

The Vessel

A Publication of St. Mary Magdalene Episcopal Church
"A Community Celebrating and Sharing God's Love"
November 2009

St. Mary Magdalene
Episcopal Church
4775 Cambridge Street
Boulder, CO 80301

Rector

The Rev. Mike Houlik

Assisting Priest

The Rev. Mary Hardy

Deacon

The Rev. Rhoads Hollowell

Children's Ministers

Barb Houlik

Tammi Bailey

Youth Minister

Don Martinson

Administrative Assistant

Kim Freymiller

Worship Schedule

Saturday

5:00 pm Eucharist Service

Sunday

8:15 am Eucharist Service

10:00 Eucharist Service

www.stmarymagdalene.org

Office Phone: 303-530-1421

Fax: 303-530-7596

Office Email:

office@stmarymagdalene.org

Office Hours

Monday - Friday

10:00 am - 3:00 pm

From the Rector

I realize that Halloween is just past and that Thanksgiving is a few weeks away; and I realize I run the risk of sounding like a Madison Avenue advertising agency. Nevertheless, I still think it's a good idea to get our Christmas shopping done before the first Sunday of Advent. This year that is November 29. Why should one get one's shopping done early? Well, besides avoiding crowds, traffic and being less frantic, one can be a bit more deliberate and actually plan. For example, you might:

1. Give alternative gifts for family and friends. Most of us have everything we need. This year the Boulder Episcopal Parishes are joining forces to help support St Benedict Health and Healing Ministry among the indigent in our community. Your gift could provide a blood pressure screening, wound care, or a physical therapy or physician visit to someone who otherwise wouldn't receive it.

2. Set a realistic Christmas budget and stick to it. And perhaps rather than buying stuff (which might soon be forgotten) think about giving experiences:

A day at the zoo or the symphony, or piano or guitar lessons or something that will be ongoing or relational. Or give a hockey, baseball, or sports event.

3. Pace yourself during the holidays. Watch the usual tendency to over schedule, overeat, or overdrink.

4. Acknowledge feelings of grief and loss when they are experienced. Holidays are inevitable reminders of personal loss, they just are. Build in some time to take care of yourself and get enough rest, exercise, and nutrition. Take a walk, swim, jog, go to the spa, whatever. Be with people you care about and who care for you.

5. Nurture your relationship with God. Pick up a good book (you might ask friends or the clergy); be more consistent with your prayers or quiet time. Attend the lessons and carols on December 19 at 5:00. Reach out to someone who's alone or who is struggling.

6. If previous Christmas traditions aren't working for you, create a new Christmas tradition. Go caroling, or alter your usual pattern (if you usually host, consider not doing so), get together with different people, or take a trip--go somewhere new or unusual, have the courage to try something different.

7. If previous Christmas traditions are precious to you, work hard to see that they happen.

Waiting until the last minute usually minimizes your options and raises the anxiety level. Consider making Advent a time of reaching out to God, others, and of taking care of oneself.

God Bless and have a Holy Advent and Christmas,
Mike

Cambridge Cakes are coming!

These delicious fruit and nut cakes are made using dates, golden raisins, dried apricots, candied cherries, walnuts, and pecans. A light cake batter is used to hold it all together, so it is not your "usual" fruit cake. Cakes will be available for pre-order starting October 25th. Sign-up at the kiosk or e-mail Arlee at dandakachensky@comcast.net. Direct sales will start November 7th. Cost is the same as last year with 1 to 2 cakes for \$8.00 each and 3 or more cakes for \$7.00 each. Remember - the cakes freeze well, so order enough for holiday gifts and for you to enjoy the whole year! The profits made support our outreach programs.

Community Garden



In October, the Outreach Committee approved funds to be used for a Community Garden. The harvested produce from this garden will be donated to The Community Food Share and the

OUR Center. On November 7th, beginning at 8:30 a. m., a workday is scheduled.

Anyone interested in committing their time and labor to shoveling, raking, applying weed barriers and bordering the garden with rocks is asked to come with gloves in hand.

Stump the Staff

November 15th

Sunday November 15 is our next Stump the Staff opportunity. Mary and I will be fielding questions from the congregation as well as some that you have submitted beforehand. If there is a vexing theological question or something you're curious about or a biblical conundrum, please let us know and we will give it our best shot.

Please join

The Wise Ones

(St. Mary Magdalene's Senior Group)

for a Pot-Luck Luncheon and Conversation on

Thursday, November 19, 2009 at noon

Please plan to bring a dish to share.

**Please R.S.V.P. to the church office,
303-530-1421 or office@stmarymagdalene.org**

Flu Season

It's flu season, and although the number of cases is small and the risk of infection from a statistical point of view remains minimal, some of you may have concerns or questions regarding our practices during the eucharist--specifically the common cup and the exchange of the peace.

The Peace:

At our August parish meeting Juanita Redfield mentioned that it's a better practice to hug during the exchange of the peace than to shake hands. It seems that hugging is less likely to transfer germs than shaking hands. Of course, you need not shake hands or hug others during the peace if you're uncomfortable with either of these options. We also have bottles of hand sanitizer available on the coffee hour table and in the kitchen if you shake hands with others.

The Common Cup:

You can receive just the bread and forego receiving the wine.

It's a safer practice for the community to drink from the chalice than to intinct (ie., dip your bread in the wine). This is because any germs on your hand might spread to the chalice if your hand comes in contact with the wine. (the other alternative with respect to intinction is for the chalice minister to take your bread, dip it in the wine & place it on your tongue--this would be a more practical option if we used wafers rather than a loaf of bread)

If you're not feeling well, it makes sense not to attend church that Sunday. We will continue to monitor the situation and number of cases in the area, and we will pass along any further information or changes in our liturgy.

Music Night

Friday, November 6 at 7:00 pm
at the home of Tom and Laurel Fanning
7637 Aberdeen Way
Bring a snack and beverage to share

Godly Play

Session 1 of Godly Play has just ended and Session 2 has just begun. A heartfelt thank you goes out to the people who volunteered their time for Session 1; Mary Kay Cicio, Martha Howland, Lynn and Ali Mulcare, Nancy and Mark Lillie, Wanda Pearson, Sheila Martinson, Niles Oien, and Margot Dolan.

Our volunteer sheet for Session 2 is full!! We do have quiet a few slots open for Sessions 3 & 4. Please consider helping after the 1st of the year.

The snow did not deter our brave pumpkin harvesters! The pumpkin harvest was plentiful and the harvesters were many. Please take a minute and look at the pictures of the harvest on the bulletin board by Fr. Mike's office.

The days are getting shorter and the great, green, growing Sundays of Pentecost are quickly coming to an end. Advent is fast approaching. Again this year Advent calendars will be available for every child in the parish. Please watch the bulletin to announce their arrival.

Christmas celebrates the Light coming into the world. Again this year we will start out the season of Advent with our annual "Walk the Labyrinth/Candle Making" event for the children of the parish. Advent is a time to "get ready to come close to the Mystery of Christmas." Walking the labyrinth is a wonderful way to begin to get ready. Candle making is a way to remind us we are getting ready to welcome the Light of the World into our lives. This event will be Wednesday evening, December 2 from 6:30 – 8:00. Look for the sign up sheet at the kiosk.

Yours in God and play,

Tammi and Barb <><

November Birthdays

& Anniversaries

- 1 Margaret McKee Cooper
- 2 Liam McKee
- 6 Ann Hyde
- 7 Gay Waterbury
- 8 Mark Beaty, Maeve Harrington
- 11 Carol L'Orange, Ian Metzger
- 14 Annelise Niebauer, Brian Dietzen
- 16 Nancy Driscoll
- 17 Cheryl Andrews
- 18 Cate Thornbury
- 21 Christine Kachensky, David Petroy
- 22 Wanda Pearson, Erika Petroy
- 23 Zachary Chandler, Barb Beaton
- 24 Noah Kendall
- 25 Matthew Beaton, Kip White
- 27 Kyle McNamara
- 29 Karen Dauer, Sam Burgess, Linda White

- 15 Nancy and Jim Lillie

If we missed your birthday or anniversary please call the church office and we will add your name to the calendar.

Highlights from the Diocesan Convention, Pueblo, Oct 2-3

Last month four of us were privileged, with Fr. Mike and Rhoads, to represent St Mary's at the Diocesan Convention. We shared with Episcopalians from across the state in two days of worship and workshops, food and fellowship, based around the theme of the diocese's motto: "Proclamation, Discipleship, Servanthood". Here are some of our reflections.

What the Bishop Said

Rather than delivering the customary Bishop's address at this year's convention, Bishop Rob O'Neill offered a series of teachings and reflections on Philippians 2:1-11. He did this in the hope that this year's convention would be a time for being "formed as the body of Christ and equipped for the mission that is ours to share." He chose the above text because it is an iconic passage that offers a glimpse into the very heart of God and provides some significant insights into our own identity and into the nature of our community. Speaking of our basic human desire to belong he touched on Paul's exhortation that we allow ourselves to be what God intends us to be - to be of one mind with Him, to be continually restored to that oneness within community and to actively empty ourselves in love to others. I (Janet) was particularly struck by one statement he made: "We live in a world in which people spend billions of dollars to train terrorists. We should spare no expense in making saints."

With that, we dived into the Training Workshops.....

Godly Play: The storytelling language used in Godly Play provides images that can become part of children's personal faith language, and a way to interpret the world around them. Storytellers were encouraged to prepare by sinking deeply into the stories, for it is when they mean the most to us that we can best offer them to others in wonder, allowing them to hear what God has for them.

Creation Spirituality: Contemplating nature - in the great outdoors or in a tiny detail in one's immediate environment - can be a way of experiencing the Presence of God. "Earth is crammed with heaven. / Every bush is aflame with the fire of God, / but only those who see / take off their shoes. / The rest just pick the berries." (Elizabeth Barrett Browning). Rev. Barbara Dumke (Colorado Springs) shared that anyone can 'see'. The key is to be fully present, and available to receive whatever gift God has for us in that moment.

Walking and Talking the Good News: What new perspectives could help each of us invite others into deeper fellowship with God? For Episcopalians, evangelization comes most naturally in listening to others and sharing what we find valuable or joyful. Canon Lou Blanchard (Breckenridge) pointed out that 'if we have had an encounter with Jesus, we have something to share!' She told how churches in resort communities are deciding that high-season services - especially Easter and Christmas - are less 'about' regular churchgoers than they are about welcoming guests and newcomers. Because that is when newcomers are ready to 'come and see'.

Contemplative Compassion: The Rev. Sarah Berlin spoke about the importance and challenges of "creating an intentional culture of caring" within the Church. Specifically, how can we live into the responsibility to meet those in need with respect and acceptance, while simultaneously offering the possibility of transformation that is the birthright of all Christians. If you are interested in this subject her new book, "Contemplative Compassion" is a wonderful resource.

Lay Licensed Ministries: The Commission on Ministry has developed a program to prepare lay people to "take their place in the life, worship, and governance of the Church," (The Book of Common Prayer, p.855). After an extensive period of evaluation and further consultation with parishes, there is now revised and reinvigorated training program designed to make licensed ministries such as Eucharistic Minister (Chalice Bearer), Eucharistic Visitor, Catechist, and others, more clearly defined and accessible. To learn more about these opportunities to serve, please visit: http://www.coloradodiocese.org/04_ministrysupport/licensed_ministry.html

New Diocesan Camp and Conference Center Announced

Bishop O'Neill shared with us the exciting news that the diocese is about to buy a camp and conference center near Woodland Park, CO. His vision is for this site to become a sanctuary for individual rest and revelation from God, but also a 'home' for our diocese - a 'cathedral in the mountains'. We were treated to a slide show illustrating the beauty and wilderness feel of the site, which contains both outdoor camp elements, and modern - and winterized - conference facilities, all surrounded by National Forest but within easy traveling distance for most Colorado Episcopalians. This purchase is the result of a lot of hard work at the diocesan level, and the fulfillment of one of the Bishop's big goals for the diocese. The previous owners, the United Methodist Church, are delighted that the site will continue to host and inspire new generations of Christians. Work projects to build new cabins and upgrade some buildings are already being planned - as is the fundraising to make this possible. The funds to actually buy the property, however, are expected to be raised by selling some real estate that the diocese no longer needs. And starting in 2011, we will have a new conference, camp, and retreat center for both large and small groups of adults, families, children and youth, and a mountain home to which we can welcome guests from all corners of the church and beyond, to share the beauty of Colorado and the love of God.

Advent/Christmas

Alternative Giving Campaign

Boulder Valley Episcopal Churches

St. Benedict

Health and Healing Ministry

Tired of trying to find a Christmas gift for that relative or friend who has everything they need? The Boulder Valley Episcopal Churches would like to encourage you to consider giving an alternative gift this year. This advent season we are highlighting one of our local ministries:

St Benedict Health and Healing Ministry (SBHHM) is a Diocesan Institution of the Episcopal Diocese of Colorado, a Colorado non-profit agency, and a Jubilee ministry of the Episcopal Church, focusing on peace, justice, and specifically health care.

SBHHM provides basic health care services at no cost to those who are uninsured or underinsured in Boulder County through outreach clinics. SBHHM strives to connect people to a local medical home, encourage proactive health care via education and advocacy, and promote holistic healing by integrating body, mind, and spirit.

Please pick up a brochure that tells you more about this ministry and how you can donate. If you have any questions please contact Kim in the church office or call Sally Bowersox at 303-380-3132.

"Life in and out of the Alley"

A Community Education Event on Homeless

Wednesday, November 18

6 – 8 pm

**Longmont Senior Center
910 Longs Peak Avenue**

KGUD's George Baskos will interview the guest speakers who are homeless or formerly homeless. Guest speakers will tell their story, describe people and agencies that have helped them, and what they would like the community to understand about being homeless.

Presentation of the Homeless Plan: Working Together to Find and End to Homelessness in Longmont

There will be a time to discuss what you have heard and answer any questions you may have.

A light dinner will be served.

Visit www.lhotonline.org
or call 303-651-8736
for more information

Mary's Hope Workshops

Spiritual Healing

for Child Abuse Survivors

St. Mary Magdalene Episcopal Church
4775 Cambridge, Boulder, CO 80301

Spiritual Healing and Recovery **Introductory Workshop**

Friday, November 13th, 2009
8:45 - 5:00 PM

An intensive full day workshop that will offer an in-depth exploration of the spiritual effects of abuse, spiritual development of the child, and an expanded view of the healing journey – with practicum. Includes materials and lunch.

Journey into healing: A Silent Retreat

Saturday, November 14th, 2009
8:45 - 3:30 PM

An intensely personal time with God for survivors and caregivers to explore and analyze feelings about how abuse has affected a survivor's spiritual life. Whether you are a survivor, or someone who helps survivors, this retreat will touch you at a deep and personal level. There is no group processing or discussion. Includes lunch.

Fees: Single program \$50
Both programs: \$85.00

Special Rate thanks to the generous underwriting
by

The Virginia Ervin Fund, Denver
Limited Partial Scholarships Available

Class size is limited;

To Register Call: Katherine Ann 303-997-6332

or email kawebster@comcast.net.

For more information about Mary's Hope Workshops,
visit, www.maryshope.org.

Eldora

Special Recreation Program

Eldora Special Recreation Program is looking for volunteers to help with snow sport instruction. This includes Alpine, Snowboard, Nordic, and Snowshoe.

You will learn about adaptive equipment and teaching techniques.

Benefits include free skiing at Eldora, rental discounts, continuing education, and skill improvement clinics.

The program serves many groups, including the Colorado School for the Blind.

The emphasis for the program is Safety, Fun, and Learning.

If you are interested in helping out, check out the web site: www.esrp.com

Feel free to contact Jeff Doktor for more information and about the training dates in November.

Phone: 303-545-6829

Email: jdoktor@comcast.net

Blood Drive

Sunday, November 8

Our annual blood drive will be held Sunday, November 8th. The mobile donation bus will be available at SMM all that morning for your convenience. Contact Bonfils Blood Center at 303.363.2300 today to arrange the appointment time that works best for you. Alternatively, you can make your appointment online at www.bonfils.org. Click on 'Make an Appointment'; click on 'Find a Donation Location'; search zip 80301 on 11/8/2008; click on SMM; and follow the directions to select your appointment time.

The St. Mary Magdalene Book Club has selected two books for your reading pleasure!

Our next book is *That Old Cape Magic* by Richard Russo. We will meet at Janet and Bob Poley's home on Friday, Nov. 6 at 7pm, 6033 Jay Road, Boulder, 80301. Please RSVP to 303-530-9504.

Our second book is Dan Brown's *The Lost Symbol*. We will meet at Marge and Ed Szoke's home on Friday, Jan 8 at 7pm, 610 Country Lane, Boulder, 80301. RSVP to (303) 494-9150.

Here's what *That Old Cape Magic* cover flap says:

Richard Russo gives us the story of a marriage, and of all the other ties that bind, from parents and in-laws to children and the promises of youth.

Griffin has been tooling around for nearly a year with his father's ashes in the trunk, but his mother is very much alive and not shy about calling on his cell. She does so as he drives down to Cape Cod, where he and his wife, Joy, will celebrate the marriage of their daughter Laura's best friend. For Griffin this is akin to driving into the past, because he took his childhood summer vacations here, his parents' respite from the hated Midwest. And the Cape is where he and Joy honeymooned, in the course of which they drafted the Great Truro Accord, a plan for their lives together that's now thirty years old and has largely come true. He'd left screenwriting and LA behind for the sort of New England college his snobby academic parents had always aspired to in vain; they'd moved into an old house full of character; and they'd started a family. Check, check and check.

But be careful what you pray for, especially if you manage to achieve it. By the end of this perfectly lovely weekend, the past has so thoroughly swamped the present that the future suddenly hangs in the balance. And when, a year later, a far more important wedding takes place, their beloved Laura's, on the coast of Maine, Griffins' chauffeuring two urns of ashes as he contends once more with Joy and her large, unruly family, and both he and she have brought dates along. How in the world could this have happened?

That Old Cape Magic is a novel of deep introspection and every family feeling imaginable, with a middle-aged man confronting his parents and their failed marriage, his own troubled one, his daughter's new life and, finally, what it was he thought he wanted and what in fact he has. The storytelling is flawless throughout, moments of great comedy and even hilarity alternating with others of rueful understanding and heart-stopping sadness, and its ending is at once surprising, uplifting and unlike anything this Pulitzer Prize winner has ever written.

Here is an Amazon review of *The Lost Symbol*:

Is *The Lost Symbol* as good as [The Da Vinci Code](#)? Yes! Dan Brown has mastered the art of blending nail-biting suspense with random arcana (from pop science to religion), and *The Lost Symbol* is an enthralling mix. And what a dazzling accomplishment that is, considering that rabid fans and skeptics alike are scrutinizing every word. "*The Lost Symbol* begins with an ancient ritual, a shadowy enclave, and of course, a secret. Readers know they are in Dan Brown territory when, by the end of the first chapter, a secret within a secret is revealed. To tell too much would ruin the fun of reading this delicious thriller, so you will find no spoilers here. As with many series featuring a recurring character, there is a bit of a formula at work (one that fans will love). Again, brilliant Harvard professor Robert Langdon finds himself in a predicament that requires his vast knowledge of symbology and superior problem-solving skills to save the day. The setting, unlike other Robert Langdon novels, is stateside, and in Brown's hands Washington D.C. is as fascinating as Paris or Vatican City. And the pace is relentless, the revelations many, and there is an endless parade of intriguing factoids that will make you feel like you are spending the afternoon with Robert Langdon and the guys from *Mythbusters*." Nothing is as it seems in *The Lost Symbol*--but Brown also challenges his fans to open their minds to new information. Skeptical? Imagine how many other thrillers would spawn millions of Google searches for noetic science, superstring theory, and *Apotheosis of Washington*. *The Lost Symbol* is superior. --Daphne Durham

November 2009

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1 Come & See Sunday 8:15 Worship service 10:00 Worship Service	2 5:45 pm EFM	3 9:15 am Centering Prayer 6:30 pm Choir practice 6:45 pm Healing Ministry	4	5 6:30 pm Faith Matters	6 4 - 8:30 Youth Room renovation 7:00 pm Music Night at the Fannings	7 8:30 am Community Garden Work Day 5:00 pm Worship Service - Rite 2
8 Blood Drive 8:15 Worship service 10:00 Worship Service	9 5:45 pm EFM	10 9:15 am Centering Prayer 6:30 pm Choir practice	11	12 6:30 pm Faith Matters Banquet	13 8:45 - 5:00 pm Mary's Hope Workshop	14 8:45 - 3:30 pm Mary's Hope Workshop 5:00 pm Contemplative service
15 Stump the Staff 8:15 Worship service 10:00 Worship Service	16 5:45 pm EFM 7:00 pm Outreach Committee Meeting	17 9:15 am Centering Prayer 6:30 pm Vestry	18	19 noon - Wise Ones luncheon 4:00 pm Staff meeting	20	21 5 pm Holden Evensong
22 8:15 Worship service 10:00 Worship Service	23 5:45 pm EFM	24 9:15 am Centering Prayer	25 7:00 pm Thanksgiving Eve service	26 <i>Thanksgiving</i>	27	28 5:00 pm Worship Service - Rite 2
29 1st Sunday of Advent 8:15 Worship service 10:00 Worship Service	30 5:45 pm EFM					

November Ministry Duties

	November 1	November 8	November 15	November 22	November 29
Greeter	8:15 Bob Poley 10:00 Peter & Jeri Chandler	8:15 Shelby & Carolyn Kesterson 10:00 John Thornbury, Jane Rogers	8:15 Katy Schmoll 10:00 Frank & Karen Lamb	8:15 Katy Schmoll 10:00 Peter & Jeri Chandler	8:15 Shelby & Carolyn Kesterson 10:00 Carol Park, Jane Rogers
Healing Prayer	8:15 Linda White 10:00 Jeri Chandler, Cheryl Andrews	8:15 RJ Harrington 10:00 Jeri Chandler, Linda White	8:15 Cheryl Andrews 10:00 RJ Harrington, Linda White	8:15 Jeri Chandler 10:00 Cheryl Andrews RJ Harrington	8:15 Linda White 10:00 Jerri Chandler, RJ Harrington
Ushers	8:15 Rick & Karen Dauer 10:00 Win & Spen Kellogg	8:15 Neil & Maria Greco Cox 10:00 Robin & Patti Guilford	8:15 Bob & Dickie Lee Hullinghorst 10:00 Doug & Leslie Harvison	8:15 Dennis & Jenny Kapela 10:00 Niles Oien, Tiffany O'Meara	8:15 Nancy & Mark Lillie 10:00 Bill Andrews, Mark Christie
Altar Guild	8:15 Donna Begley 10:00 Arlee Kachensky		8:15 Keyo Ross 10:00 Arlee/Christina McNamara	8:15 Dickey Lee 10:00 Vivian Dratch	8:15 Donna Begley 10:00 Arlee/Suzanne
Eucharistic Visitor	Sarah & Eric	Heather & Devi	Shelby & Carolyn	Sarah & Eric	Karen Klena
Lector/C halice Bearer	8:15 Larry Burgess 10:00 Gete Bond, Janet Poley	8:15 Peter Chandler 10:00 Julia Lee-Taylor, Peter Chandler	8:15 Janet Poley 10:00 Kip White, Joel Cooper	8:15 Jum Lillie 10:00 Amy Thornbury/Janet Poley, Julia Lee-Taylor	8:15 Eric Kallgren 10:00 Peter Chandler, Julia Lee-Taylor
Acolyte	8:15 Alison Rowan 10:00 Cate Thornbury	8:15 Ali Mulcare 10:00 Shea & Meagan Herring	8:15 Mark Lillie 10:00 Devin Doyle	8:15 Patricia Hyde 10:00 Alison Rowan, Emiko Fredo	8:15 Ali Mulcare 10:00 Colin & Brendan Doyle
Sound Engineer	10:00 Eric Tussey	10:00 Bea & John Morreale	10:00 Phillip Killeen	8:15 Alex Petroy 10:00 Meg Thornbury	10:00 Kip White
Nursery Helper	Vivian Dratch	Tom Fanning	Tiffany O'Meara	Carol Park	Alison Peters
Coffee Hour	Karen Klena	Carol Park	John & Amy Thornbury	Allison Cloth	need volunteer