

NETWORK NEWS

ST. ANDREW'S September—October 2023

Jay's Say: Mindful of God

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Encouraged by research that shows its efficacy in reducing stress and anxiety, my sister-in-law has undertaken a two-year training program in Mindfulness Meditation. Kathleen's counseling practice on the Seacoast has prompted me to reflect on Christian mindfulness.

Mindfulness is nonjudgmental awareness of experience as it unfolds, moment by moment. We exercise the "muscle" of our attention in order to focus on the only moment over which we have control — right now.

Jesus says, "I have come that you might have life, and might have it in all its fullness" (John 10.10). Might we embrace God's promise of abundant life by being fully present in each moment? Instead of hoping that something better will come along, can we accept our experience right now as a gift from God?

Jesus consistently encourages us to be attentive to our hearts and minds, to set aside our attachment to ourselves, and to live in the awareness of God's moment-to-moment provision.

In the Christian culture of the West, spending time with God has often meant "devotions" and studying scripture. Mindfulness meditation provides another route that coheres with how healthy relationships work -- simply spending time with God. In everyday life, mindfulness is the practice of praying without ceasing (1 Thessalonians 5.16) — being with God during each moment of our day.

Mindfulness is often regarded as a Buddhist practice, but Christians can use this tool to deepen spiritual maturity and improve mental health. In my experience, mindfulness can open us to God's healing presence.



Parish Birthdays



Kannler, Renate	1
Chappell, Bonnie	2
Woodger, Julie	7
Eaton, Sue	12
Kellett, Cecilia	12
MacLeod, Jay	12
Quinn, Theresa	13
Yenawine, Ellen	14
Sanders, Susie	15
Kellett, Jeremy	15
Frenkiewich, Kylin	18
MacLeod, Asher	21
Asher, Sally	24
Hall, Gene	24
Midgett, Jared	27
Seward, Nathaniel	28
Tarantino, Barbara	30
Wheeler, Judy	30



Rylander, Becky	2
Boucher, Shelly	3
Moses, John	5
Ackroyd, Chuck	6
Boucher, Peter	12
Pankow, Anne	12
Frey, Lea	13
Feyrer, Susan	15
Oates, Judith	16
Jefferson, Jane	18
Frenkiewich, Aldyn	19
Brown, Judith	20
Boucher, Shane	21
Jevne, Monique	21
Carroll, Robert	22
Greenbaum, Sue	27
Goodwin, Patricia	29
Jamieson, Kristyn	29
Machen, Julie	29
Spina, Alexander	30
Edwards, Morris	31

Join the Altar Guild

Our Altar Guild numbers are down a bit and we encourage you to join us in preparing the altar for worship each week. The good news is that we have welcomed a new member this summer. If you have thought about joining us but didn't want to be the newbie, more good news: now you can join and not be the only new member.

With fall approaching and the return to both services at Gould Road, the Altar Guild will be doing additional training for our current new member and some refreshing and updating for our long-time members so now would be a good time to join us. If interested, please contact Becky Rylander or JoAnn Hicks.



CROP HUNGER WALK



St. Andrew's Strollers, New London, NH

ALISON SEWARD, ANDREW SEWARD AND JAY MACLEOD

If we work together, we can end world hunger. That's why we're participating in the 2023 CROP Hunger Walk to support Church World Service (CWS) and help families who are struggling with hunger. Please join us with your steps and your donations. Together we will provide more meals for the growing number of people in our community who need them and create greater food security in communities around the world. This link can be used by both walkers to register and donors who want to make online donations. <https://events.crophungerwalk.org/2023/team/st-andrews-strollers-new-london-nh>! For those walking, we meet at Elkins beach at 1 PM on 8 October. – Alison Seward and Andy Seward



St. Andrew's and Braver Angels –

There are times, when doing errands around town, that I feel a slight tap on my shoulder followed by a neighbor or complete stranger commenting on their positive experience at a St. Andrew's-sponsored Braver Angels presentation. These completely unsolicited yet welcome encounters are typically followed up with the individual inquiring about the next BA workshop to be offered by our Braver Angels team. The good news is that the BA team has scheduled several more Red-Blue workshops in 2023 and is planning additional offerings in 2024. The GREAT news is that the wider New London - Lake Sunapee community is being encouraged to participate and many of our intertown neighbors have joined us in one or more recent sessions with positive outcome.

This is truly God's work that the St. Andrew's BA team is about. I think of several Bible passages that speak in support of this assertion:

Get along with each other, and forgive each other. If someone does wrong to you, forgive that person because the Lord forgave you. -- Colossians 3:13

But I say to you, love your enemies. Pray for those who hurt you. -- Matthew 5:44

Do not do wrong to repay a wrong, and do not insult to repay an insult. But repay with a blessing, because you yourselves were called to do this so that you might receive a blessing. The Scripture says, "A person must do these things to enjoy life and have many happy days. He must not say evil things, and he must not tell lies; . . ." -- 1 Peter 3:9-10

Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. Be kind and loving to each other, and forgive each other just as God forgave you in Christ. -- Ephesians 4:31-32

It is no accident that these ancient writings from the Bible speak authoritatively to today's social strife. People have always sinned and sought means to atonement. Life in Christ is the way that many of us find forgiveness and peace of mind. Showing patience and love toward our neighbors and toward those with whom we do not share a common view is essential to living Christ's greatest command – "Love one another." Learning the skills to hear opposing views with love and compassion, with understanding and charity, is fundamental to accepting each other as the flawed sinners we all are.

The St. Andrew's Braver Angels team welcomes one and all to participate in upcoming sessions planned for this September and October (below) and beyond. Please plan to attend with a friend, neighbor or family member of similar or divergent political views to share in Christ's Good News of love toward one another. -- *David Balford*

If you live, work or worship amongst people who regard your political views as ignorant, misguided or immoral and wish to better communicate your values and beliefs, then help is here!

Our **Braver Angels** team offers two upcoming Sunday workshops:

"Being **Blue** in a **Red** Environment" on **17 September** from 11:45 - 2:30

and "Being **Red** in a **Blue** Environment" on **1 October** from 11:30 - 2:15.

Both workshops will take place at St. Andrew's with a light lunch served.

***Last Sunday* Looks Ahead — 24 September Handmaids Catholic Clinic and Maternity**

Our September Last Sunday Outreach Offering supports the Handmaids Catholic Clinic and Maternity located in Pendembu, Sierra Leone in West Africa. Pendembu is in a remote area far inland from the Atlantic Coast and near the border with Liberia. When St. Andrew's parishioner Dr. Tom Adamski travels to help at the clinic, it takes him three full days to get there. Tom first visited the clinic when he was training medical students at West Virginia University. Over the past decade, Tom has returned to the clinic at least annually (except during Covid and the African Ebola outbreak). He typically goes in January and stays for 4-6 weeks, serving as the only doctor the clinic knows. Tom also provides pharmaceuticals, medical supplies, and desperately needed personal financial backing.



The clinic was established in 1979 by the Handmaids of Jesus order of nuns. You may recall that Sister Anthonia from the clinic addressed the congregation at a 10 a.m. service in July. The clinic offers 24/7 service (even though there are only two care providers). It provides vital immunizations for children under five. The clinic treats and supports pregnant mothers, who typically are badly malnourished. The clinic also helps the community battle malaria by providing medications for treatment and supportive inpatient care.

The clinic requires \$23,000 per year to operate, which includes salaries. This money comes from the small fees charged to patients and from donations. Patients struggle to pay the fees. The clinic also badly needs additional funds for improvements to its equipment, such as a surgical suite, incubators, oxygen, IV equipment, sterilizers, and patient monitors. Please consider supporting this worthy cause through our Outreach and helping Tom further his personal mission with the people of Pendembu. — *Jim Mathias*

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.

Thanks

Last Sunday Looks Ahead — 29 October El Hogar

The recipient of our Last Sunday donations in October will once again be El Hogar, the school in Honduras that is so much more than a school. El Hogar provides a loving and supportive home for children living in the poorest conditions and a second family for those day students who can live at home. These children are given hope for a better future and confidence to become future leaders of Honduras.

Since we reported on El Hogar last October, 12th graders celebrated their graduation (November) and a new school year began (February). With a spotlight on health, the public health department was invited to join in a health fair at the school at the beginning of the school year. A public health microbiologist had spent his elementary school years at El Hogar and was pleased to be able to give back to the school that had done so much for him. The children were given physical exams, they learned about nutrition, and received needed medications. This is one of the partnerships that El Hogar finds vital to its efforts to care for the whole child.

El Hogar has its own dental suite that was donated by an American dentist and is staffed by a visionary Honduran dentist. Doctora Nora provides dental care to students and their families. This year, she established a dental assistant course — a first in Honduras — and looks forward to partnering with local dentists to improve dental care in Honduras and to providing the 12th grade girls with a chance to sample an occupation in the health field.

El Hogar was founded in 1979 as a mission of the Episcopal church with just a few orphan boys who had been living on the streets. After providing elementary education for many years, it has grown into a full 1st through 12th grade school with more than 200 students on two campuses. In the three years since 12th grade was added, 28 students have graduated and 20 of those are either working or pursuing higher education. Ten more will graduate this fall.

El Hogar is on a continuous quest to improve and expand its service to the well-being of Honduran children. Last year, the school raised funds to provide a more home-like atmosphere for the elementary age students who live at the school while also supporting the family relationships of those living at home. This year, a priority will be to purchase new furniture for the living spaces of the high school students, most of whom live on campus at the Instituto Tecnico Santa Maria (the high school). By giving generously in October, we may be able to help the school finish that project.

If you'd like to learn more, please see elhogar.org.



Planned Giving and the Legacy Society

We have been urging each of you who may not yet have a will to seriously consider creating one. You should begin by consulting an attorney. He or she will guide you through the process. For most of us, it will be a relatively simple document and need not require significant costs. Your family will be relieved of a major responsibility, and your afterlife wishes will be carried out. We hope that you will consider a legacy gift to St. Andrew's as part of your thinking.

Thanks, *George Jamieson, Planned Giving Committee chair*

Wardens' Words

September of 2023 is a special time in the life of St. Andrew's! We celebrate that our rector, the Reverend Jay MacLeod, has been with us for ten years after spending many years serving the Anglican church in England. Our time with Jay has been filled with rich experiences that enlivened and fostered faith development; broadened outreach to those in need; connected us with other groups and organizations in our community, nation, and the world; and provided ways for us to live out our Christian identity as individuals and as a community.

We want to thank Jay heartily for his ministry at St. Andrew's during the last ten years. In recognition of Jay's ministry to St. Andrew's, we would like to review **some** of the many contributions that Jay has made to our faith community.

- ◆ Jay is committed to providing us with meaningful liturgical experiences. There have been services suitable for all ages and a unique service on top of Mount Sunapee during the winter. Messy Church—with its goal of including children and a wider community population—has made for some exciting gatherings in the parish hall and the sanctuary. Prayer services are a regular part of our church calendar, and this has included midday prayer, time for meditation, a weekly healing service, and on occasion a Taizé/compline service.
- ◆ During the last ten years there have been several pilgrimages that have enriched the lives of all who participated. Pilgrims have traveled, prayed, and learned in many places including Iona in Scotland, the Holy sites of Israel/Palestine/Jordan, and to Navajoland here in the United States.
- ◆ Through the focus of our Outreach Commission, searching for appropriate recipients, St. Andrew's has provided an admirable service to those in need locally, nationally, and internationally.
- ◆ Jay developed lay ministers to serve our faith community including Eucharistic Visitors who share in his ministry to those who are homebound, ill, or dying.
- ◆ As always, Jay is committed to faith development and has either taught classes or arranged experts as speakers. These classes broadened knowledge and understanding of our faith.
- ◆ Jay has been committed to the wider Episcopal Church, serving on committees, and acting as a mentor to individuals either working towards ordination or who are new to ministry. In a highly successful development, we enjoyed a warm partnership with two interns from Voorhees University this summer.
- ◆ Programs such as Dodge, Drum and Sing, and two summer camps for children were

(continued on next page)

Wardens' Words, continued

initiated under Jay's leadership. Jay introduced us to Phillips Brooks and we have hosted children from Boston for several years.

- ♦ Fostering relationship, and building and creating a joy-filled community has been an important part of Jay's ministry at St. Andrew's. This has included the Men's Breakfast, luncheons for parishioners over the age of 80, weekly cookouts during the summer months, participation in the Hospital Day Parade, leading a cricket game for all in the diocese (*below*), and his own fun participation in the summer fair where he allows himself to be dunked continuously (*right*)!



Jay has been a good and faithful servant at St. Andrew's. The list above is not complete but provides examples of the commitment Jay has demonstrated to our faith community. **Please join us in a celebration on 8 October.** Further details will be provided as plans are made. Your ideas/input in making those plans is greatly appreciated.

We are grateful that he said "YES" ten years ago and came home!

The authority by which the Christian leader leads is not power but love, not force but example, not coercion but reasoned persuasion. Leaders have power, but power is safe only in the hands of those who humble themselves to serve. -- John Stott

— Claire Pace and Karen Zurheide



Jay invited New Hampshire Episcopalians and friends for a robust all-age game of beach cricket at Rye Beach in late July. Bishop Rob opened the batting (*right*), and a grand time was had by all! You can pick out St. Andrew's folk Jen and Charlie Giles along with Sal and Jay, and our interns Jameikah and Shemar, in the photo above.



Calendar of Events

September:

- 3** (Sunday) - Final summer service for 2023 at Old Saint Andrew's, 8 AM
12 (Tuesday) - Craft Group resumes, 9:30 AM
17 (Sunday) - Braver Angels, 11:45 AM (*see p. 3*)
22 (Friday) - Friendly Kitchen (*see below*)
24 (Sunday) - Last Sunday, to benefit Handmaids Catholic Clinic and Maternity (*see p. 4*)

October:

- 1** (Sunday) - Braver Angels, 11:45 AM (*see p. 3*); Messy Church, 4 PM (*see p. 10*)
7 (Saturday) - Blessing of the Animals, 10 AM, Town Green
8 (Sunday) - Anniversary celebration (*see p. 7*); CROP Walk, 1 PM, Elkins Beach (*see p. 2*)
26 (Sunday) - Last Sunday to benefit El Hogar (*see p. 5*)

Monday to Friday 12 Noon Midday Prayer (Healing Eucharist **Thursday**)

Mondays 6 PM Meditation

Tuesdays 9:30 AM Craft Group (resumes 12 September)

Thursdays 7 PM, Choir Rehearsal (in choir room downstairs)

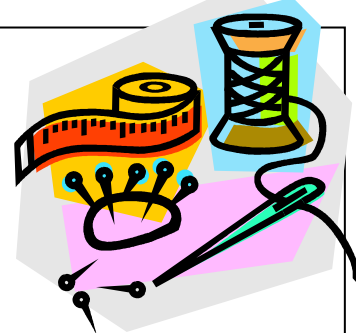
Sidra Ezrahi and Bernie Avishai offer **"A Report from Israel"** at **2 PM on Sunday, 1 October** at the Newbury Veterans Hall, 944 Rte. 103 - a fitting follow-up to Jared's talk (*p. 11*) if you can attend.



Did you know that there is a newsletter from the diocesan office with stories from throughout the Episcopal Church of New Hampshire? It comes out once a month and is called The Vine. If you are not already receiving a monthly email, you can subscribe to **The Vine** with this link:

<https://episcopalchurchofnewhampshire.formstack.com/forms/thevinesubscribe>

After a successful summer fair and time off for other summer activities, the **Craft Group** will meet weekly on Tuesdays from 9:30 to 11:30 AM in the parish hall, beginning 12 September. We welcome crafters of all types – knitters and crocheters, painters and colorers, stitchers and the like, and also invite new ideas for craft projects. Join us as we prepare items for sale at the St. Nicholas Fair in December, join our conversations and enjoy some culinary treats with us as well.



Help Re-Stock the KLS Community Food Pantry September: Canned Fruit

October: Large Juice, especially low sugar and 100% juice



Paper towels, toilet paper, coffee (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, 22 September. Friendly Kitchen is one of St. Andrew's longest running outreach projects. The kitchen has one purpose -- to feed the hungry. Let JoAnn Hicks know if you would like to help. With lots of help last time, she says, it was an easy task.



Parish Updates**Baptism***6 August****Sloane Estilow*****Holy Matrimony***26 August****Emma Tilley and David Mauer*****Memorial Services***22 July****Dick Willoughby****23 July****Natalie Davis****24 July****Marcella Cleveland****29 July****Steve Winter****12 August****John Chiarella****13 August****John Morse****19 August****Linn Harwell*****Interments***9 July****Bill Berger****29 July****George Green****12 August****Marjorie Deacon****19 August****Howard Harwell******Linn Harwell***

The Outreach Commission 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.

United Thank Offering

The UTO Staff Officer admitted in her last report that she doesn't place change in her Blue Box. Instead she places slips of paper on which she has recorded items for which she is grateful. The Blue Box is a physical sign and a reminder to be grateful. Whether you have used a Blue Box or not, you must have many things for which you are grateful. With the diocesan convention around the corner, won't you write a check to St. Andrew's with UTO in the memo? St. Andrew's will send one check for the UTO ingathering at the convention in November. Our gifts will be used throughout the world. – *Anne Hall*



FOYER GROUPS KICK-OFF

This year's initial gathering of those 47 people who signed up to be part of a Foyer Group is set for 16 September at 6 PM in the parish hall. Assignments to groups of six, seven and eight have been made – seven groups in all – and participants will learn their assigned grouping at the gathering. We will host a potluck so that regardless of dietary choices or needs each person or couple can be sure that at least one item amongst the array will be pleasing! Wine and non-alcoholic beverages will be provided. Please bring your calendars along to the kickoff in order to plan that first meal for your smaller group. It is hoped that everyone who signed up can attend on 16 September, but if a participant is unable to attend, others in their intimate group will have contact information in order to reach out to arrange – compatible with everyone's calendar -- the first meal in someone's home. Be on the look-out for an email from the church office early in September if you are one of the 47 to have signed up.

The *Faith and Issues* reading and discussion group will soon begin our next "Issue" book, *Rough Sleepers - Dr. Jim O'Connell's Urgent Mission to Bring Healing to Homeless People* by Tracy Kidder. We will read and discuss on 9 September parts I-IV; on 16 September parts V-VI; and on 23 September, parts VII-VIII.

Our next "Faith" book, *Leaving Alexandria - A Memoir of Faith and Doubt* by Richard Holloway, will follow beginning 30 September with Prologue and Part I; on 7 October we read and discuss Part II; with Part III on 14 October and Part IV and Epilogue on 21 October.

Please feel free to join us when we meet via Zoom on Saturday mornings from 9:00-10:30. Come for one book or for all! For more information please contact Katrina Wagner through the church office.

-- Katrina Wagner



Messy Church had an action-packed summer and is ready to build off the momentum for the upcoming school year.

In June we hosted our "Building on Rock and Sand"-themed Messy Church, where participants of all ages compared the foundations we build our houses on to the foundation that Jesus sets for us in our life. Some highlights were

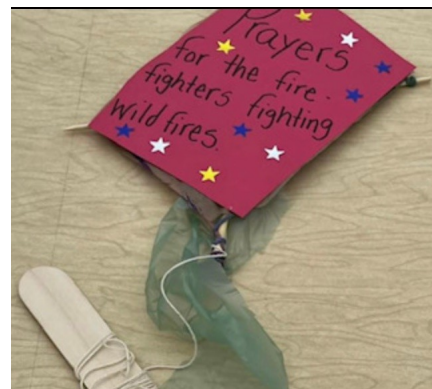
a storm surge activity that had attendees building their own flood protection and painting houses on rocks a favorite by all!

In July we were at the Summer Fair and sent prayers up to heaven by making our own prayer kites (*right*).

August was our busiest month to date and featured our float in the



Hospital Day Parade. Syd and his lost sheep were a huge hit, on the float and in storybook form (500 were passed out)! Thanks to all who helped to make a "Most Creative" award-winning float for Hospital Day!



Syd the Sheep
Lost, Loved & Found



Most importantly we had our first Messy Baptism in August of Sloane Estilow, granddaughter of Jack and Susan Feyrer. A highlight along with the food and baptism was water balloon parachutes! Another water- and baptism-related activity was to discover how many drops of water fit on a penny (*pictured here with intern Jameikah looking on*). We hope the Feyrers and Estilows had a memorable time and

we send a huge welcome and congratulations to Sloane, attached to Jesus like those water molecules are attached to the penny.

We now pause and skip September, building towards our Harvest Celebration on 1 October. We are always looking for volunteers and for folks to spread the word about Messy Church! – Zach Gobeil

Reflection and Conversation on Holy Land Travels



WILL YOU HELP?

Verger Anne Hall is looking for help and would like to add your name to one or both rosters. Full training is provided. Won't you consider serving St. Andrew's as an acolyte and/or usher? Please contact Anne to volunteer or if you have any questions.

Acolytes Needed – with six young people away at college, the number of those serving at the 10 AM service has diminished. And the 8 AM service has just three serving. There is no age limit for serving as an altar assistant. **Ushers Needed** – Help is needed at both services. Ushering at services is a great way to serve.

Jared Goldfarb, Israeli educator who has conducted two pilgrimages for St. Andrew's in recent years, visited on 27 August and delivered reflections on the morning's readings during our 8 and 10 AM worship services. Following the second service, Jared spoke on "Holy Land Travels: What Christians Might Miss." More than 30 parishioners and community members attended to listen, ask questions and enjoy a Middle Eastern brunch.

See calendar note, p. 8, A Report from Israel.

St. Andrew's Episcopal Church in New London, NH**P.O. Box 294****52 Gould Road,****New London, NH 03257****The Vestry****Wardens****Karen Zurheide** (expires Jan. 2024)**Claire Pace** (expires Jan. 2025)**Treasurer****Mike Quinn** (expires Jan. 2026)**Vestry Members***Term Expires Jan. 2024***Morris Edwards****Alice Perry, Clerk****Linda Potter***Term Expires Jan. 2026***Fifi Mitchell****Nonie Reynders****Nancy Rollins***Term Expires Jan. 2025***Billy Kelly****Russ Potter****Russ Register****Parish Office****Office 603-526-6344****Fax 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****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, alter-**
nate*Term Expires Jan. 2025***Marni Eaton****Alice Perry****Committee Chairpersons****Altar Guild****JoAnn Hicks****Becky Rylander****Buildings & Grounds****Harvey Best****Craft Group****Rosie Best****Barbara Smith****Eucharistic Ministers****Anne Hall****Finance & Investments****Mike Quinn****Newsletter****Alice Perry – Editor****Outreach****Becky Rylander****Stewardship****TBA**