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NETWORK NEWS

ST. ANDREW'S

July—August 2023

"I cannot achieve contemplation, as some can; and so, having to face and forgive my own failures, I have learned from them both the necessity and wonder of ritual. For ritual allows those who cannot will themselves out of the secular to perform the spiritual, as dancing allows the tongue-tied a ceremony of love."

Four of us attended Meditation at 6 o'clock yesterday evening. Which is fine, as long as the pews are full on Sunday morning!

Abraham Joshua Heschel, the American rabbi and civil rights activist born in Warsaw, reminds us: We learn to pray by listening to the voice of prayer, by being part of a community standing before God.

The eucharist is to invade our lives. The bread and wine are transfigured so that we may be transfigured. For a reason. We receive the abiding life of God in our hands in order that these hands may help transfigure the world.

We turn away from the altar, but everything we do in the coming week is to be an extension of the sacrament. Every moment is an opportunity to give what we have received.

Crucified love.

The Lord's Supper is the sacrament of life, of *your* life: of your life received, of your life loved, of your life surrendered.

When Jesus took the bread and the cup and gave thanks to God and passed them among his disciples, he teaches the human race the joy of not claiming anything for one's own — including life itself.

To live in this world you must be able to do three things: to love what is mortal; to hold it against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go.²

¹ Andre Dubus, *The Times Are Never So Bad* (Boston: David R. Godine Publishers, 1983).

² Mary Oliver, New and Selected Poems (Boston: Beacon Press, 1992).

Parish Birthdays



John Chiarella	1
Karen LeMaire	1
Jameikah Smith	1
Billy Kelly	2
Fran Wilson	3
Jeanne Edwards	6
Ginny Register	6
Jackie Thompson	6
Shirley Avery	7
Troy Densmore	12
Kate Kelly	12
Nonie Reynders	15
FiFi Mitchell	22
Claire Pace	23
Jerry Coogan	27
Anne Hall	27
Gil Watkins	29
Susan Clark	31



G	eorge Sutherland	4
В	ecky Forbes	10
Je	eremy Kellett	10
F	lorence Millett	11
S	uza Lambert Bowser	14
K	athryn Potter	15
Α	nn Feeley-Kieffer	16
K	athleen Hunter	17
L	ucretia Jevne	17
J	ohn Tilley	17
S	usan Morgan	18
Ε	rin Wheeler	18
Jä	anet Miller Haines	20
Т	ricia Tilley	21
Ν	lichele Frenkiewich	22
Jä	acob Densmore	23
Jä	anie Webster	24
В	obbie Hambley	28

Newly-Adopted Prayer List Procedures.

Please take note.

- 1. Requests for prayers are to be made by calling Shelly, parish administrator, at 603-526-6344.
- 2. Names will be posted in the Sunday church announcements for a period of four weeks.
- 3. If prayers are requested for a period greater than four weeks, the person requesting prayers must communicate with Shelly that there is a long-term need. The person's name will appear for four weeks in the Sunday church announcements, and after this period of time the name will be moved to the Thursday healing service list for weekly ongoing prayers.
- 4. Persons requesting prayers are to communicate with Shelly when the need for prayers is gone, otherwise the name will remain on this list for one year from initial request.

United Thank Offering Invites Every Episcopalian to:

- Notice the Good Things that Happen Each Day
- Give thanks to God for Your Blessings
- Make an Offering for Each Blessing.



Your Blessings Become Blessings For Others

As a result of everyone's gratitude and generosity to the United Thank Offering's 2022 ingathering, a total of \$1,079,600 is available to award this year. The focus for applications was "innovative mission and ministry projects addressing all aspects of the worldwide incarceration crisis, specifically: preventative programs and intervention; prisoner support outreach; prison reform work; or post-prison re-entry." Every penny given to UTO is given away to support innovative mission in The Episcopal Church. Grants were given to eight projects in the United States, 11 in the Anglican Communion, and three Historical Grant projects.

- Anne Hall, Diocesan UTO Representative

Reminder for 2023: Our Rector's day off is WEDNESDAY.

Help him get that weekly break by avoiding non-urgent calls, texts or emails on a Wednesday. (And don't expect communication from him then either.) You can leave a message in the church office for prompt attention when Jay returns on Thursday, and your Wardens may also be available when you have concerns on a Wednesday. Thanks, all!

Our Interns

On 9 June St Andrew's welcomed Jameikah Smith and Shemar Stewart, our wonderful summer interns from Voorhees University, an historically Black, Episcopal college in rural South Carolina. Jameikah is from the Bahamas and Shemar is from Jamaica. They will be living and participating in our community until 6 August. Both are singing in the choir, leading activities for Messy Church, assisting Nicole's summer Music Camp, and helping with the outdoor adventures of our Boston visitors later in July. Jameikah and Shemar are also helping to advance the St. Andrew's Oral History project and have already begun interviewing members of the church. To train for the project, they interviewed each other. Their own stories are available on our website and worth a listen at https://soundcloud.com/user-991415259.

Special thanks to Karen Zurheide, Ellen and Gardner Yenawine, and Patsy and Paul Catsos for opening their homes to host our interns. For anyone who has had the opportunity to meet Jameikah and Shemar, their openness to new experiences and embrace of our community is a blessing to us all. After our assurance that alligators do not live in our lakes, they have had their first paddle in a kayak, taken some mountain walks, and sampled ribs at the Refinery. We look forward to introducing them to more adventures in our region and are grateful for the mutually enriching fellowship their presence provides. – *Kathy Mathias*









Please see p. 10 for text by Shemar and Jameikah about their experiences with us as interns this summer. More photos too!

Last Sunday Looks Ahead — 30 July The Upper Valley Haven

The Upper Valley Haven in White River Junction, Vermont, was founded in 1980 by five people from St. Paul's Episcopal Church, just next door in White River Junction, and St. James' Episcopal Church in Woodstock, Vermont - initially as a refuge for the homeless. In the years since its founding, it has expanded the type of assistance it provides to those in need in the Upper Valley, and it has attracted wide volunteer support from the Upper Valley community to accomplish this assistance.

The work of the Haven falls broadly into five areas:

- 1) food support providing healthy food for those in need,
- 2) shelter temporary housing for adults and families experiencing homelessness,
- 3) service coordination helping people access and effectively use the help available to them from many organizations,
- 4) housing support supporting the homeless in finding and maintaining housing,
- 5) children's programs after-school and summer programs that enrich and support children as they grow. As we look each week this month at various aspects of the Haven's work, it is important to remember that the Haven seeks not only to meet people's immediate needs but also to support them in their efforts to escape poverty permanently.

The Haven is open 365 days per year and never charges for any of its services. It serves over 10,000 people every year. You can find much more information about the Haven on their website at https://uppervalleyhaven.org/.

To respond to Last Sunday appeals on these two pages, you can place your gift in the offering plate prior to or on the last Sunday of the designated month, send your check marked for Outreach to St. Andrew's Church, P. O. Box 294, New London, NH 03257, or make an online donation at https://www.standrewsnl.org/giving-on-line.html. Your generous support will be matched by our anonymous donors. The Outreach Commission and their identified organizations are grateful for your support.

Planned Giving and the Legacy Society — REMINDER

We need to continue our efforts to encourage everybody to actively consider and express their estate plans by the creation of a will. It's important to your descendants, your church is important to you and your planned gift is important to the church. Please consider all three!

Thanks, George Jamieson, Planned Giving Committee chair



Last Sunday Looks Ahead — 27 August Clinique Sant Esprit (or Holy Spirit Clinic)

Serving the Poor in Haiti

Our friends in Haiti just don't seem to be able to get a break! Not only are they dealing with gang violence—kidnappings, murders, thefts, food scarcity--but now they've endured floods and another earthquake. And yet they soldier on. We have been supporting Clinique Sant Esprit in Croix des Bouquets, located outside Port au Prince, for many years, and our help is needed now more than ever. The clinic will be the recipient of our August Last Sunday donations.

Our own Kathleen Rusnak and Claire Pace visited the clinic with a medical mission team in 2012 and came back with vivid stories about the clinic's need for assistance to pay for a Haitian pediatri-

cian. Since then, we have sent donations every year specifically to help fund their pediatrician's salary. The clinic provides basic health care free of charge to the local population—hundreds of people every day. They also have an extensive rehabilitation department and a dental clinic.

Dr. Gordon Krauss, one of the founders of the clinic and Haiti Medical Missions of Memphis, says that the dedicated staff at the clinic continues to come to work in spite of the violence and kidnappings, and a few have chosen to stay on the compound. But the work continues as you can see in this photo (*right*) taken in early May.



As we celebrate summer and gather in safety with family and friends in our gorgeous corner of the world, let's spare a thought—and some of our dollars—to help these less fortunate, but resilient, people. As always, your donation will be doubled by our generous anonymous donors.

Community Build at St. Andrew's



At St. Andrew's vestry meeting in May, Warden Claire Pace reported that this church will host Window Dressers on site from 9 to 15 November.

In June, Kearsarge Neighborhood Partners began notifying the community about this "Community Build" that is designed to warm homes, save money and build community with window inserts. This non-profit organization creates windows to protect against

the cold, and grant money is used to provide support for families with limited resources.

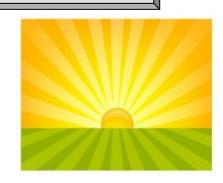
Interested participants can register this summer. After you register with the local coordinator, Joe Kubit at 603-748-4404 or jgkubit@gmail.com, volunteers will come to your home and measure your windows. Insulating window inserts will be custom made for your home. Anyone can volunteer to help build inserts and anyone getting inserts is encouraged to help with the build in November.

The non-profit Kearsarge Windowdresser project is a collaboration between Kearsarge Climate Action and Kearsarge Neighborhood Partners with support from Windowdressers of Maine to provide custom interior window inserts to residents, nonprofits and businesses in Springfield, Sutton, Sunapee, Wilmot, Warner, New London, Newbury, Bradford and Andover. To learn more about this program, go to WindowDressers.org.

Wardens' Words

SUMMERTIME...

How we love our New Hampshire summers! Everywhere there seems to be a renewed energy. Snowbirders are back, family and friends are visiting, vacationers are enjoying our region, and we are engaged in all manner of outdoor activities, from dining al fresco to bandstand concerts to more athletic pursuits.



For our parish, there is the return of inspiring and fun seasonal traditions, including:

- Worship at Old St. Andrew's—even if you're not typically an "8 o'clocker," give it a try, as the space has a charm and a spiritual "vibe" all its own, through 3 September.
- Weekly cookouts—note the change from Wednesday evenings to Tuesdays at 5:30pm—through 29 August -- bring what you want to grill and something to share.
- Summer Fair 1 July, 9am-2pm, with something for everyone, so don't miss it!
- Phillips Brooks children here 19-20 July and 2-3 August—your help is needed!

New and notable for St. Andrew's this summer:

- Two interns from Voorhees University, who have spent half of June with us and will be with us through 6 August, Jameikah Smith from the Bahamas and Shemar Stewart from Jamaica. What a treat for us! Make time to get acquainted with them. Reach out to Kathy Mathias at 410-227-0394 if you'd like to host them for a meal and/or other activity. (*see pp. 2 & 10*)
- Children's music camps, mornings of 10-14 and 24-28 July spread the word!
- A float in the 5 August Hospital Days parade stay tuned!

Besides encouraging your participation in any and all of the above happenings—and thanking those taking leadership roles—we have this summertime request of you: BE FRIENDLY AND WELCOMING TO ANYONE YOU DON'T KNOW AT OUR SERVICES AND ACTIVITIES. That's a year round goal, of course. But we are likely to encounter more visitors in the summer, snowbirders who are only occasionally with us, vacationers staying with family who slip away on their own to church, folks considering a relocation, guests at our special events . . . you get the picture. (Don't worry about someone telling you they're not really a visitor—better to err on the side of welcoming a rarely seen parishioner than NOT welcoming a true newbie.) Let's all agree to "up our game" on the friendliness scale, toward visitors—and each other.

And finally, a plug for occasional help for our resident volunteer landscaper, Mary Eysenbach. If you can water or weed on Mary's instructions, let her know at 603-526-9255. We—and our visitors—will enjoy the welcome of your labor.

Looking forward to "being church" with you in this lively season,

Karen Zurheide and Claire Pace

Calendar of Events

July:

1 (Saturday) - Summer Fair, 9 AM-2 PM

10-14 and **24-28** (Monday-Friday) - Dodge, Drum & Sing Summer Camp, 9-11:45 AM

19-20 (Wednesday-Thursday) - Phillips Brooks kids visit

21 (Friday) - Friendly Kitchen (see below)

30 (Sunday) - Last Sunday, to benefit The Upper Valley Haven (*see p. 4*); All-Age Beach Cricket, Rye, NH, 2:30 PM (*see p. 9*)

August:

2-3 (Wednesday-Thursday) - Phillips Brooks kids visit

6 (Sunday) - Messy Church, 4 PM (see p. 11)

27 (Sunday) - Last Sunday to benefit Clinique Sant Esprit (*see p. 5*)



Sundays: 8 AM worship at Old St. Andrew's, King Hill Road (through 3 September); 10 AM worship with child care at Gould Road campus Monday to Friday 12 Noon Midday Prayer (Healing Eucharist Thursday)

Mondays 6 PM Meditation

Tuesdays 5:30 PM Cookouts through 29 August **Thursdays** 7 PM, Choir Rehearsal (on summer break)

NOTE: We continue to recommend masks and physical distancing regardless of vaccination status for indoor activities. Doors and windows will be open.

Help Re-Stock the KLS Community Food Pantry July: Cereal

August: Hearty soups & stews

(regular, decaf and instant), peanut butter and jelly, cake and brownie mixes and monetary donations are always welcome.

Our next visit to the **Friendly Kitchen** is Friday, 21 July. Friendly Kitchen is one of St. Andrew's longest running outreach projects. The kitchen has one purpose -- to feed the hungry. Everyone is welcome, no questions or qualifications.

Let JoAnn Hicks know if you would like to help.

At our May <u>Western Convocation</u> meeting diocesan staff attended as special guests. Benge Ambrosi gave us an overview of the governance of the diocese and how the budget is structured. He also spoke with us about what the diocese actually is. The diocese is not just the Bishop and his office. We are all here to worship, learn and serve together. Parishes are organized into seven regional convocations to facilitate the flow of information to and from the staff at Diocesan House. Diocesan staff facilitates our working together. Canon Tina Pickering let us know who's who at Diocesan House and how they help us all in our parishes; details about the staff can be found at <u>www.nhepiscopal.org</u>. Kathy Traynor, Communication and Program Administrator, is the first person to call. She can lead you to the people or resources you might need.

Our fall meeting on 25 September is specifically to hear about the resolutions and budget coming before the diocesan convention later in the fall. Delegates and alternates from St. Andrew's who will attend the meeting via Zoom are listed on the last page of this newsletter.

Lay Contemplation: Common Cup

An occasional column where parishioners write about issues that concern them related to church life and/or spiritual and theological matters. Submissions are welcome at any time.

This updated item first appeared in The Network in 2017. "Post-COVID" suggests this to be a good time to revisit the recommendation – one our own Bishop of NH also endorses, recommending use of the common cup over intinction. – Ed.

Now a full-time resident at Hilltop and member of St. Andrew's, I previously spent part of the year resident in Canada. The nearest large city to me then was Kingston, Ontario. Every Sunday the bulletin in the cathedral there contained this notice:

If you are baptized, you are welcome at the Lord's Table. Please cross your arms if you do not wish to drink from the common cup. The Bishops and medical officers of health ask us not to dip wafers (intinction). All are very welcome to come for a blessing.

I know this will seem counter-intuitive to many of you reading this; <u>drinking from the common cup, however, is much more sanitary than having many people dip their fingers close to or into the wine. What's on our lips is cleaner than what's under our nails.</u> Also, if bread is used, rather than wafers, crumbs end up in the wine which is most unattractive.

There is no medical evidence that Episcopalians like me who have drunk from the common cup for more than 75 years have any more illnesses than the general population. And Episcopal clergy who drink the "leftovers" also do not have any more illnesses.

Please think about this. — *Kathleen Hunter*



Foyer Groups Resume





Please add your names to the soon-to-be-released sign-up sheets for foyer groups. Before COVID, we had enjoyed spending an evening each month gathering in someone's home for conversation and a meal together. Six or eight people will be assigned to a group; after an initial gathering in the parish hall this fall, where everyone will learn their group assignments, plans can be made among group members to rotate throughout the following months in each others' homes. The host or hostess may prepare the main dish with others contributing accompanying foods. While COVID will never fully be behind us, your vestry has decided to move ahead with this activity in the spirit of fellowship among 8 and 10 o'clockers, those we know already and those we will enjoy getting to know better. Please sign up and join the fun!

Parish Updates
Memorial Services

20 May

Dick Munn

6 June

Christine Kellett

Interments

20 May

Alexandra Adams

17 June

Craig Bristol

20 June

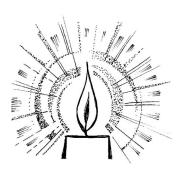
Anne "Susie" Gray

Baptisms

21 May

John Adams

Ariel Lawrence





ALL AGE BEACH CRICKET

Sunday, 30 July 2023 at 2.30 PM Just north of Rye Beach Club. Info: jay@standrewsnl.org Park at St. Andrew's by-the-Sea, 30 Church Road, Rye Beach, NH 03871 SIMPLIFIED RULES. +ROB OPENS THE BATTING.



<u>The Outreach Commission</u> meets in person on the first Thursday of even-numbered months to receive and consider suggestions for our *Last Sunday* offering. We have agreed that our efforts should be focused on humanitarian needs, both domestic and international; and we welcome suggestions from parishioners. At our meetings we discuss potential recipients and decide who among us will do the required research and the writing.

Committee members are Elizabeth Lowell, Jerry Coogan, Jim Mathias, Russ Potter, Tom Rubin, Becky Rylander and Karen Zurheide. Their contact information is in the 2022 St. Andrew's Parish Directory.

Thanks from EHC

I want to thank St Andrew's parishioners and Padre Jay for your wonderful support of the Episcopal Hospital Chaplaincy.

Elizabeth Lowell's membership on our Board has been so positive, and key to our evolution over the past number of years. We can't imagine a more dedicated effort by Elizabeth in expanding our support, both from St Andrew's as well more broadly for this New Hampshire and Vermont diocesan ministry.

Additionally, Anne Hall has jumped in and been the backbone of our various contact lists and all our communication efforts, including most recently the EHC Annual Report (that I hope you will read).

We were rather slipshod in our records before Anne and your Administrator, Shelly Boucher, professionalized our administration, as well as provided very timely, and extra effort so we could meet our various deadlines.

Recently, The Reverend Susan Eibner has capably taken over the Chaplaincy from Father Jim Ransom, and you can be sure she will be at DHMC helping all Episcopalians.

Thank you again for all that you've done. St Andrew's is a wonderful parish that reflects the best aspects of the Episcopal Church.

Thank you,

Paul Glover, EHC Board of Directors

From Our Interns

St. Andrew's Episcopal Church has provided me with an excellent internship opportunity and has greatly contributed to my personal and professional growth. During my stay here, I am fortunate enough to have a variety of rich experiences. These opportunities include outdoor activities such as hiking, sharing meals and barbecues, taking kayaking trips, swimming lessons, and even piano lessons. The list of activities seems endless, but each adds a unique aspect to my internship experience.



Also, what really makes this internship stand out is the amazing community of people I meet and interact with. From the beginning I was warmly received and treated as more than just a member of the church. I felt like a valued member of their extended family. The genuine care and support I continue to receive from everyone I meet is truly amazing.

Of the various jobs and projects I have worked on during my internship so far, conducting oral history interviews was one of the most fulfilling. The opportunity to connect with and learn from people who have had amazing lives has been an incredible source of inspiration for me. All of the people I have interviewed so far have a wealth of knowledge and wisdom, and their unique life experiences have provided valuable insight. Through these interviews, I have not only gained a deeper understanding of the diversity of human experience, but have also broadened my own intellectual horizons. The thought-provoking conversations and perspectives shared in these interviews left a strong impression on me. I can confidently say that not only have I gained inspiration from each interview, but my knowledge has also increased significantly.

In summary, my internship here at St Andrew's has been a transformative experience. The variety of opportunities offered to me all play an important role in my personal and professional growth. I am so grateful for this amazing opportunity and look forward to continuing to learn, contribute and be inspired by the amazing people and experiences this internship has brought and will bring me. — *Shemar Stewart and Jameikah Smith*







The upcoming faith book for the *Faith and Issues* reading and discussion group is *The Word: How we Translate the Bible and Why It Matters* by John Barton.

We will begin discussing it for three weeks via Zoom on Saturday morning, 8 July, at our usual time, 9:00-10:30.

Our format is to alternate reading a <u>faith</u> book followed by an <u>issue</u> book, and always enjoy having new members! If you'd like to join us for this book and/or others, please contact Katrina Wagner for the Zoom link. -- *Katrina Wagner*

Braver Angels While there are no workshops planned at St. Andrew's until after the summer, a lot is going on in the background.

- Jeannie Sperry will represent St. Andrew's at the Braver Angels National Convention being held at Gettysburg, 5-8 July. Among other events, Mark Beckwith will be co-panelist with an evangelical pastor and author, on the topic: *How Can Faith Communities Engage in Bridge-Building?*
- Paul Catsos completed his training as a Moderator and recently signed on as the next Blue cochair of the New Hampshire Braver Angels Alliance. As the NH Alliance conducts its events online, it is a natural partner for St. Andrew's which focuses on in-person workshops and events. The next Alliance event in September will be announced shortly.
- Mark Beckwith has brought together a network of Episcopal parishes that work with Braver Angels. Jeannie, Paul, Peter Ruth and Woody Canaday joined the most recent meeting to share notes and ideas with representatives from St. Matthew's in St Paul, Minnesota and St. George's in Milford, Michigan.
- Jeannie and Paul accepted an invitation to moderate a Braver Politics workshop in Brentwood, New Hampshire at the request of a NH State Representative.
- In the fall, we plan to hold two new workshops at St. Andrew's: Being Blue in a Red Environment, and its complement, Being Red in a Blue Environment. Dates will be announced soon.

We want to make this reconciling work available to more people and are looking for volunteers. If you would like to be involved in some capacity, please reach out to Woody (wcanaday@braverangels.org) or Paul (pcatsos@braverangels.org). BA is also looking for volunteers to train as Organizers, Moderators, Ambassadors, Zoom Event Managers and Debate Leaders.

Other St. Andrew's BA team members not mentioned above include Jennifer Giles and David Balford. — *Woody Canaday*

Our next Messy Church will be Sunday, 6 August, 4-6 PM. Look for the theme to be announced and join us for the activities, a baptism during the worship segment and a shared meal.

You can also see Messy-Church themed activities at the summer fair on 1 July and in the Hospital Day parade on 5 August.

We look forward to new friends and old engaging with us in "church but not as you know it."

St. Andrew's Episcopal Church in New London, NH

P.O. Box 294

52 Gould Road.

New London, NH 03257

The Vestry

Wardens

Treasurer

Karen Zurheide (expires Jan.

Mike Quinn (expires Jan. 2026)

Claire Pace (expires Jan. 2025)

Vestry Members

Term Expires Jan. 2024 Morris Edwards Alice Perry, Clerk

Term Expires Jan. 2026 Fifi Mitchell

Linda Potter

Nonie Reynders Nancy Rollins

Term Expires Jan. 2025

Billy Kelly Russ Potter Russ Register

Parish Office

Office 603-526-6344 603-526-8623

Email office@standrewsnl.org

Rector

The Rev. Jay MacLeod

Director Of Music

William Ögmundson

Dir. of Music for Children and Youth

Nicole Densmore

Verger

Anne Hall

Parish Administrator

Shelly Boucher

Resident Clergy

The Rev. Lucretia Jevne

The Rev. Canon Jim Ransom

Indrew's

The Rev. Dr. Kathleen Rusnak

The Rev. Leslie Smith

The Rev. Charlie Tirrell

The Rev. Dr. Katrina Wagner

Western Convocation Delegates

Term Expires Jan. 2024

JoAnn Hicks Barbara Smith

Susan Schweizer, alternate

Term Expires Jan. 2025

Marni Eaton Alice Perry

Committee Chairpersons Eucharistic Ministers Anne Hall

Altar Guild Judy Ackroyd JoAnn Hicks

Finance & Investments

Mike Quinn

Buildings & Grounds

Harvey Best

Newsletter Alice Perry – Editor

Craft Group Rosie Best

Outreach Becky Rylander

Barbara Smith

Stewardship

TBA