle School Youth Group. Our last activity will be an in-class discussion on Sunday, June 3rd. Many thanks go to the middle schoolers who have found time in their busy lives to participate in the different activities: Cassie Baker, Emma Healey, Miranda Keane, Helen Kissel, Shea Kuhl, Hailey Millar, Timothy Ryan, Ariana Seymourian, Jake Seymourian, Elle Thompson, and Eric Wicks. You have given much back to the St. Paul's community and to important initiatives on a local and global scale. We hope you have enjoyed it as much as we have. Special thanks also go to the parents for their great support. Now, off to start planning for next year!

***Carrie Mathews and Suzanne Johnson***

### **High School Youth**

Another successful Youth Sunday has come and gone! Thanks to everyone who participated, high school and middle school -- with special thanks to Heather Marasa, who preached and ran the show with aplomb.

Speaking of Heather, congratulations to her on her confirmation on May 19th. It was great to see so many St. Paul's folks there to support her.

This year we say goodbye to two of our members, Scott Runkle and Cat Iwanchuk, as they graduate and move on to new adventures. Next fall we'll be pleased to welcome Ariana Seymourian and Becky Waghorne, starting ninth grade. We look forward to another great year.

Have a great summer!

***John & Emily Mitchell***

## **Altar Servers**

Many people serve at our altar every month and we would like to have more people join in. There are many ways in which you can serve.

**Reader** – To become a reader you just need to give your name to Karin Baker and she will put you on the rotating schedule for the year. Currently we have 19 people on our list. There are two readers for each Sunday. You will be assigned either the first reading or the psalm. Karin Baker – 781-275-2956 or [karinbaker@hotmail.com](mailto:karinbaker@hotmail.com)

**Lay Eucharistic Minister (LEM)** – The LEM helps the priest serve communion on the altar. We will be having training in July for any new people who would like to serve as a LEM next year. Please let Karin Baker know if you'd like to attend.

**Altar Guild** – The members of the Altar Guild prepare the altar for each service. Currently, Ginny Draper is the head of the Altar Guild and you should contact her if you would like to join.

**Acolytes – Crucifer and Gospeller** - Typically these positions are served by our youth, but we also have 2 or 3 adults who serve in these positions. Please let Caroline Larson know if you are interested.

**Torchbearers** – Grade 2 and up – The torchbearers bring the candles up to the altar and shine them on the gospel during the reading. Training and signup will be in the fall.

**Ushers and Greeters** - If you are interested in being a part of the service without being on the altar then you should consider being an Usher or Greeter. Please contact Paul Ciaccia to be scheduled or learn more.

**Coffee Hour Hosting** – After each service we gather for fellowship during the coffee hour. We are always looking for additional people to serve as a Coffee Hour Host. If you are interested in hosting coffee hour please contact Ron Presti.

## **St. Paul's Thrift Sale**

St. Paul's annual Thrift Sale has always been a wonderful opportunity for the congregation to gather in community for an event to recycle what God has given us while providing goods and clothing to needy people in our community. There is also the benefit of raising some money to support our budget.

This year the Thrift Sale will be on **Saturday, June 16<sup>th</sup>** from 9-2.

### ***How you can help.***

- 1) Please start collecting the goods you would like to donate. These should include:
    - Clothing of all sizes and for all ages.
    - Household goods - white elephant type objects
    - Children's toys - but we need those in reasonable shape - and with most or all of their pieces. Note that most stuffed animals and give away toys (Burger King/McDonalds) just don't sell.
    - Books, CDs, Videos, etc.
  - 2) Bring your goods to St. Paul's on one of the scheduled drop off times. These times will be announced shortly.
  - 3) Sign-up to help in one or more of these areas:
    - Publicity
    - Setup
    - Help during the sale
    - Cleanup after the sale
- To sign-up contact Ron Presti  
( [ronpresti@comcast.net](mailto:ronpresti@comcast.net) , 781 271-9808) or visit the Sign-up sheet located on the bulletin board in the hallway leading to the Parish Hall.
- 4) Come by the day of the sale to purchase some wonderful treasures.

Also, if you would like the goods that remain after the sale to go to a particular charity or need please let me know.

Faithfully,  
Ron Presti

## FUNDRAISING



As part of the Thrift Sale on June 16th, the fundraising committee will be sponsoring a plant sale. There will be plants available for purchase, many from established gardens, so you know they will grow in this area and climate. So, as you plan your garden, remember to save some plant purchases for June 16th!



How often do you use search engines on the Internet? More than you ever thought? Well, all those searches can help raise money for St. Paul's! How??? You ask???? Well, check out [goodsearch.com](http://goodsearch.com). Our church is registered with this search engine and every time you search a few pennies will be donated to the church. Just go to [goodsearch.com](http://goodsearch.com), choose "St. Pauls Episcopal Church (Bedford, MA)" from a scroll down menu and remember to use this search engine when you are looking for a site on the Web. In December, we will receive a check. It is as easy as that!!! Goodsearch is connected to Yahoo, so the searches are reliable.

Thanks!

## OUTREACH



## Follow up on Linus Blanket Sunday

This year St. Paul's contributed 33 blankets to Project Linus. Congratulations to all who contributed needle skills and yarn to provide handmade blankets to children in hospitals or other stressful situations.



GRADUATE GIFTS?  
TEACHER GIFTS?

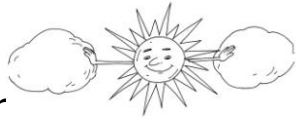
Heifer cards are always available starting at \$10. Contact Caroline Larson at 781-275-9338 or [SAILSK8@aol.com](mailto:SAILSK8@aol.com).

## Come see the new barn we helped to build! OVERLOOK FARM INTERNATIONAL FAIR

June 23 — 11 a.m. - 5 p.m.  
June 24 — 12 p.m. - 5 p.m.

Visit Overlook Farm in Rutland and learn more about Heifer International. Fun for the whole family. Walk through the Global Village representing various areas of the world and learn how Heifer animals help people all over the world. Enjoy Dale Perkins' Horse Show, music from local groups, international foods, horse drawn hayrides, and international crafts for sale in our gift shop. Admission is free, although there is a \$5.00 parking fee per vehicle. For more information, check [overlook.farm@heifer.org](mailto:overlook.farm@heifer.org) or call 508-886-2221.





## Stewardship Corner

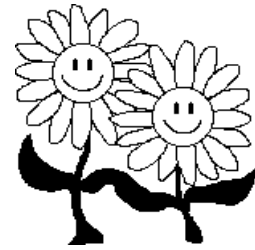
Summer is here, no matter what the weatherman says. As you plan for your summer getaways, whether weekend jaunts or longer vacations, please remember to keep your pledges current. The summer season at St. Paul's is more relaxed, but the bills still come in, and we depend on all of us to keep our finances in order. If you know you'll be away for several weeks, please consider paying your pledges early, or check with your bank about scheduling automatic payments.

Belated thanks to everyone who participated in our first Time & Talent Fair last month. Seeing the parish hall full of people talking and learning about St. Paul's many ministries was heartwarming and invigorating. We hope you came away with new understandings about our mission, outreach, and fellowship opportunities.

The Stewardship Committee is always looking for new members. If you're interested in helping to promote and preserve St. Paul's precious resources -- our finances, our physical plant, and most important, our members -- please contact Paul Ciaccia.

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***The Stewardship Committee***



## St. Paul's Day at the Harris Camp

Come one, come all! In 2005 we had a terrific day of fun and fellowship at the Barbara C. Harris Camp in New Hampshire. We had so much fun that we've decided to do it again. Mark your calendars for **SATURDAY, AUGUST 25**. We'll meet at the church in the morning and travel together up to the camp, where we'll swim, kayak, play in the sand, and share a cookout lunch. More information will come later in the summer. For now, please sign up on the sheet located just outside the parish hall and indicate if you'd like transportation.



## Weekday Nursery School

Preschool - Done Already?

Well yes... almost. Two picnics, themed "Trains, Planes & Automobiles", were enjoyed by large crowds on consecutive blue-skied, sunny days. This concluded our regular year. We return in June for a two-week "R&R Extension". About 25 children are enrolled. We will build our program from (week I) "Dr. Seuss Silliness" and (week II) "Games, Games, Games". During the summer months please know to reach Beth Taylor at home or leave a message on the school phone (781) 275-1383. Thanks for another year in a great home!



**Mark your calendars**  
***Acolyte and Torchbearer Training***  
 New Acolyte and Torchbearer Training – September 16<sup>th</sup>  
 Acolyte and Torchbearer Update – September 23<sup>rd</sup>



**Welcome!**  
*Jon & Michele Land  
 & Family*

*3 Lexington Circle  
 Bedford, MA 01730  
 (781) 276-1801*



**HAPPY 4<sup>TH</sup> OF JULY**

**Recycling**

*Keep those tabs from your aluminum cans coming. Sale of the aluminum proceeds benefit the Shriner's Burn Institute for Children in Boston.*

**June 3<sup>rd</sup>**


Teacher  
 Appreciation Sunday  
 & Brunch!

**Just a Reminder!**



**June 24<sup>th</sup> through-  
 September 2<sup>nd</sup>  
 9:00 a.m.  
 Holy Eucharist**

**Choir Year End Party**  
**Thursday, June 14<sup>th</sup> at 6:00**  
**p.m**



**SAVE THE DATE!**

Thrift Sale & Plant  
 Sale  
 Saturday, June 16<sup>th</sup>



**Happy  
 Father's  
 Day!**



**June 17<sup>th</sup>**

**Saturday, June 2<sup>nd</sup> at 10:30  
 a.m.**

**Ordination of Anne Gardner  
 &  
 Michael Hamilton at St.  
 Paul's Cathedral in Boston.**

**Episcopal Visit June 10, 2007**

*Bishop Bud Cederholm will visit St. Paul's on **June 10, 2007**. After the service he will meet with the whole congregation in coffee hour and then with the vestry for lunch. His visits are always enjoyable and filled with the spirit of music, preaching, support and encouragement. Please make every effort to be here that day to welcome him to our parish home*

**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:*

Ron Presti, Senior Warden

Emily Mitchell, Junior Warden

Betsey Anderson, Treasurer

Carol Hokana, Clerk

*Vestry:*

Sharon Keane

Peter Ricci

Paul Kruger

Sue Runkle

John MacPhee

Carrie Mathews

**How wonderful, O Lord**

How wonderful, O Lord,  
are the works of your hands!  
The heavens declare Your glory,  
the arch of sky displays Your handiwork.

The heavens declare the glory of God.

In Your love You have given us the power  
to behold the beauty of Your world,  
robed in all its splendor.

The sun and the stars,  
the valleys and hills,  
the rivers and lakes  
all disclose Your presence.

The Earth reveals God's eternal presence.

The roaring breakers of the sea  
tell of Your awesome might;  
the beasts of the field  
and the birds of the air  
bespeak Your wondrous will.

Life comes forth by God's creative will.

In Your Goodness You have made us able to  
hear the music of the world.

The raging of the winds,  
the whisperings of trees in the wood,  
and the precious voices of loved ones  
reveal to us the You are in our midst.

A divine voice sings through all creation.

--U.N. Environmental Sabbath  
*from* Life Prayers