

The Messenger

JUNE 2021

RECTOR'S COLUMN

by The Rev. Carolyn H. Eklund



Sandy and her sister Joan have been members of our virtual Daily Morning Prayer and Compline community for nearly the entire time St. Paul's has offered daily prayers on Facebook Live since the pandemic. Joan placed Sandy's name on our prayer list for a major metabolic medical problem. We've been praying for her ever since. Joan placed herself on the prayer list when she fell and broke her leg. Our prayers have enveloped them and all the other souls we've kept in prayer.

Our prayers have brought together a small group of the faithful who are present nearly every time we offer prayer, greeting each other in the feed and offering names for prayer. Our deacon, Mary Lee Wile and I go over the names periodically to share the good news of healing or the need for continued prayer. Sometimes the beloved souls come to us briefly and soon die to be placed through our prayers in the nearer presence of God.

Our Lay Worship Leaders and clergy have been keeping prayer on Facebook Live twice a day for these 16 months of the pandemic. I rejoice in their dedication, faith and delight in keeping prayers so regularly. At this time as the country opens up a bit, our group will be discerning the capacity we have for sustaining these prayers and the need for rest. Please ask a blessing and offer gratitude in your prayers for our faithful ministers of daily Facebook Live prayer at St. Paul's: Andree Appel, Rev. Carolyn Eklund, Rev. Katie Holicky, Carol Kalajainen, Rev. Dr. Larry Kalajainen, Myrna Koonce, Macauley Lord, Cliff Ruprecht, Caroline Savage, Hugh Savage, Rev. Mary Lee Wile, Rick Wile. And let us give thanks for Julia Walkling who has organized us these months.

Jesus is our model for prayer. In the gospels he not only shows us the importance of "withdrawing" to a place alone to pray in the midst of his chaotic ministry and just before his arrest. He gives specific instruction for prayer. In the Sermon on the Mount, Jesus couldn't be more specific in his instructions. For example, just before he teaches his followers the exact words to use in prayer, he says, "When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then in this way..." And he follows with the Lord's Prayer.

Our corporate prayers always include the Lord's Prayer. Many of us learned at least one version of it at an early age. Our assistant rector the Rev. Katie Holicky has committed to teaching accessible versions of the Lord's Prayer to our younger members and their parents. During Lent, she included a version of the Lord's Prayer from Iona. She now is using our contemporary version. Her awareness of gender in prayer is instructive to me that use of "...non-binary language across the board in liturgy as a way to affirm that God is more vast than our human understanding..."

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Recently, the St. Paul's Healing Prayer Ministry Team shared with each other the fascinating research on prayer being conducted by an Episcopal priest who is also a pediatrician. The Rev. Dr. Marta Illueca is interested in the relationship of different types of prayer and how it might affect pain. She has entered into conversation with a non-religious researcher whose data suggests that prayer and religiosity "are generally predictors of better health outcomes, not worse." Those of us engaged in regular prayer would no doubt agree that at least our emotional and physical well-being are helped by prayer. Naturally, that's why people tell me they call on us with the names of loved ones to pray for them.

Here is the link to learn more: <https://www.episcopalnewsservice.org/2021/06/02/how-does-prayer-affect-pain-this-priest-is-leading-a-medical-research-study-to-find-out/>

Daily prayer connects me with God and those for whom I pray. During the isolation of this pandemic, my prayer life has been strengthened. While I have felt lonely and isolated at times, my relationship with God has grown not only in depth, but in joy and the assurance of God's absolute love for me. At times, God has even been playful with me. I imagine that God even laughs at my humor! Sometimes, I even hear God say, "Carolyn, you have a beautiful soul. And you are funny." Who can ignore that kind of love and its expression? Perhaps, you too are finding a deepened connection with God. If not, my prayer is that you and God find each other and delight in your relationship.

As summer begins in Maine, my prayer for us is that our connection with God in nature, our loved ones, friend, stranger and in our faith community gives us total delight.

With love and delight,
Carolyn+



CALENDAR FOR JUNE

We are taking applications for **St. Paul's Parish Administrator** in June. We will soon have information on our webpage: stpaulsmaine.org

Sunday, June 6

9:30 a.m. Zoom Family Worship

10:30 a.m. Facebook Live Spiritual Eucharist.

Sunday June 13

9:30 a.m. Zoom Family Worship

10:30 a.m. Diocese of Maine Pre-recorded Spiritual Eucharist.

Sunday, June 20

10:30 a.m. "Picnic Eucharist" in-person outdoors under the canopy.

GRADUATE SUNDAY: Please share the names of loved ones who are graduating this year. They had many challenges to reach this point. Congratulations. We wish to offer prayers and blessings to them.

MCHPP FOOD DRIVE: Please bring food items to donate to MCHPP. Some of the items they need are peanut butter, jelly, cereal, beans, canned vegetables, pasta and sauce.

Saturday, July 10

10:00 a.m. **St. Paul's Newcomers Brunch to meet the Vestry.** Memorial Garden. Even if you don't think you are a newcomer by now, please join us to meet the Vestry and learn about how we worship, pray and serve to the glory of God as a community of faith.

ST. PAUL'S GUIDANCE FOR GATHERINGS

OUTDOOR

- Masks are not required for fully vaccinated people, but they are recommended for the sake of children who are not yet eligible for the vaccine and those who are immunocompromised.
- Physical distancing is not required.
- There is no limit to number of people gathered.
- Masks are not required for congregational or choir singing.
- Sign-in for contact tracing is required.
- Community groups such as the 12-step groups may meet outdoors.
- If possible, it is recommended to bring a chair to use.
- Limited entry to closed building for restroom use one at a time.
- Food and drink are served by servers who are masked. Food is served on individual plates.

INDOOR** *Due to work on the building, the building will remain closed until mid-August. Restroom availability will be limited while work is being done.*

- Masks are not required for fully vaccinated people, but they are recommended for the sake of children who are not yet eligible for the vaccine and those who are immunocompromised.
- The building will remain closed with the posted office hours schedule.
- There is no limit to the number of people in the building or parish office.
- There is no physical distancing required.
- Sign-in for contact tracing is required.

WORSHIP

- Summer Sunday outdoor “picnic Eucharist” will be in-person in the memorial garden at 10:30 a.m. and Family “picnic Eucharist” at 2:00 p.m. beginning June 20. (see above guidelines for outdoor gatherings)
- On June 13 and July 8, St. Paul’s will offer Diocese of Maine pre-recorded Spiritual Eucharist. There will be no outdoor “picnic Eucharist” on these Sundays.
- When heavy rain is forecast, Spiritual Eucharist from the Nave at 10:30 a.m. will be offered on Facebook Live instead of outdoor in-person Eucharist. The Saturday email and a Facebook announcement will be the vehicles to inform the parish of this change.
- In-person indoor gatherings including Sunday worship will begin mid-August depending on the flooring installation in the building. New guidelines will be introduced at that time.

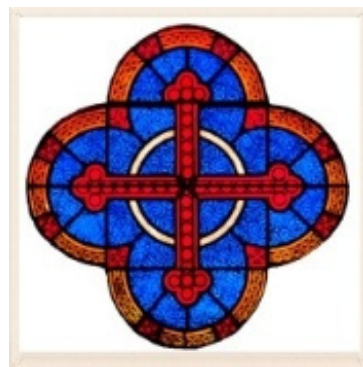
* See guidance by the governor of Maine as of May 24th, 2021 located on the website of the Episcopal Diocese of Maine.

<https://www.episcopalmaine.org/resource/forcongregations/maine-guidelines>



ST. PAUL'S PARISH OFFICE HOURS

Day	Time	Staff Member
Monday	Building Closed except to Counters	
Tuesday	9 am – 1:00 pm	Carolyn Farr & Nancy Whitehouse
Wednesday	10 am – 2 pm	The Rev. Carolyn Eklund & Nancy Whitehouse
Thursday	10 am – 2 pm	The Rev. Katie Holicky The Rev. Carolyn Eklund Nancy Whitehouse
Friday	10 am – Noon Noon – 2 pm	Carolyn Farr The Rev. Carolyn Eklund
Saturday & Sunday	Building Closed (ministers of the liturgy only)	





FROM THE MUSIC DESK

by Randy Day, Music Ministry Director

Overwhelmed. Thrilled. Basking in smiles. Renewed. Overjoyed. These are just a few of the words filling a mental collage after being with all of you in person at yesterday's outdoor Pentecost service. The weather was perfect, the efforts of so many to provide a worship space, complete with canopy and spring greenery and lighted flames and a sea of red, all combined to render me speechless.

For the first time in 15 months my ears and eyes were blessed by our intrepid quartet – Carol Kalajainen, Larry Kalajainen, Lois Kwantz, and Fred Hollmann – who led the singing of hymns. My heart was touched as I witnessed the back-and-forth motion of the arms of you who gathered as a congregation, simulating the movement of the Spirit's manifestation to a similar crowd gathered millennia ago. The readings in various languages, the inspiring homily, and the return to celebrating the Eucharist, even with limitations, was a sign of hope and joy, a message that life can emerge from the months of separation and electronic worship.

Even though we can pray and sing and worship alone, those efforts shared corporately take on a whole new dimension. The singing is magnified, the effect of voices joined in spoken prayer and creed is palpable, and being present with each other elicits a blessing rendered no other way. This gathering we have longed for was re-visited, albeit outdoors, but a step taken to move beyond Covid, beyond closure, beyond parameters that have kept us home, apart. What a gift we shared.

At moments such as this I turn to others more gifted in writing, especially authors of hymn lyrics, to speak for me, for us. The term 'gather' engendered a treasure hunt of hymns where gathering is the central verb or action. The first text that came to mind is a hymn we associate with Thanksgiving; the opening line states: "We gather together to ask the Lord's blessing." Another lyric of a more recent generation I recalled bears the title "Gather Us In."

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Yet the one that rose to the top of the list, a hymn with lyrics penned by Sylvia C. Dunstan (1955-1993), commonly sung with the Southern Harmony tune known as Holy Manna, is what I'll close with as an inspiration for your early summer journey and our slow return to gathering:

“All who hunger gather gladly, holy manna is our bread,
Come from wilderness and wand’ring. Here in truth we will be fed.
You that yearn for days of fullness, all around is our food.
Taste and see the grace eternal. Taste and see that God is good.

All who hunger, never strangers, seeker, be a welcome guest.
Come from restlessness and roaming. Here in joy we keep the feast.
We that once were lost and scattered in communion’s love have stood.
Taste and see the grace eternal. Taste and see that God is good.

All who hunger, sing together, Jesus Christ is living bread.
Come from loneliness and longing. Here, in peace, we have been fed.
Blest are those who from this table live their days in gratitude.
Taste and see the grace eternal. Taste and see that God is good.”

Author: Sylvia G. Dunstan

Hymn #87: All Who Hunger Gather Gladly

c. 1991 by GIA Publications

Source: Voices Found/Church Publishing, New York

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A SPIRIT FILLED FLORAL CONNECTION

by The Rev. Katie Holicky



One of the things that made this year so hard was that it was often difficult to feel as connected to folks in the community in the ways we had once felt. Here is a little story about a way we recently were able to do that together. Last month Jean Mulligan, one of the leaders of Lay Pastoral Visitors (aka LPV), and I sat down to think about a project that would bring both Lay Pastoral Visitors and Family Group together. We had tried this on in the fall with card making and knew it was time to give it another go. Knowing there was a love of flowers all around, we came up with the idea to have the Family Group folks make thirty little flower arrangements. The plan was to embrace the theme of Pentecost Sunday, to have the kids arrange the flowers, and the LPV folks deliver them come Monday. In the Spirit of Pentecost and in the spirit of our beloved community, I am happy to share that it became so much more.



After making our plan, I checked in with the Flower Guild leader, Abigail Manny Paterson, for wisdom and advice on flowers. She was so excited about our project she donated little glass vases for us to use. Then, the Youth Group heard of our project and were excited to help with setting up. They were in fact so excited that they decided they also wanted to be involved by way of trimming and preparing all of the flowers for our Family Group. During Family Group the kiddoes and their grownups made quick and love filled work of making the arrangements. It was truly amazing to see their eyes widen with delight as they came to the table to get to work. We had a lovely conversation about what it means to care for one another in community, how we share love in connection when it feels hard to do so.



We had so much fun, and it was a gift to know that our fun and hard work would be shared with those in need of a bit of extra love. Thanks be to God for the work of the Spirit and the gifts of the Spirit that reside in our community. This project became more than we had dreamed. As things continue to change and evolve I pray that we hold fast to the creativity that has brought us together in ways we could not even imagine.

With love and delight,
Rev. Katie Holicky



EARTHCARE

by Michael Anne Banks

Enjoying the beauty of nature all around us during this time of year is truly a gift. If you, like many of us, are wondering how to enhance your own garden and make your space more friendly for all kinds of wildlife, especially attracting more birds and bees, take some time to check out the Maine Audubon plant finder and plant sale. On the plant finder, one can find the perfect plant for any space. The following categories are listed: Bloom Month, Sunlight, Size, Number of Caterpillars Hosted and Wildlife Benefitted.

To access the plant finder go to mainenativeplants.org. After deciding the type of plants desired, go to the online store at: shop.mainenativeplants.org to find the available plants, place an order and schedule curbside pickup at the Gilsland Farm in Falmouth. Maine Audubon is planning to have the order forms available by June 1 with pickup on the following Thursday or Friday. These dates were not firm at the time of this writing; therefore check the website for exact details and updates. During the summer, it is planned that more shrubs and trees will be added as they mature and are ready to be transplanted.

Even if you have an established garden, it is never too late to make changes to make your garden more Maine native friendly. Maine Audubon has many options to learn more about Bringing Nature Home through Zoom classes and lectures. Check out all the opportunities on the Maine Audubon website.





MY STORY OF GOD'S HEALING PRESENCE

by Andree Appel, member of the Healing Prayer Team

This is the seventh of several healing stories that the Healing Prayer Team is eager to share with you. The stories and writers are all different, but they all speak of God's healing presence in the life of the author. Because the accounts have inspired us and encouraged us, we want to share them with you.

My story of healing is not a story of a miraculous intervention at a single point in time. Rather, it is the story of a miraculous process that began in my mid-twenties.

My adolescence was a time of great difficulty for me, having moved back from Germany to the US in the middle of ninth grade. Going from an all-girls Catholic convent school into the end of junior high outside of New Haven, CT was traumatic. My high school years were ones of desperately trying to fit into a culture I had not "trained" for. At the end of high school, I eloped and let's just say, it did not end well.

I fell into a deep depression and dropped out of college. I worked in a sleazy restaurant in downtown Portland and rented a room in what was probably one of Portland's last "boarding houses". I became withdrawn and developed an eating disorder. I was lost.

Eventually I was able to finish school and moved to New Mexico- I wanted to get as far away as possible from the East Coast. I was still depressed and looking desperately for meaning, for a context, for my life. I read Gurdjieff, Suzuki, Kierkegaard and every manner of self-help book. A chance encounter on a train led me back to the Bible- a source I had not considered. As I read it, I began to feel that I had found, at last, a story that rang true at the deepest level of my being. I started going to church for the first time since I was a child, and attended a Cursillo weekend. It was at Cursillo that I experienced a community of loving believers whose stories of their spiritual journeys resonated with me. I remember vividly the moment that I asked Jesus to come into my life, filled with hope (and not a little fear of what exactly I was getting into). My life began to change, not all at once, but gradually. Gradually I was able to begin to live again- to trust myself, to trust others, to feel safe, to feel loved.

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Others noticed the change, too; I remember my brother saying, I thought you'd never smile again. I was able to overcome my eating disorder, I was able to quit smoking- both of which I had struggled for years to control.

There is no doubt in my mind nor in my heart that my healing had everything to do with the love and healing presence of God in Jesus Christ in my life. Thanks be to God.

ATTENTION CANNERS & CRAFTERS!

by Carol Martin

Attention all canners and crafters! 'Tis the season--while fruits and vegetables are in season--to prepare for the fall "Christmas" fair. While you are canning and/or crafting this summer, would you consider making a few extra items to donate to the fair's Country Store table? Items on this table generate considerable interest, and they sell at a fair price--no discounts during the last hour. The Country Store usually offers quite a selection of items, from homemade cards and printed aprons to homemade (new) jewelry to Christmas ornaments and balsam sachets to home-canned jams, sauces, relishes, and pickles. The more variety we can offer, the more interest the table generates! If you make something along these lines but aren't sure whether it would fit into the Country Store, please feel free to contact Carol Martin (207-844-8133, or cmartin@northpark.edu).





THE HARVEST FAIR NEEDS ALL OF US!

by Jan DeBlieu, Harvest Fair Chairperson

Plans for our Harvest Fair (in lieu of our normal Christmas Fair) are ramping up. The date for this year's festivities will be Saturday, October 2nd.

While it may seem early to be laying plans for the fall, the summer will pass quickly, with many of us scattered hither and yon. So please be thinking of ways you can contribute to a day of celebration and fellowship, all to raise money to help people in need.

If you are creative with any kind of needle (sewing, knitting, crocheting, etc.), we would love to have some of your pieces to sell at our Fiber Arts table. This is a very popular table, stocked entirely with new handmade items created for the fair. Need supplies? There is a stash of yarn and fabric tools in the church attic. Have an idea for a new design or something more traditional? Please tell us about it! the Holy Stitchers meet weekly and always enjoy seeing newcomers. If you prefer to knit, sew, or embroider in solitude, we'd still love to have some of your work to feature. Contact Charla Spann at chaspann13@gmail.com.

As you begin planting your garden for the year, please remember our Country Store. The shelves in the store will be filled with vegetables, fruits, and relishes canned from parishioners' gardens, as well as homemade jams, jellies and other goods. We'll have spangled earrings and bracelets and fabric Christmas ornaments, handmade by church volunteers. Look here as well for beautiful Christmas ornaments commemorating the 175th anniversary of St. Paul's. To add your canned or handmade creations to these offerings, please contact Carol Martin, the chairwoman of this table, at cmartin@northpark.edu.

Do you have a talent you can teach others? An idea for an outing on which you'd be willing to take some guests? An extraordinary dish you make that you'd be willing to share? Please consider offering a service of some sort in our Silent Auction, open again this year after a pandemic-induced hiatus in 2020. Past offerings have included fly fishing lessons, picnics on islands, waterfront paella picnics, and a case of hand-made tamales. In the past we've also auctioned off unusual antiques and Maine State Music Theatre tickets. Please contact me (jdeblieu@mindspring.com) if you have something you'd like to contribute.

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Have a garage or attic you're cleaning out? Read on! We need gently used jewelry for our Jewelry table and household objects for our Attic Treasures table. Please hold onto these items until the fall. Last year our Attic Treasures sale was held alone in September, but this year it will be part of the Harvest Fair.

This is just a sampling of all our fair will have to offer. We'll also have our fabulous Baked Goods table, featuring treats by the parish's most creative bakers. We are hoping to include a donut cart for people waiting in line, along with some hot drinks, an Irish fiddler to serenade us, and more. Look for further updates in future issues of the Messenger.

Thank you for working with us to make our annual fair a success. It's a joy to be able to contribute tens of thousands of dollars to the Outreach Fund each year, raised by our combined efforts.

See you Saturday, October 2nd (rain date October 9th)!





SUSAN TYLER FAREWELL RECEPTION

After 19 extraordinary years of service and ministry, we offer our thanks to Susan Tyler and say 'farewell' to her family.





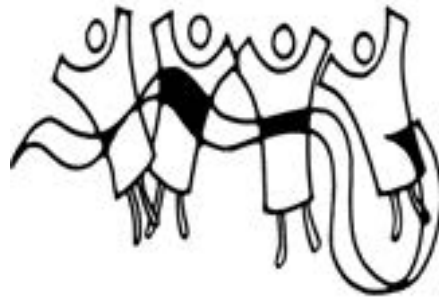
BIRTHDAYS & ANNIVERSARIES

Happy Birthday

Marilyn Prince 6/1
 Lee Paige 6/3
 Iris Titcomb 6/3
 Kesia Moore 6/5
 Madeline Wayne 6/9
 Linda Millert 6/11
 Drey Rochette 6/11
 Lil Heyda 6/13
 Bob Jackson 6/13
 Emma Michaud 6/17
 Suzanne Grover 6/18
 Henry Ditzel 6/21
 Steve Carey 6/23
 John Paige 6/25
 Kailyn Braley 6/27
 Benson Ford 6/29
 Estella Wigg 6/29
 Theodore Burns 6/30
 Kathleen Carey 6/30
 Luther Howes 6/30

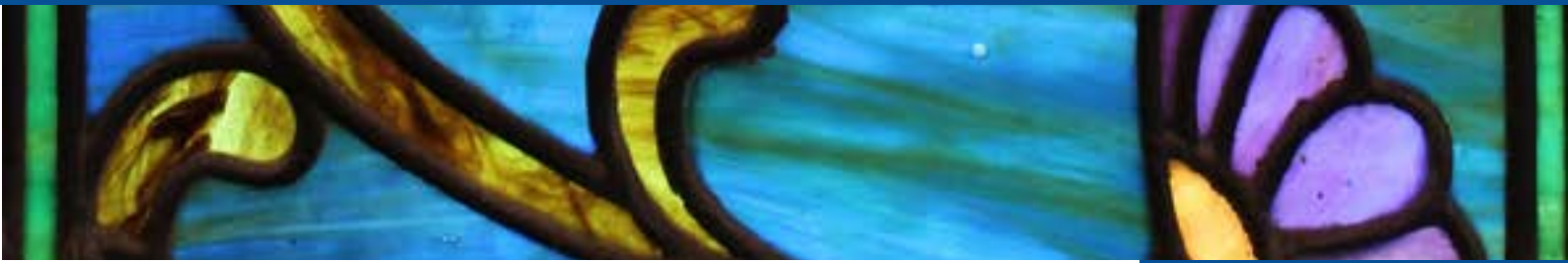
Happy Anniversary

Nancy & David Hawkins 6/3
 Katie Holicky & Phil Cuffee 6/6
 Jan & Jeff DeBlieu 6/19
 Mary Lee & Rick Wile 6/24
 Roberta & Al Hipkins 6/25
 Nancy & Bill Gardiner 6/25
 Nancy & David Gardner 6/25
 Lee & John Paige 6/28



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 issue by June 18.**

Articles may be emailed to carolynfarr@stpaulsmaine.org



STAFF & LEADERSHIP

- The Rev. Carolyn H. Eklund, Rector
- The Rev. Katie Holicky, Assistant Rector for Children & Youth
- The Rev. Mary Lee Wile, Deacon
- Cliff Ruprecht, Senior Warden
- Jan DeBlieu, Junior Warden
- Randy Day, Music Ministry Director
- Carolyn Farr, Administrative Assistant
- Jane Redlon, Nursery Caregiver
- Lynn Johnson, Assistant Nursery Caregiver

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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