



## A Note from the Rector

*The Rev. Carolyn Eklund*

Today is All Saints' Day, November 1. We will be transferring this major feast day of the Church to Sunday, November 3 and sing joyfully the great hymns of the saints. We will remember our loved ones, saints themselves, who have gone before us. And we will remember that we are children of God, called in baptism to live holy lives, following Christ.

Halloween (All Hallows Eve, the eve of All Saints') is the largest grossing commercial holiday next to Christmas. I believe that Halloween is so fun and gets so much publicity because in a strange, secular way, it actually anticipates the Communion of Saints the next day. Ghosts, skeletons and ghouls really are symbolic of our earthly desire to connect with those who have died and we see no more. We long for this earthly realm to connect with the heavenly realm in a concrete way.

I subscribe to a daily email message that comes to me from our Episcopal monastic friends in Cambridge, Massachusetts, the Brothers of the Society of St. John the Evangelist (SSJE). Their "mother house" is located in a spectacular spot on the bank of the Charles River. The brothers also run their own publishing firm named Cowley Press. Many of us have been helped in our faith by the wonderful books it offers.

This morning the email message from the Brothers was called "Saints: Feast of All Saints". Brother Robert L'Esperance (what hope and anticipation there is in his name alone!) offered wonderful words in his message ([www.ssje.org/word/](http://www.ssje.org/word/) Brother Give Us A Word) that bring us a deep sense of connection and joy with the "great cloud of witnesses" the saints.

### Inside this issue:

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## Frontline – Looking Forward

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It has been almost one year since we began talking about “frontline” at St. Paul’s. The Committee that was formed has had 13 meetings, held 3 forums, participated in 2 webinars with the Bishop and other parishes, posed 4 questions electronically to the parish for input, and held a 3-week exercise to record individual and group ministries of our parishioners outside, and inside, of St. Paul’s. All during this time we’ve communicated to the Congregation through the Messenger, the Bulletin, and in Friday e-mails.

We’ve now pulled together the information we received from all of you, and have developed a graphic presentation and summary for us all to share and discuss.

We plan to do that in a forum on Sunday, November 17th. More details will come in the Friday e-mails, and the Bulletin.

The Frontline Committee meets before that forum, and is so looking forward to having Carolyn join us as we move into the next phase of where the frontline of our church should be. It is a long view, and a broad one. It won’t come quickly, but we feel that its development will continue to engage us all, and encourage all the good work we currently do.

*Pat Ryan*  
for the Frontline Committee

## From the Gathering Place

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The Gathering Place reports that we will begin coming to St. Paul's Church on Wednesdays starting November 6. I really look forward to being in such a lovely space, with banners and high ceilings and a general calming atmosphere. I will be working in the mornings with Karen Weller and occasionally Al Niese. George Hardy, retired Presbyterian minister, will be working in the afternoons with two new volunteers, Beulah and Joan. Thanks to all for letting us use this space in the winter time. There are several people who are still living outdoors and TGP 9am-3pm is the place where they can warm up.

I will be receiving my Award for "6 Who Care" Oct 21 and everyone can watch the show on Saturday, November 9, at 8pm on WCSH, Channel 6.

*Bunny Fazekas*

### *Gourmet Freezer Tasting*

#### *Benefits*

#### *The Gathering Place*

Thank you to all who cooked these yummy dishes, all who helped set up, clean up and all you good people who participated----- a worthy cause

The top winners;

1. Butternut Squash Lasagna
2. Moroccan Stew
3. Spinach Pie
4. Chicken Indienne.

Congratulations to the winners!  
Orders may be placed pre Christmas Fair. There will be a sign up sheet in the Great Hall

## Building a Spiritual Brain

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Emily Keniston  
Christian Formation  
Director

A couple of weeks ago I had the opportunity to attend a symposium entitled Communities in Action, an event aimed at informing community members about mental health and its impact on kids and families. The keynote speaker was Dr. Pat Levitt, a professor of Pediatrics, Neuroscience, Psychiatry, Psychology and Pharmacy at the Keck

School of Medicine at the University of Southern California, and his presentation shared a great deal about the biology of a child's brain, and what influences its development. Being the Christian Formation Director here at St. Paul's, the presentation caused me to think specifically about how this information can help us to support our children's spiritual development.

Dr. Levitt shared that children's brains are continually developing and changing from the moment they are conceived, as the brain develops synapses to relay information all over the body. The more synapses a child has in a particular area of the brain, and the more robust they are, the faster and more efficiently information will be carried. Researchers now know synapses that are not used frequently are "pruned", or cut away, to make room for new synapses and to make existing ones more efficient. This is positive for the child since it allows decisions to be made faster and with less effort (think of a two year old trying to decide which color lollipop she wants- it can take all day!), but it also means that the person's brain is organically less adaptable to new information as synapses are pruned. It

also means that the patterns and environments in the child's life are causing permanent changes in the biological make up of that child's brain. Fascinating! (For more information, please visit this link, which provides Dr. Levitt's presentation and other workshop presentations from the conference: <http://letstartearly.org/info/resources-2/>)

Since the symposium, I find myself considering what impact this information has for us: parents, guardians, grandparents and caring adults involved in the lives of children- particularly in a spiritual sense. What does this information tell us?

Although there are many, many answers to that question, I find my focus drawn to the idea that our children are learning (and are susceptible to their environmental conditions) at least from birth and even prenatally, as their brains are being continually formed and re-formed through synapse pruning. This indicates that the richer the spiritual environment a child is raised in, the richer their understanding of spirituality is likely to be. If a child is raised in a home where adults ask "big" questions, practice prayer and/or meditation, read religious texts or generally approach life with a spiritual and intentional reverence, then children are more likely to keep that area of their brain "open" to new information of a spiritual nature for longer periods of time. If they are continually receiving new information in the brain centers which process questions of spirituality, then the synapses which deal with that information are less likely to be pruned, and indeed, are more likely to be strengthened.

So parents and adults involved in the lives of children, please take this message to

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In 1600 Europe was making great industrial strides fueled by water power. Dams sprang up like mushrooms in rivers everywhere in Europe. The river mills were the backbone of Europe's economy. The new residents of the New World had happily found that rivers were also plentiful and were a stimulate for immigration, although all manufactured goods necessary for the construction of mills had to be imported. Mills soon crisscrossed the newly cleared open lands of the recent settlements. They were the making of a new middle class of workers who wished to gain status that was impossible to achieve in the "Old Country."

The purpose of the dam was to create a pool of water that would insure the mill owner of power during a dry period.

The system worked and soon there was a need to increase the size of the mills on the more important river. The mills required more workers so the population of the river towns increased. The forests shrank. The country took on a different look. It changed from an indigenous plant paradise to one of brick, stone and mortar. The trees were felled, their fragrance was replaced by billowing smoke sent into the pure air creating repugnant odors. The settlers called it progress. The indigenous inhabitants complained because their reliable sustaining food supplies, on which they depended, were diminishing. The first Englishman to settle in Brunswick was a fur trader whose primary interest was making his fortune buying and selling furs. He built a home and cleared land for a garden. There was minor disturbance of the environment. The settlers depended on meat; the Indi-



ans were more dependent on fish, especially at certain seasons. The Indian's concept of land was that it was given to them to use, but not abuse. The Creator owned it and the Indian was to preserve it for their children and grandchildren. When Indians 'sold' land, their traditional cultural heritage interpreted that the transaction was permitting the settlers to use the land.

Ownership was a concept impossible for them to understand.

The first mills were built at the Brunswick-Topsham Falls, a favorite spring fishing spot for the local Indians. Recent archaeological digs provide details of the popularity of the Brunswick-Topsham area. The year after the first mill was built at the falls, the Indians returned in the spring to fish as had been their custom since anyone could remember. The fish population was much depleted. For the first time the Indians encountered pollution in the water. Many of the areas for spawning were washed out. The fishermen complained to millers to no avail. This was just the beginning of the destruction to the environment that had sustained the Indians forcing the Indians to go elsewhere for their food, The European populations increased in the Brunswick area paying no attention to the Indians' warnings of the destruction to the environment. The English found the area teeming with food compared to that of their English homeland. The years passed. The toxins increased in the rivers. The youth of each new generation had no experience of life as it was when the waters were pristine and consumed the ill fish whose bodies now contained high levels of the toxins.

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# Adult Christian Formation—What’s on Tap for November?

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Adult Formation programs are steaming along, with very impressive numbers of people attending. The three bible groups remain strong (Sunday, Tuesday, Wednesday—take your pick), and the Rev. Chick Carroll’s small group is finished with 14 people having signed up and lots of talk about how to follow up on all the ideas that surfaced. This group is energized! The Parenting group and the small group facilitated by the Rev. Cn. Dick Hall have already begun. In addition, we have been treated to a two-Sunday forum by the Rev. Bob Patterson, and more is on the way for November.

## Friday Movie Night

Please join Gerry Corbett in the Great Hall on Friday, November 22, from 7-9 p.m. to watch *A Celtic Pilgrimage with John O’Donohue*. Bill Moyers aired this beautiful DVD on public television in the spring of 2010. In so many ways, John O’Donohue was the embodiment of Celtic spirituality. He was a priest, writer, philosopher, and poet—a man open to the Spirit in nature and within himself. Let him introduce you to some of his favorite places in rugged western Ireland, the “thin places,” where the divine and the human meet.

O’Donohue had a gift for finding the holy in everyday life, and that is what he shares with his viewers in *A Celtic Pilgrimage*. It is an inspirational DVD, a chance to hear the voice of a man who was able to move so many with his words about Spirit, nature, life, death, suffering, God, and blessing.

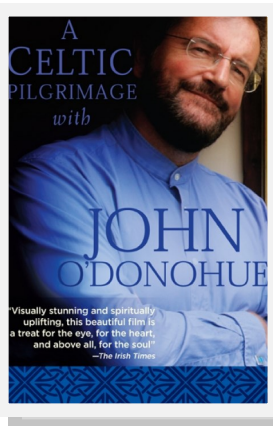
Eat dinner, and then come to the movies. Coffee/tea, fruit, and cookies will be available.

Please join us for a compelling journey through a sacred landscape, where O’Donohue, supported by incredible photography, weaves a rich tapestry of ancient wisdom, personal history, breathtaking imagery, and profound insights. He was a person who did not just study Celtic spirituality; he lived it. He wrote, “Each day is a secret story woven around the radiant heart of wonder. The sacred duty of being an individual is to gradually learn how to live so as to awaken the eternal within you.”

## Forum

Come to the Great Hall from 9:30-10:15 on Sunday, November 24, to hear the Rev. Al Niese speak on the topic of *Sin, Evil, and Hope for the Future*. What is evil? Does it exist, or is it just an old-fashioned term still believed in by Christian fundamentalists? Is there a relationship between individual sin (evil), such as adultery, murder, unforgiveness, and institutional sin (evil)? Some would say the latter includes the penal system, oppressive governments, legal systems, and various economic systems. Systems, including government and religious institutions, understandably find it necessary to protect themselves by urging people to consider them above reproach. But without a critical eye, without discernment, we tend to enforce and give legitimacy to a kind of structural evil, “the evil done on our behalf.”

We’re very good at exposing and condemning individual evil; people get put in jail all the time for acts of individual evil. But what of the underlying level of evil, those systems we create to control disorder and violence in society? Do we not tend to believe that they are above criticism? Richard Rohr, a Roman Catholic priest and Franciscan monk, believes that “we legitimate, enforce,



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community of believers. Some of us are moved to tears by the glorious music we sing in worship. Some of us are moved to joy by the adorable, adoring children during the Family Eucharist. Some of us are moved to compassion by the desperate need of a fellow human being whose path intersects with ours. All these are moments in which the boundaries of heaven and earth are blurred – or even become illusory – by the grace of God!

St. Paul's is a community of saints. A former rector of the African-American parish in Durham, North Carolina where I was assigned to discern my call to the priesthood would always shout out, "Good morning, saints" every Sunday morning. I always felt elevated when Father Freeman greeted us in this way.

I am with the saints of St Paul's now, and this, my first week has been a rich experience! I want to thank you for calling me to be your rector. My brief time with you has already filled me with joy. I want to thank you for dropping by my office to welcome me. Thank you for helping me unpack at my home, for bringing me vegetables and flowers from the Farmers' Market and from your own gardens.

Thank you retired clergy for your cordial, holy presence and wonderful lifelong ministry of service to Christ and his Church. Your warm greetings and support this week have calmed my "first week" jittery nerves!

I have been greatly helped by those who have stopped by my home to say "hello" and to help bring me up the "learning curve" of living in Maine and the many ministries of St. Paul's. Please do stop by my house. It's still filled with boxes and Sophie will bark, but if I'm home, I'll make tea and we'll find a place among the boxes to have a conversation.

One final thank you is to those who are considering faithfully your 2014 pledge to St. Paul's. Thank you to the Vestry members who have committed themselves. I'm proud to be able to participate with you to make my pledge for the building up of God's work and for serving Christ in the community of Brunswick.

May the words of St. Paul's Letter to the Romans guide us all this month of November, "Love one another with mutual affection..." (Romans 12:10). See you in church!

Your friend in Christ,  
*Carolyn*

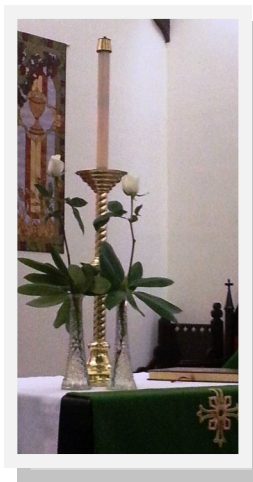
## Roses on the altar

On Sunday, October 27, there were two roses on the altar in thanksgiving for births in the parish. One marking the birth of Meredith Alice Keniston, daughter of Emily Keniston, our new Christian Formation Director, and her husband Garrett.

The other rose marked the birth of Lucas William Hartman, son of Jody and Juliet Nicita Hartman, grandson of Helen & Bill Nicita, great-grandson of Dudley & Marge Follansbee. Julie was born into this parish with her twin sister Sara, on May 21, 1984. They appeared the following

Christmas in the children's Pageant, as double baby Jesuses!

One was carried in by her mother, Helen, (as the Virgin Mary) and one was carried in by her father, Bill (as Jesus). They were placed in the cradle in the manger, much to the amusement of the congregation. The Rev. Don Nickerson was the Rector at that time, and it was his wife Sue who insisted on having 2 Jesuses.



# Memories of Iona

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The following are two poems written by James Hornor while he was at Iona this past summer with other pilgrims from St. Paul's. He shared them with the congregation during the Iona style worship service they offered on Sunday, September 22, 2013.

## *Nunnery at Iona*

Ruin of garden and granite  
you whisper to us of God's mercy.

And how the elegant moon  
would rise and fall  
for four centuries  
serenaded by your vesper song.

Fingers of earth, stones of silence,  
tell us your story...

The cloistered silence,  
the quiet ecstasy of obedience;  
the priory of the heart (veil of Christ)  
made present on Earth.

And how the prioress at day's end  
would walk the cloister  
like a captain on deck beneath the stars.

Keeping the watch with quiet expectation,  
keeping the watch as a Bride watches expectantly  
for her husband's long awaited return from the  
sea.

-James Hornor



## *The Gates of Iona*

God placed a gate  
on the east of Eden  
guarded now by a Holy Angel.  
A perfection preserved  
until the end of time.

The Eastern Orthodox say  
that the entrance to heaven  
is a series of gates...  
a purging of our wrongdoing  
through which we must pass  
on our sacred journey  
to the city of God.

Which is why, by chance  
or divine deliberation,  
Iona too is an island  
of gates—opening the way  
to weary pilgrims.

Inviting us to open each gate with care,  
to open each gate with childlike wonder,  
to open each gate with the expectation  
that lies deep within us  
from the moment of our birth.

To journey here is to find the thin path,  
the thin place, now almost forgotten...  
the surprise of nature,  
the caressing heart of God.

And all of those gates—  
dividing dirt road from field,  
dividing earth from sky,  
dividing what we know  
from the unknown.

Dividing our greater selves  
from our lesser being...  
our place of turmoil  
from our place of rest.

These are the gates of Iona—  
carefully unlocked,  
yet holding the mystery  
of who we are  
and who we are meant to be.  
-James Hornor

# Adult Christian Formation—What’s on Tap for November? Continued

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and justify our group egocentricity . . . while not now calling it egocentricity, but necessity.”

Does a culture of violence (i.e., evil) promote individual violence (i.e., evil)? Do we tend to spend too much time routing out individual sin but miss the larger, underlying sin? The Bible says

that the Devil, “the Deceiver,” is a master at disguise and that we are easily fooled and misled.

Please be part of the conversation. Join Al for this important forum on an age-old topic, and make up your own mind about whether we have reason to be hopeful for the future.

*Pam Nugent*

Chair, Adult Christian Formation

## Dams - Earthcare Continued

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*(Continued from page 4)*

As Brunswick inhabitants have become more sophisticated, they recognized that the rivers had become the sewers of the farm and factory by products that made the waters unfit for any creatures to drink. Long range planning has been effective in cleaning up the rivers. The destruction of dams that have prohibited ocean fish from going up stream are now open. The Penobscot River draining 8,570 square miles is now a waterway for fish to swim from the ocean to Baxter State Park making it the leader in Maine river clean up.

Twenty-one European countries are now considering the plight of the Amazon River that will suffer the same problems of the Maine Rivers

if something is not done very soon. Twenty-one European countries have suggested that each family in those countries pay a tax to prevent any further destruction of the magnificent virgin Amazon. The tax would range from Germany’s \$119 per family to Croatia’s \$4.00, making an average of \$36 per family among the twenty-one countries. The intention is to prevent further logging, farming, and factories in the area. The Amazon is important as a global environmental feature. The Amazon is probably the best producer of good oxygen and carbon dioxide sinks. I wonder why the U.S. has not joined this endeavor, an important aid for climate control.

*Nicholas Smith*

## Thank You

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Claire Leonard wishes to thank St. Paul’s parishioners for all the beautiful flowers she has received this past year; also for the monthly communion services with Father Barnes at Thornton Hall; and also for Barbra Blanchard who visits every Tuesday, helps during lunch and spends time with St. Paul’s parishioners and others there.

*The Messenger* is published monthly. With a combined July/August issue. It is emailed to the parish. Paper copies are available at the church for those who prefer them. It is also mailed to those who do not have email.

Please send submission for the December issue by the 18th of November. Articles may be emailed to [stpauls@stpaulsmaine.org](mailto:stpauls@stpaulsmaine.org) or placed in Susan Tyler’s box in the office.



# Building a Spiritual Brain Continued

(Continued from page 3)

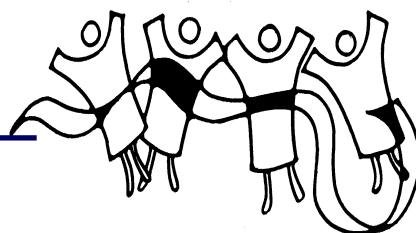
heart: the example that you set and the environment you create/participate in for a child has lasting impact on him or her long after she's left the environment. By incorporating spirituality into your daily routine, and including children in that routine, you help them to physically construct a spiritually responsive brain. Attending church and developing a strong sense of community here,

maybe participating in the Parenting as a Spiritual Journey class with other parents, encouraging children to participate in service to others and a host of other religious and spiritual activities will help set the stage for children to embark on a lifelong journey of spiritual nourishment.

*Emily Keniston*

Christian Formation Director

## Birthdays & Anniversaries



### Happy Birthday

11/02 Benjamin Perry  
11/04 Peggy Cheetham  
11/04 Jean Chiquoine  
11/04 Beverly Nickerson  
11/04 Caroline Savage  
11/04 Susan Tyler  
11/05 Claude Brancart  
11/07 Ariana Edwards  
11/08 Jane Johnson  
11/09 Matt Melander  
11/09 Priscilla Rooth  
11/09 Helen Sturm  
11/09 Benjamin Keniston  
11/10 Sarah Judd  
11/11 Linton Studdiford  
11/12 Jada Ford  
11/14 John Chiquoine  
11/14 Claire Leonard  
11/15 June Nering  
11/15 Asha Leigh  
11/18 Sam Waddle  
11/19 Sarah Ludlum-Sullivan

11/20 Peter Colburn  
11/20 Lisa Rendell  
11/21 Meg Warren  
11/23 Louise Colburn  
11/23 Maddy Harrison  
11/23 Ruby Harrison  
11/24 Kimberly Lermond  
11/24 Peter Burt  
11/28 Stephen McCausland  
11/28 Josephine Belknap  
11/28 Stephanie Rendell  
11/29 Diane Munro

### Happy Anniversary

11/12  
George & Ada Moore  
  
11/15  
Tom & Pam Nugent  
  
11/27  
Stephen & Lynda Chandler



**ST. PAUL'S EPISCOPAL  
CHURCH  
NOVEMBER 2013**

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Phone: 207-725-5342

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The Rev. Carolyn Eklund, Rector

The Ven. Mary Lee Wile, Archdeacon

The Rev. Chick Carroll, Deacon

Terry Leitzell, Senior Warden

Pat Ryan, Junior Warden

Robert Judd, Music Director

Emily Keniston, Christian Formation Director

Susan Tyler, Parish Administrator

Diane Inman, Administrative Assistant

Kimmy Edwards, Nursery Caregiver

Lois Kwantz, Children's Choir Director

Aubrey Farmer, Sexton

Lois Kwantz, Junior Choir Director

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We're on the web

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

And Facebook

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# Living Our Future



ST. PAUL'S EPISCOPAL CHURCH

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Reminder, please return your pledge card by November 24.