



Light in the Shadows



SEPTEMBER 2020

"Let your light shine before others, so that they may see your good works and give glory to your Father in heaven." Matt. 5: 16

May We Not Seek To Turn Back But Only Forward In Christ

"The Israelites said to [Moses & Aaron], 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread...'" [Exodus 16:3a]



On the last day of August of this year, as I was reading my daily email from David Vryhof—who is one of the Brothers at the Society of St. John the Evangelist (SSJE) monastery—I found myself moved by what he was saying. In his message Br. Vryhof expressed genuine empathy for what so many of us are feeling these days: exhaustion and discouragement. He writes that we are in this state because of the deadly COVID-19 virus that continues to spawn confusion and uncertainty in areas of unemployment, school closings that exacerbates unrest and upset in people's lives including many of our own lives here at St. Luke's.

"The Church is called to be a people of hope that embraces the 'todays' of our life.

We are living in uncertain times and we cannot really know what the future may bring.

But let us embrace this day in our lives."

—Rev. Heidi L. Edson

And if that alone weren't enough, what about the ongoing wildfires in California, the aftermath of the hurricane in Louisiana? Let's not forget also the protests, the violence and the partisan politics that are dividing us as a nation. These present-day "ills" and "evils" taking place all around exhaust and discourages us. Where is the fight in us to continue on?

We're certainly not alone in this. This month we read about Moses and how God called him to lead the Israelites from out of their bondage in Egypt and into God's

promised land for them. We read of their 40-year wilderness

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Outreach Committee members L-R: Sally Hoover, Marcia Clinton and Marjorie Carey mask-up to assemble PINS Back-to-School backpacks in Willard Hall. (Photo by Jane Davis)

PINS Backpack Project Completed Despite Covid-19 Restrictions

Despite restrictions due to the pandemic, the PINS (Partners in Service) committee was able to acquire and stuff school supplies into 77 backpacks this August. We received \$550 in donations and from one couple—boxes of all kinds of school supplies and their volunteer help one Saturday. We of the PINS committee, sincerely thank them for their generosity!

The backpacks were filled with appropriate school items for each grade from K-12, plus 1-2 masks and hand sanitizer. Each pack was tagged with the message *"Filled with love from St. Luke's Church, Chester."* Mostly all of the shopping was



done online and the committee members met on a few

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REFLECTIONS

Listen

Listen for the One amid the others,
the one who makes your life run deep.

If you don't turn from this clanging world to listen
you won't hear that voice.

Listen for the voice that calls you Beloved,
the voice that calls you to love.

Listen for the voice that speaks of Creation's
wholeness, that beckons you to completion.

A voice that leads you toward others,
not away from them,

toward healing and reconciliation, not your own
rising above others.

You will hear it in stillness, not in frenzy,
in silence, not in noise.

You will hear it from those who are belittled,
not those who are honored by this besotted world.

The Beloved will not speak of success,
but death and resurrection.

Listen for one who speaks with hope and
delight, listen to them. Listen to them.

Steve Garnaas-Holmes,
Unfolding Light www.unfoldinglight.net,
August 31, 2020

PINS Backpack Project Completed Despite Covid-19 Restrictions

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Saturdays for the stuffing party. The total amount spent was \$571.52.

In mid-August the backpacks were delivered to the Springfield office of the Department of Children and Families (DCF) where they would be distributed by the social workers to foster kids or children from families in crisis.

This is an annual project of outreach from St. Luke's Church which is very much appreciated by the DCF staff who work closely with these needy families. Despite COVID-19 this year, I am glad we were able to continue offering school backpacks to kids. Without the support of generous donors from the congregation we could never get it done. Thank you to all who come through every year and help make this a successful event. —*Marcia Clinton*

May We Not Seek To Turn Back But Only Forward In Christ

(continued from page 1)

wanderings with its many temptations and dangers. The Israelites, exhausted from the everyday challenges seem ready to stone Moses! Deeply frustrated, they just want to go back to the way things were (If only!).

The reality for us as the Church in our world these days is that there is really no turning back. Our path with Christ leads us ever forward with Christ. However, between yesterday and tomorrow, the "today" is the hard part for us. We find ourselves wandering in a wilderness these days not knowing what tomorrow may bring. But what we do know is the One who is leading us: God!

The Church is called to be a people of hope that embraces the "todays" of our life. We are living in uncertain times and we cannot really know what the future may bring. But let us embrace this day in our lives. Nourished and fed by our Creator by faith, we have the strength we need to continue the fight for justice, peace, safety, health and welfare for everyone on God's good earth. May we not seek to turn back—only forward in Christ.

Blessings,
Heidi+



A Prayer For Healing During The Coronavirus

O God, our refuge and strength,
a very present help in trouble.

We pray for all those affected by
the coronavirus around the world.

Remove the presence of fear and anxiety
from our hearts and heal all those
who are sick with the virus.

Give skill and sympathy and resilience
to all those who are caring for the sick,
and your wisdom to those who are working
so hard for a cure.

Strengthen them all, Lord, with your Holy Spirit,
that through their work, many will be restored to health.
All these things we pray in Christ's name. **Amen**



OCTOBER LITS Deadline:



SEPT. 28th



Send all articles, announcements, photos, etc. to:
Pat Fromberger, 180 Gates Rd., Andover, VT 05143
Email: panjoe@vermontel.net

Latest Update On Reopening of Episcopal Churches In Vermont

Since my last Article for LITS, the Diocesan Reopening Task Force approved with no further requirements our application for Phase 3 of the Diocesan Reopening Guidelines. **Phase 3** allows churches to begin outdoor in-person worship. On August 16th, St. Luke's began offering two Sunday Services on our back lawn area—one at 8:00 a.m. and also at 10:00 a.m. Both Services draw from the Morning Prayer liturgy as found in the Book of Common Prayer (pages 42 for Rite I and 80 for Rite II). Also featured at both are the Sunday Eucharistic Readings plus a homily given by me.

Heading now into September that ushers in the Autumn Season, we will be continuing our outdoor worship for as long as the weather permits us to do so. One change recently made to the 8:00 a.m. Service was to move into a full Morning Prayer Rite I Service that includes a shortened homily. Both Services will continue to last around 30 minutes or so. The shortened time for worship in these days of the lingering COVID-19 pandemic is a requirement set by the Diocese with an eye to the safety and health of the worshippers.

The Vestry is beginning conversation about the possibility of moving into **Phase 4** of the Guidelines. Phase 4 allows for indoor non-Eucharistic worship. I recently submitted an inquiry to our liaison person on the Reopening Taskforce regarding when we might begin the application process for this Phase. The answer I received is that, unfortunately, this possibility is not yet opened for us to pursue. The Reopening Task Force, along with Bishop Shannon, will begin working on a more detailed application process for this fourth Phase. No timetable was offered as to when the revised Phase 4 plan would emerge.

According to our liaison person, there are about a handful of Episcopal churches in Vermont, including ours here at St. Luke's, that are meeting weekly for worship outdoors. This Diocese has around 27 active churches or worshipping groups. The majority of these churches and places of worship have decided to suspend all in-person worship until Phase 5 is opened that allows for a full reopening with Holy Eucharist.

Along with many of you, I, too, find myself at times frustrated with not being able to worship in our building due to the COVID-19 pandemic. At the same time, however, I both understand and appreciate the caution and the care extended by Bishop Shannon and our Reopening Taskforce to ensure that all of us stay well as the Church in Vermont.

—Heidi+

If there is purpose and meaning in life, it cannot be created wholly from our own efforts. Purpose and meaning come from God, and we manifest that in our own lives through perseverance in faith. —Forward Day By Day, 9/23/19

Animal Blessing Will Be Held On October 3rd & 4th at St. Luke's



In honor of St. Francis of Assisi, whose feast day in the Church is the 4th of October, here at St. Luke's and weather-permitting we will be hosting our annual Animal Blessing on the side lawn. The dates and times are: **11:00 a.m. on Saturday, the 3rd of October** and at **4:00 p.m. on Sunday, the 4th of October.**

Recognized in the Roman Catholic Church, Francis was the son of a merchant born at Assisi, Italy in 1181. As a young man, Francis received a vision from God which motivated him to leave his family's thriving business to follow God in a life of poverty. Joined by others, Francis founded the order of Friars Minor for which Pope Innocent III gave his blessing and recognition.

In many denominations today, St. Francis has come to be associated with his gentleness displayed with animals. This saint is often portrayed in art as a caring figure of all God's creatures, yet his greatest ministry was his devotion towards the poor and destitute. St. Francis was also noted for his poetry and for his musical composition still performed today, *Canticle of the Sun*.¹

Our hope here at St. Luke's is that we may raise awareness of the value of all animals in our daily lives all around the world. Our loyal animals and pets are given us by our Creator God. They teach us through their devotion to us how we can better come to love and serve one another.

All animals are invited to come for their blessings. Don't forget to bring along your human companions! See you then on the side lawn —Heidi+

¹Giorgi, Rosa. *Saints: A Year in Faith and Art*. Harry N. Abrams. New York, NY. c.2005

An Invitation from The Washington National Cathedral

Jesus reminds us that "where two or three gather in my name, I am with them." Here at the Cathedral, we're finding new virtual ways to gather as God's people during these unprecedented times. We're gathering each day to pray and worship. We invite you to join us in spending time together each day, online, in the presence of God, with morning and evening services of prayer and a **livestreamed Sunday Holy Eucharist**. Request a prayer for yourself, a loved one or the world, and download resources, including our Prayers for Times of Uncertainty. —Source: <https://cathedral.org/online/>

Highlights From The August Vestry Meeting

The August Vestry Meeting was held again by zoom /phone because of the Covid-19 lockdown and strict social distancing.

• **Focus Topic: Worship.** Heidi asked what is meant by “church.” Responses elicited varied perspectives and understandings, but all members of the Vestry (even those who might not attend outdoor services because of personal medical problems) were eager to have St. Luke’s start outside services on the back lawn, now that our application for **Phase III was approved.**

The first hybrid service on August 16 was to be a test to solve potential concerns (weather, wet grass, uneven ground) and of precautions planned to make the service safe and successful. While an amplification system would not be in place then, Andrew Pennell will be asked to get speakers for the next service. Meanwhile, we have a notebook for tracing, hand sanitizers, sanitary wipes, extra masks, disposable gloves, special pens, minimal equipment (no altar, music stands in place of podiums, a stand for the offertory plate, no hymnals or prayer books) to make life safe but easier for those in charge. Health officers will be David Carey and Lillian Willis for 8:00 a.m. and John DesLauriers and Janet Hunter for 10:00 a.m.. Heidi’s hybrid service will be modified **Morning Prayer Rite I for 8:00 a.m. and Rite II for 10:00 a.m..** Decision about canceling because of bad weather would be made by Saturday, 5:00 p.m.. The order of service and necessary information will be printed out and people encouraged to take papers home with them after the service. David Carey will cut the grass in advance, and metal chairs will be placed 6-ft. apart or people may bring their own chairs. Sexton, James Salisbury will clean the bathroom Saturday night, but people who use the bathroom on Sunday will be asked to clean up after themselves. Heidi will send out an email with information in advance, as well as her homily and readings.

• **Music.** All expressed appreciation for **Anne Goodreau’s** emails of music selections, and asked Heidi to relate that appreciation to her.

• **Treasurer’s Report.** John reported that July and August were in the negative again, although Pledge and Plate are still ahead in the year-to-date figures. After all PPP funds are used for payroll, we will apply for that grant and the Diocesan bookkeeper will determine how to handle the matter. John has asked the Diocese if we have to send its 15% cut on the PPP, but hasn’t heard. Diocese wants the audit done by September 1, even though no one has been allowed in the building. Since David is away all of September, John will see if Gene Garvey and George Cheney will be on the committee.

Continue reading at the top of the page.

• **Junior Warden’s Report.** David has a copy of the property map to ascertain the eastern boundary. Lillian, David, and John will review the desired spot for the solar lamppost, and John will speak with the Andersons from Medittrina, if necessary, about the desired location to best light the path and parking lot.

• **Rector’s Report.** Heidi’s report was emailed (copy will be on file). July 14th Gather, Reflect, Pray went well, but few from St. Luke’s participated.

• **Old Business. Camp Scholarship.** Belinda could not secure parental permission for a Brattleboro Retreat client to go to a local camp, so budgeted funds were unused; but will be in the 2021 budget.

• **New Business. Stewardship.** Will be discussed at a future meeting. Re-visioning Church in days of COVID-19. Members voiced a need to get back to liturgy, community, and communion. Phase IV instructions are needed.

• **Next Vestry Meeting:** Wednesday, September 9, 2020.

—Lillian Willis, Clerk



Lew Watters’ Recipe for Hummus



The folks at St. Luke’s who have been attending the Foyer Groups this past year have enjoyed some very tasty hors d’oeuvres and asked for the recipes. This one comes from Lew Watters and is both tasty and healthy.

INGREDIENTS:

- *15 oz. can of organic chick peas (garbanzo beans)
- 3 Tbsp. of virgin olive oil
- 1/3 cup of unsweetened Tahini
- Juice from one fresh lemon
- 3-4 cloves of garlic, finely chopped
- Salt to taste

Put ingredients into a blender and blend until smooth.

*Dry organic garbanzo beans from a Co-op are best for flavor. Soak them overnight, drain and rinse thoroughly. Cook for 45 minutes or until soft.

Great served with fresh veggies or your favorite crackers.

All of us have the ability to be Christ to one another—to be present when people are hurting, to lend a hand or weep with those facing hard times, to laugh and sing with those experiencing joy. We are Christ’s hands and feet in the world when we commit ourselves to seeing others as Jesus sees us and loving how he loves.—Forward Day By Day, 9/16/19



SEPTEMBER CELEBRATIONS



Birthdays:

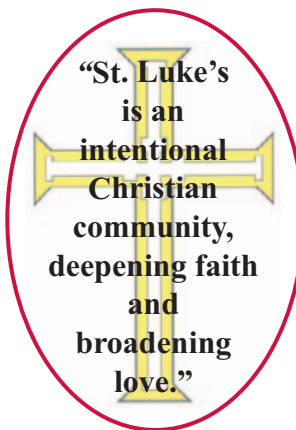
2	Lynda Farmer	23	Beth Salisbury
5	Matthew Stretton	26	Eileen Widger
7	Jim Sullivan	28	Leona Hensel-Whalen
11	Jim Kowalski	29	Marcia Clinton
11	Sean Whalen	29	Walter Rich
15	Al Haumann		
21	Deb Brown		

Anniversaries:

4	Jim & Anne Kowalski
18	Gregory & Betsy Adamovich
19	James & Beth Salisbury
21	Andrew & Ellie Pennell
24	David & Pat Cherry

A Prayer About Fears & Anxieties

Preserve us from faithless fears and worldly anxieties, that no clouds of this mortal life may hide from us the light of that love which is immortal.—BCP



✠ SEPTEMBER ✠ WORSHIP

Indoor worship services at St. Luke's continue to be suspended during the Covid-19 pandemic, however as of August 16th we are now holding Sunday Morning Prayer services outdoors. These services begin at 8:00 a.m. and 10:00 a.m. on the back lawn of the church for as long as the weather stays mild. For additional details and an update on the diocese's plans for reopening churches in Vermont, read the article on page 3 of this newsletter.

Please feel free to contact Heidi+ anytime either by phone or email with any need or simply to chat. She is in the Church Office on Tuesdays -Thursdays from 9:00 a.m. – Noon. During these days of physical separation, a phone call or message can help to bring us closer together in spirit and heart.



Morning Prayer & Reflections

During Covid-19 I have been listening every weekday morning to the YouTube video of "Morning Reflection and Prayer" led by the clergy at the National Cathedral—featuring prayers, readings from Holy Scripture, and contemplative music. (see link below). I have found this to be a spiritually and uplifting way to start my morning. In a reflection this past week about "wisdom," Rev. Dana Corsello, the Canon Vicar of the Cathedral, shared some thoughts so relevant to these times. Rev. Corsello said, *"If we don't transform our pain and our fears, we will most assuredly transmit them onto others. God can handle it. God can handle our laments. God can handle all our fears and pain."*

It's so easy to get caught up in all the negative news each day that we tend to forget that God is walking right beside us and will see us through these troubled times. —**Pat Fromberger**
<https://cathedral.org/worship/>

St. Luke's Financial Information

	<u>July 2020</u>	<u>YTD 2020</u>	<u>Annual Budget</u>	<u>YTD % of Budget</u>
Pledge/Plate Income	\$ 3,336.00	\$ 35,391.64	\$ 56,724.00	62.4%
Other Oper. Income	\$ 31.04	\$ 16,995.63	\$ 33,150.00	51.3%
Restricted Income	\$ <u>823.00</u>	\$ <u>1071.00</u>	\$ <u>2,095.00</u>	51.1%
TOTAL INCOME	\$ 4,190.04	\$ 53,458.27	\$ 91,969.00	58.1%
Regular Expense	\$ 6,124.86	\$ 56,044.17	\$ 107,374.00	52.2%
Restricted Expense	\$ 0.00	\$ 323.00	\$ 2,340.00	13.8%
TOTAL EXPENSES	\$ 6,934.82	\$ 53,367.17	\$ 109,714.00	1.4%

Net Ordinary Income/(loss) \$ (1,934.82) \$ (2,908.09) \$ (17,745.00) 16.4%

Note: Budget deficit figure does not include principal payments on the Butterfield loan.

YTD income is up 4.1% above budget while expenses are 6.9% below. Fall fundraising will be limited to the Christmas Wreath Workshop so income will come primarily from pledges supplemented by two additional quarterly payments from the Raymond James fund (sale of rectory income). Again I want to thank everyone for being so diligent in keeping up with annual pledges. —**John DesLauriers, Treasurer**



St. Luke's Episcopal Church

The Rev. Heidi L. Edson, Rector

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