The Messenger



HARD WORK AND GRATITUDE.

Dear People of St. Paul's.

The beautiful, warm days we've been having beckon us all to spend as much time outdoors as we can. You can see in the photos that our St. Paul's staff and members of the Earth Care Ministry Team "planted" ourselves outdoors on the sunny, warm days of last week.

In gratitude for all the hard work and collaboration, I was delighted to prepare a "picnic" lunch for our staff. From Lent, Holy Week, Easter and beyond to many funerals and the daily tasks of making sure our communications and financial records are inspiring and properly recorded, the St. Paul's staff works diligently and faithfully. We have only been a complete team for four months. I applaud the spirit of collaboration and willingness to learn new things each member of our staff has engaged in.



Continued on the next page

St. Paul's Episcopal Church 27 Pleasant St. P.O. Box 195 Brunswick, Maine 04011



At our picnic lunch, grace over the food included a prayer of thanksgiving and asking God to help us achieve our commitment to the mission of St. Paul's; inspiring worship, beautiful music, a place where people can find hospitality and friendship inside and out, connection with God's love in each other and our neighbors, and the building up of young people, children and families. I want to thank each staff member for caring so deeply about our work, the service to others. I thank them for their sustained spirit of professionalism and joy, and their commitment to learning the many new administrative things that have been required through the pandemic, and as new administrative staff: Randy Day, Parish Administrator; Carolyn Farr, Administrative Assistant; Karen Tucker, Communications Administrator, The Rev. Katie Holicky, our Assistant Rector for

Youth and Families, and our deacon, Rev. Mary Lee Wile.

You will remember that at about this time last year we erected a giant canopy for outdoor worship since the spikes in COVID cases continued into the summer of 2021. It was a rental tent and was very expensive, but worth it for gathering last year. We all knew that the grass underfoot would be trampled and we accepted that as a consequence for the need to be in-person safely. The Earth Care Team is not daunted in the slightest by trampled grass and so many other things! They have now reseeded the trampled place! And they are not stopping there. The enthusiasm to create a natural habitat for native plants and a serene space in the heart of Brunswick, the St. Paul's Memorial Garden open for all, is their wonderful vision. Thank you, Deborah Goodwin, Nancy Whitehouse, Martha Burtt, Rebecca McConnaughey, Michael Anne and Tim Banks, Bonnie Studdiford, Dana Baer, Jeff DeBlieu and the Rev. Katie Holicky and our youth for your expertise and vision.

As we open our doors to outdoors this spring, my desire is that we all connect with God, each other, nature and our neighbors with a spirit of, as the hymn goes, "Wonder, Love and Praise!" Surely, the world in all its negativity, hate and violence is made a better place, even briefly, when the people of God delight in each other and God's beauty!

Love to you all,

Carolyn+



REFLECTIONS ON FIRST SUNDAY LIFE TOGETHER WORSHIP

by Moriah Freeman, Deborah Goodwin, Rev. Katie Holicky

Being a worshiping Body of Christ is core to our being here at St. Paul's. We care deeply about thoughtful and robust liturgy that helps us to connect to our faith and one another in community. First Sunday Life Together worship is a rather special time for us to hold intention about the ways we worship together intergenerationally. It is with delight that I help to lead us in this way. I really appreciate everyone's willingness to try on different ways of being that help us to stretch and grow together. It is a time where we highlight our experiences of 9am Family Worship with the whole community. We focus on our language, what liturgical resources we might use, and invite our 10:30am folks into our shared sense of wonder around what it means for us to be followers of Jesus through questions and conversation. After our May 1 service, many of you shared your feedback about what this particular time meant for you. I was overjoyed to hear from so many of you. It is with excitement that we share some of these touching reflections with you. - Rev. Katie Holicky

"Confessions of a 'Life Together' Skeptic." When First Sundays Life Together worship started several years ago, I attended irregularly. The higher energy of that service didn't always fit my expectation of worship – something quieter and more decorous – and so I was apt to vote with my feet.

The realities of COVID have changed so much, including my hidebound attitudes. On Sundays, I look around at 10:30 worship and silently inventory the missing faces. Our dear departed parishioners are with us in the communion of saints, but the loss is palpable. When Carolyn and Katie proposed reviving "Life Together" worship, I was delighted. After months of isolation, and silence, and loss, here was life – more abundantly!

Life Together worship has also become, for me, much more than an increase in the cuteness quotient. I see how having the children really involved --

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REFLECTIONS ON FIRST SUNDAY LIFE TOGETHER WORSHIP by Mariah Freeman, Debarah Coodwin, Pey, Katie Holicky

by Moriah Freeman, Deborah Goodwin, Rev. Katie Holicky

-- reading the scripture or leading prayers – grounds them in the beautiful words and rituals of our service (the "decorous" stuff). Hearing them shout out their responses to Katie's questions on May 1 ("I wonder what it feels or looks like for you to be cared for? What does it feel or look like when someone shows you love?") with joy and confidence edifies in the old-fashioned way: it supports and nurtures my faith. After worship, I joined the "Exploring the Sermon" conversation on Zoom. Other folks in the conversation commented on how much they loved hearing the children, what a lift it was for them. They helped me know that when Katie asked "I wonder what it looks and feels like for us to do these things for others as we follow Jesus?," we could have shouted out together: it looks and feels like Life Together. – Deborah Goodwin

Settling into my front-row seat at St. Paul's on May 1, I suddenly realized that I had forgotten something. So, I wiggled out into the aisle and headed back to the entrance to pick up something I have loved since I was a child—a tambourine! I could hear them rattling throughout the church and wanted to shake along.

Church on May 1 transported me to a vital and visceral place, evoking emotions and awakening senses that seldom are triggered by church these days. Joy bubbled up in my heart at the gloriously lively organ prelude. I can't sing, but I've got rhythm and can make a joyful noise with a tambourine, so I shook and pounded it during the hymns. I don't cry much these days, but a lump gathered in my throat, and I blinked away tears as the brilliant little girl read the day's psalm with composure and confidence.

The pared-down directness of the Gospel lesson from the Celebrate Wonder Bible Story Book awakened my mind, numbed by theological arguments and tired cynicism. And "Breakfast on the Beach" seemed like a perfect title for the sermon about Jesus' early morning meeting with his disciples after the resurrection. It set me daydreaming about cradling a cup of hot tea in my hands while watching the sunrise at Popham Beach. I will never, ever forget the definition of abundance that Katie repeatedly offered as she preached—a lot, a lot, a lot! Then she reminded us of the parallel between Peter's three-fold denial of Jesus at his trial and his insistence, three times, no less, "Jesus, you know that I love you!" If Peter was forgiven and chosen as leader, there's hope for me, I thought.



REFLECTIONS ON FIRST SUNDAY LIFE TOGETHER WORSHIP

by Moriah Freeman, Deborah Goodwin, Rev. Katie Holicky

Katie warned us that her preaching style would be different and perhaps a little risky that day, so we were not surprised when the question-andanswer time and the prop display began. It might have been awkward—a little out of our adult comfort zones—but she held the congregation with poise, humor, and perfect timing as Mary Lee glided gracefully, displaying the props. And our uninhibited kids shouted out their insights. Then came the pure and unpretentious Affirmation in place of the heady and complex Creed, followed by the simple Confession of what we were sorry for. Finally, a giggle escaped my throat as moose, deer, chickadees, cats, dogs, and lobsters (only in Maine!) showed up in the Communion Prayer.

I came close to tears again today as I watched the Facebook Live Video of this celebration. It struck me in my gut, loosened up my heart, and swept out my dusty, cluttered mind. And I can't wait to beat that tambourine against my leg again on the first Sunday of June. -Moriah Freeman

As we look to gather for many more Life Together services in the future... I wonder... how is God speaking to you as we come together in this particular way? I wonder... how are you being invited to stretch and grow in your faith and in our shared faith as a community that is committed to following Jesus who said "let the children come to me"? - Rev. Katie Holicky

With love and thanksgivings,

Moriah Freeman, Deborah Goodwin, Rev. Katie Holicky





RECENTLY IN FAMILY MINISTRIES ..

In a May Family Group gathering, our intergenerational learning time after 9am Family Worship, we spent time pondering the Lydia story from Acts. We created the river that Lydia and her friends would have been praying near when they met Paul. The kiddos worked together to lay out blue scraps of fabric to create the water. They then added shells. Through archaeological research we know that it is likely that Lydia would have crushed the shells from the river to make the purple dye for the cloth she sold. We had a lovely conversation about the peace we felt beside the

river, and what other things might bring us peace. We wondered together about Lydia and how her life of prayer and work were a gift to her and everyone she met. Afterall, she did take Paul and his friends into her home while they taught others about the love and peace of Jesus. We even took a few moments to practice mindful breathing "riverside" together. Here is a picture of our river and one of Rev. Katie with some of our kiddos who enjoyed this amazing experience on May 22nd.







YOUTH & FAMILY MINISTRY SUMMER 2022 GATHERINGS

We will carry on this summer with 9am Family Worship. We will not have a formal Family Group lesson, though the outside toys will be available for you to stay and enjoy playing in the Garden. While we will not be having Family Group or Youth Group, we WILL BE enjoying some fun outdoor activities together over the course of the summer. Anyone is welcome to join us! Waivers required for every participant.

St. Paul's, Brunswick Family Ministry Summer 2022 Gatherings



Join us for various activities and outings throughout the summer! Anyone is welcome to join us! Waivers required for every partic ipant.

Sunday May 15th Wolfe's Neck Center for Agriculture and the Environment

184 Burnett Road Freeport, Maine 04032 Leave after 9am Family Worship ends, bring a lunch or snacks for a picnic, stay as long as you like!

Sunday June 12th Desert of Maine

95 Desert Rd Freeport, ME 04032

Leave after 9am Family worship ends, bring a lunch or snacks for a picnic, stay as long as you like!

Cost: \$16 for adults, \$12 for children, *Please do not let cost prohibit your* participation! Reach out to Rev. Katie at katieholicky@stpaulsmaine.org

July

- Sunday 7/17 Waterfront Day at the home of the Wigg-Golek family in Harpswell
 - Head over after 9am worship, enjoy some time outside on the water, and head home after lunch (lunch provided)
 - Bring: a life jacket if you have one, a bathing suit (and a change of dry clothes)
- Wednesday 7/27 Concert on the Mall, 6-7:30pm

Meet in St. Paul's parking lot at 5:30 pm, walk over together Entire Parish is invited to join us!

Sunday August 21st

- End of Summer Bash at the home of the Titcomb family in Georgetown
 - 12pm- 3ish pm
 - Bring: a bike helmet for a zip line, bathing suit for slip and slide (and a change of dry clothes), your main dish for lunch (sides and drinks provided)



YULETIDE MAGIC NEWS

By Pat Wiggett

Spring Cleaning? The Treasures shop at the Yuletide Magic Marketplace would love to include any items you would like to donate. We have storage places and will happily pick them up for you or you may drop them off at church. We will be having the outside Treasures sale in late September or early October for any furniture and larger items that you might care to donate. Larger items can be stored if necessary but it would be best to save them until the week of the outside event. Also, remember if you are cleaning out your jewelry box the Jewelry shop at the fair would love to accept those items as well. Please let me know if you have any questions or would like to arrange a pickup time. Pat Wiggett, 406-2232 pwiggett@comcast.netSpring cleaning? The Treasures shop at the Yuletide Magic Marketplace would love to include any items you would like to donate. We have storage places and will happily pick them up for you or you may drop them off at church. We will be having the outside Treasures sale in late September or early October for any furniture and larger items that you might care to donate. Larger items can be stored if necessary but it would be best to save them until the week of the outside event. Also, remember if you are cleaning out your jewelry box the Jewelry shop at the fair would love to accept those items as well. Please let me know if you have any questions or would like to arrange a pickup time. Pat Wiggett, 406-2232 pwiggett@comcast.net





YULETIDE MAGIC MARKETPLACE by Pat Wiggett

Sneak Preview!

St. Paul's crafters have been very busy making ornaments for the Trim-A-Tree shop at our 2022 Christmas fair on December 3rd. Some of the items pictured above are pasta angels, quilted ornaments, melted snowmen, yarn balls with miniature knitting needles and crochet cotton angels. In the making are some beautiful crocheted snowflakes, scallop shell angels, cinnamon salt dough gingerbread men and rice wreath ornaments.

Each month we will feature sneak previews of items that will be available in different sections of the fair this year. So, please stay tuned for coming attractions!





A SACRED GROUND JOURNEY

by Andrea Lauerman



Like many of us, you may be struggling to make sense of racist violence against Americans of color, including the recent murders in Buffalo. While there are no easy answers, the Sacred Ground program provides a supportive environment and clear curriculum to help us to gain a better understanding of how we have gotten to this place as a country and to envision a different way forward. Past participants describe having their eyes and hearts opened in ways they could not have imagined. Each of us has a role to play in creating a more just and loving world, and Sacred Ground is a good place to start.

We are now registering participants for new circles starting this summer and fall. Circles consist of 6-8 participants and two trained facilitators, and meet together over ten sessions, creating a space conducive to honest sharing and deep listening. We offer circles both on Zoom and in-person, and we make the schedule based on participant availability. In addition, there will be a "no-tech" circle for participants who are not comfortable using email or accessing course materials online (hard-copy registration forms are available in the office). Sacred Ground is for anyone who wants to understand racism more clearly and begin to imagine a better future. No matter where you are in your understanding of these issues, you are welcome here!

Learn more and register by visiting our website at https://stpaulsmaine.org/learningsacred-ground-new/ or by contacting our Program Coordinator at SacredGroundME@gmail.com / (207)295-7856.



FELLOWSHIP TIME



Enjoy making new and renewing acquaintances? Enjoy hosting Fellowship Time?

Consider celebrating a special day -- a birthday, anniversary, etc. by volunteering to host very simple Fellowship time after the 10:30 Sunday services -emphasis on *Fellowship*.

The Sign up sheet is posted on the bulletin board by the kitchen window.

For more information, assistance or mentoring contact Patsy Oehl, Charla A. Spann or Nancy Whitehouse.



FROM THE MUSIC DESK

by Randy Day, Music Ministry Director

What began a few days ago as a one-on-one tutorial with a Vestry member on hymnody filtered into other conversations throughout the day.

The premise of the initial dialogue was a review of hymns used in a recent service (not at St. Paul's).The question raised was this: what constitutes a 'good' hymn versus a 'bad' one? Since 'good' and 'bad' when applied to any arm of the arts become personal statements, not always agreeable beyond the opinion or observation of the person placing those tags on any song sung in worship, I shifted the flow of thought to the following criteria that to my way of thinking allows the label of 'good' to be applied to a melody or text sung at either the 9 a.m. Family Service or the 10:30 a.m. Rite II gathering.

1.Is the melody singable? Especially on Sunday morning, if you've not sung all week and have allergy-affected gravelly voice syndrome.

2.Is the distance between the lowest and highest note of the melody contained within an octave, or span of eight notes? If not, the highest and lowest notes might be lost and relegated to sopranos or low basses.

3.Is the key area too high or low? Can it be transposed?

4.Are the rhythmic units easily caught and rendered?

5.Do the lyrics seamlessly 'marry,' or move easily, with the rhythm? 6.Does the hymn have a unison, or one-line melody setting, or are harmony parts available?

7.Can children sing the hymn?

8.Does the text reflect well the scripture source or theological impetus as written? If 'Yes' is my response to the eight questions posed, then I would freely state that a hymn meeting those requirements of accessibility and sing-ability could be called a 'good' hymn.To be marked as 'bad' would certainly state that a hymn cannot be easily sung, possibly relegated to an organ or instrumental setting, or perhaps a choral anthem. More than not, musicians and congregants simply 'sense' that a hymn should be granted a lesser status, or not sung at all, if the effort to do so would detract from its message and musical elements. While leading worship at St. John's Episcopal Church in Lancaster, PA, I led a retreat for the choir during my second fall with them. One session was devoted to

'Do I Know This Hymn or Service Music

Continued on the next page



FROM THE MUSIC DESK

by Randy Day, Music Ministry Director

Selection?' Singers were divided up into groups of two and three and assigned a set of pages to review. I truly wanted to guide them into avoiding the terms 'good' and 'bad' or the phrase 'I know/don't know this one.' Each team was given the eight questions above and asked to rate the hymn in an overall scale of o-10. I was available at the keyboard if anyone needed the reinforcement of hearing any hymn in question. During the next couple of weeks I tabulated the results. Hymns with a rating below five were reviewed as the weeks went on as to whether or not they should be learned, used as an anthem, or ignored entirely. Texts that were more easily sung using a different tune than the one in print were reviewed. A brief statistical report was shared in a future newsletter article.

The conclusions drawn from this retreat and exploration of The Hymnal 1982 were varied. The choir discovered hymns not sung that they 'knew' and ones that they deemed questionable from the get go. More than once I heard "How did THAT one get chosen or submitted?!?" Some choices were put on a list to learn. Most importantly, we all came to view **The Hymnal 1982**, and later, **Wonder, Love, and Praise** volumes as companions to the Word, two creative sources helping us, as best they can, to sing our creeds, our faith, the Gospel, the narratives and psalms of the Hebrew scriptures. Given the news that bombards us these days, we found both old and new songs that could provide texts of comfort, solace, reassurance, and hope. At St. Paul's we also sing from Lift Every Voice and Sing Hymnal.

As St. Paul's parish family continues to march forward during 2022, my prayer is that each of us will find available, and accessible, those melodies, harmonies, and texts that will buoy the spirit, allowing us to sing along the journey, if even to ourselves, or in that heart-space where we can hear, but not need to utter, the music and words. Lastly, I offer a text that is always on my office door no matter where I work and minister, authored by Fred D. Gealy, and based on James 1:22.

> Glorious God, source of joy and righteousness, enable us as redeemed and forgiven children evermore to rejoice in singing you praises. Grant that what we sing with our lips we may believe in our hearts, and what we believe in our hearts we may practice in our lives; so that being doers of the Word and not hearers only, we may receive everlasting life; through Jesus Christ our Lord. Amen.





FROM PARISH ADMINISTRATOR DESK

by Randy Day, Parish Administrator

The news and social media have offered so many slants on yet another mass shooting. My heart and head ache from hearing about these types of events. In these days already overshadowed for far too long by a pandemic, how do we respond to gun-laden tragedies? Which leads me to a topic of **security** of our St. Paul's premises. On any given day there are a variety of folk who knock on any of our doors. Vendors, parishioners, volunteers, committee members, and those needing assistance for everything from toilet paper to gas cards. We trust that no one poses a threat to our well-being or very life. How easy we could be lax in guarding our own borders.

Keeping all of this in mind, my first item of discussion with you revolves around **the doors of St. Paul's.** For all committees or individuals who are utilizing space for any reason, we encourage you to keep the doors locked once you are inside the building and locked once you leave. Even if a door appears closed, give it an extra shove to be sure. For the doors leading out from the Parish Hall to the Memorial Garden, make sure the vertical bars are not keeping the doors from completely closing.

In addition, please let me know if you have a key. And let me know if you need one.

Use of St. Paul's space is picking up as groups are beginning to return to regularly-scheduled meeting times. Other folks who need a one-time space for special purposes are also queueing up. The task of coordinating these spaces and uses is a delightful one. Thank you for checking in to make sure the right space and time is available for you. No matter the activity or cause, you are wanted here. You've been missed for far too long. Give me a call or write an e-mail request so I can help make your plans a reality.

Yesterday's mail brought St. Paul's the remaining parts of our **new phone system**. I'm not sure what the learning curve will be while installing the equipment, so bear with the office as we work to set everything up in the next week or so. Helpful tutorials and guidelines will be made for all of you who serve as volunteers and operate the main console in the Outer Office. We'll all learn how to handle this new equipment together. Lastly, from my heart, **thank you for your generosity** and financial contributions toward our camera and sound system.

In gratitude for all of you,

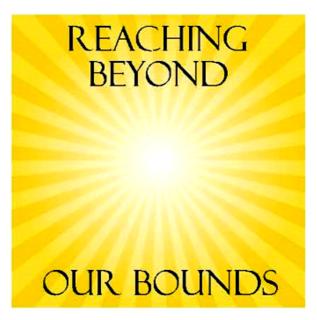
Randy Day Parish Administrator



REACHING BEYOND OUR BOUNDS

tHANK YOU for helping us to Expand Our Connection to People with New Systems for Sound and Online Streaming.

> Thank You for Contributing! Campaign Update: \$18,348 donated to date.



Reaching Beyond Our Bounds: Help Us Expand Our Connection to People with New Systems for Sound and Online Streaming Thanks to a bequest from the late Jo Belknap, we have the opportunity to expand our online worship capacity with a new live streaming system that will be accessed easily and reliably through the St. Paul's website.

. To make a contribution send a check designated to St. Paul's with "digital upgrade" in the memo or donated through Breeze or at https://stpaulsmaine.org/giving/

"IF IT GROWS, IT GOES!"

Composting at St. Paul's Earth Care Ministry By Deborah Goodwin

It seems like a lifetime ago now, but in 2019, St. Paul's began an effort to reduce the waste generated at our fellowship times and receptions. As other churches have done, we weighed the merits of washing dishes, tableware and even napkins versus using recyclable equivalents. The Earth Care committee evaluated the various options with the help of Bonnie Labonte, Nancy Keating, Charla Spann and Nancy Whitehouse, along with other stalwart members of our hospitality ministry.

Research by Earth Care member Martha Burtt yielded a third way between washing dishes and recycling: using compostable tableware, drinks containers (for hot and cold beverages) and utensils. Again the Hospitality ministry generously supported the purchase of compostable plates, napkins, cups, and utensils. Lots of things are compostable under the right conditions. Most organic materials – things that once grew, or that are made from growing things (such as paper from trees) – will break down if they are "cooked" in a moist environment at a high temperature. This is not what happens in our home composters, or compost piles. Companies like Portland-based Garbage to Garden (https://www.garbagetogarden.org), however, use a high volume of material to "cook" organic waste at the temperatures needed to break it down into useful compost. Food, paper good, toothpicks, animal hair, meat and bones - the list of what's compostable under these conditions is surprisingly long. What can't be composted, of course, is plastic, which derives from fossil fuels and basically lasts forever in our landfills, oceans and other sites. The cups that we now at St Paul's might look like plastic but they're not: they are made from a plant-based material that will break down when composted in the kind of industrial process used by Garbage to Garden.

The upshot of research and discussion is our composting kiosk, or corral, or cart: an elegant design/build by Dana Baer that provides collection points for compostable and recyclable materials. You will see it in the Great Hall, near the entrance to the kitchen. Once a week, the compost buckets housed in the cart are put out for collection by Garbage to Garden. They leave us clean buckets in return. We started using the cart in 2019. After the long Covid-imposed hiatus on fellowship, we are happy to use it again, and to answer any questions you might have about it!



BIRTHDAYS & ANNIVERSARIES

June

Happy Birthday

Marilyn Prince June 01 Robert Clegg June og Robert Jackson June 13 Jake Springer June 17 Katie Judd June 19 Steve Carey June 23 William Blake June 27 Benson Ford June 29 Kathleen Carey June 30 Michael Frazier June 02 Lee Paige June 03 Iris Titcomb June 03 Kesia Moore June 05 Madeline Wayne June og Linda Millert June 11 Drev Rochette June 11 Emma Michaud June 17 Suzanne Grover June 18 Louisa MarilynWigg June 18 Christopher Robinson June 21 Henry Ditzel June 21 John Paige June 25 Kailyn Braley June 27 Estella Wigg June 29 Luther Howes June 30 TheodoreBurns June 30



Happy Anniversary

David& Nancy Hawkins June 03 Phil Gilliam Cuffee & June o6 Katie Holickv June o6 Jeff & Jan DeBlieu June 19 Rick & Mary Lee Wile June 24 Nancy & David Gardiner June 25 Roberta Beal & Al Hipkins June 25 John & Lee Paige June 28 Persephone & Jim Ditzel June 28

> *The Messenger* is published monthly, excluding January, and 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 submissions for the July/August issue by June 23rd.** Articles may be emailed to stpauls@stpaulsmaine.org



Stay in touch!

- Check out our website for more details! stpaulsmaine.org
- Follow us on Facebook!
- Sign up for our weekly emails!
- Please consider enrolling in electronic giving, It is a convenient way to provide consistent financial support to the church. See stpaulsmaine.org to enroll

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St. Paul's Episcopal Church 27 Pleasant St. P.O. Box 195 Brunswick, Maine 04011 Phone: 207-725-5342 E-mail: stpauls@stpaulsmaine.0rg