

# The Mantle

**St. Elizabeth's Episcopal Church  
Sudbury, Massachusetts**

January 2008

Thank you!

The Advent and Christmas services were especially wonderful this year, thanks to the commitment and talent of many dedicated parishioners and staff members of St. Elizabeth's Church.

I give grateful thanks to:

The Altar Guild: Clare Perry, Stevie Spina, Pat Blackey, Anne Reilly, Christine Robb, Ruth Griesel, Karen Hodder

The Flower Guild: Betsy Wallingford, Joanne Deshmuk, Linda Bertolino, Christine Robb, Karen Hodder, Laura Hacker

Musicians: Stan Hanson, the Adult Choir, the Children's Choir, violinists Bonnie Brown and Linda Hanson, and the youth instrumental ensemble

Office Staff: Peg Scarlata and Dick Vanderlippe

Director Jane Graham and Christmas Pageant cast, narrators, and wranglers

Ushers  
Eucharistic Ministers  
Acolytes  
Lectors

At the three Christmas services, we welcomed 447 worshippers, whose experience of Christmas was deeply enhanced by all that you did to make our celebrations so lovely.

Barbara



# Vestry Notes by Peter Gonze, Co-Warden

The focus of the December Vestry meeting was on the 2008 budget and a report from the Stewardship Committee chair, Susan Berry. In addition, the Outreach Committee's recommended donations were submitted for review and approval.

Steve Kenney, Treasurer, began the financial discussion by updating us on the income and expenses through November. Versus budget we are tracking slightly ahead, Unfortunately, the mid December storm has essentially wiped out a Sunday collection which could adversely affect overall income for December. This means that we will be highly dependent on the year-end appeal to close the gap between expenses and revenue.

The 2008 budget was finalized. Most of the expense items are essentially fixed items, for example: debt service, salaries, diocesan assessment, service contracts and maintenance of facilities. Other items were adjusted based on actuals projected for 2007. Sources of income from 2008 are Rectory rental, an estimate of unpledged receipts and projected pledge receipts. The 2008 budget assumes a Fall Fair or another significant fund raiser of \$11,000, to balance the budget. There is a provision in the budget to bring on an assistant to Barbara to help with the children's Christian education programs, for part of the year.

Susan Berry presented a detailed and insightful report on this year's Stewardship campaign. As of December 5, 2007, St. Elizabeth's had received 106 pledges, 84.8%

of our goal of 125 pledges, for a total of \$273,850 pledged, 91.3% of the \$300,000 pledge goal. There remain a few families who pledged last year that have not returned a pledge card for 2008. If all of these members pledged at the 2007 level, we could expect a little over \$10,000 in additional pledges. However, to be on the conservative side we estimate we project income from pledges to be \$280,000, thus achieving 93% of the goal.

The Vestry acknowledges the hard work and successful 2008 campaign and extends its thanks to the committee, which in addition to Susan, includes Cliff Card, Pat McCabe, Larry Jobson, Steve Kenney, Karl Loos, and Peter Gonze. A highlight of the Campaign was the T & T dinner which featured the displays and hors d'œuvres from many of St. E's committees, showcasing their activities. And, of course to all who contribute their time, talent and treasure to St. E's.

## Reminders:

Check out the St. E's website for continuing updates and features. John Howard is looking for help to continue to maintain and improve the website. See Page 12 for more info.

Carol Dicker reminds us to register with [www.onecause.com](http://www.onecause.com) for on line shopping. This is already generating income for St. E's. And it will continue to be available and generate income for St.



St. E's Vestry, with The Rt. Rev. M. Thomas Shaw, Diocesan Bishop (see article at right.)

## Bishop Shaw Meets with St. E's Vestry

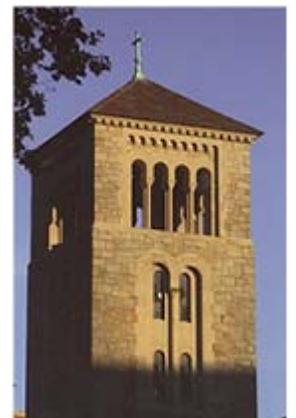
On Tuesday, December 4th, at the invitation of The Rt. Rev. M. Thomas Shaw, Diocesan Bishop, St. Elizabeth's Vestry traveled to the Society of Saint John the Evangelist in Cambridge for the evening. The Vestry attended the Eucharist in the Monastery Chapel, followed by supper with the bishop. The Vestry, including the Rev. Barbara Williamson and pastoral intern, Malia Crawford, then met with Bishop Shaw for prayer, reflection and conversation about what challenges and nurtures us in our spiritual journeys as parish leaders, and what we believe challenges and nurtures the members of the congregation. Bishop Shaw asked us about our concerns for the congregation and what kind of support we need to help the members of St. Elizabeth's function best as lively parts of the Body of Christ they were baptized to be. It was a rich and stimulating time.



Bishop Shaw is the 15th bishop of the Diocese of Massachusetts. He was consecrated a bishop in 1994 and became the 15th bishop of Massachusetts in 1995. A life-professed member of the Society of St. John the Evangelist, he is in demand nationwide as a preacher and retreat leader. His writings include the forthcoming book, *Vestry Talk*. He chairs the Episcopal

Church's Standing Commission on National and International Concerns and is a member of the Advisory Council for the Anglican Observer to the United Nations. He also serves on the program planning committee for the Episcopal Church's House of Bishops.

Saint John the Evangelist is a community of men giving their whole selves over to living the gospel of Jesus Christ. Rooted in the ancient monastic traditions of prayer and community life, and critically engaged with contemporary culture, they seek to know and share an authentic experience of God's love and mercy. The Chapel of Saint Mary and Saint John is open throughout the day Tuesday through Sunday as a sanctuary for prayer and meditation. All are welcome to join the brothers for their daily round of prayer and worship.

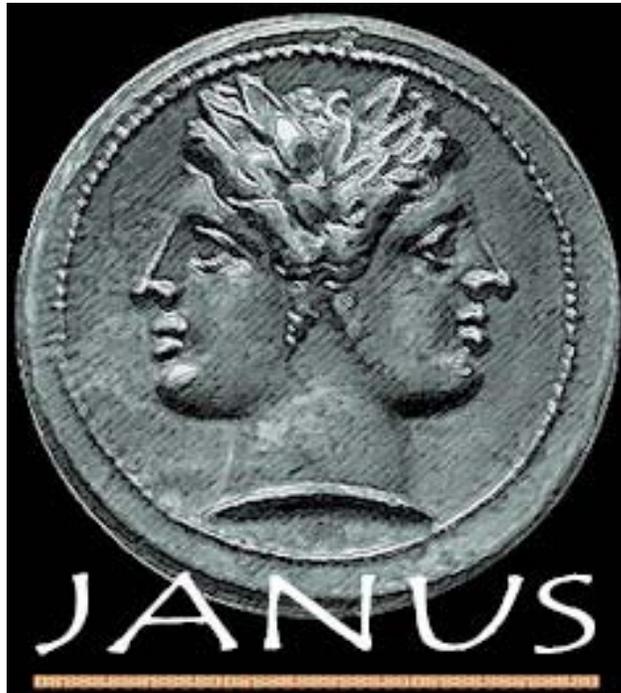


# From the Rector

by The Rev. Barbara Williamson

**A**s you no doubt know, the month of January gets its name from the Roman god, Janus, who was depicted in art as having two heads fused back to back, one whose face looked forward to the future and one that looked backward at the past. In Roman mythology, Janus was the god of gates, doors, doorways, beginnings, and endings. It is a fitting image for the month of January as we start a new year. We too look back at all that has brought us to this point, even as we look forward hopefully to what the future holds.

As I look back on the past year, I see a hard-working congregation that has accomplished an incredible amount. It is no exaggeration for me to say that you, the members of St. Elizabeth's, are the best congregation any Rector could ever hope to pastor.



## Here is just a thumbnail sketch of what you have done in 2007:

- You offered your time and energy to interview or be interviewed, to gather, analyze, and write up data for a comprehensive undertaking we called the Parish Feedback Project which generated invaluable information about what we might do differently or better.

- You helped our refugee family living in the rectory to negotiate the ups and downs of

their new life in America, helping them with friendship, transportation, financial support, resume preparation, job coaching, English as a Second Language, and more.

- You helped to start up and sustain a five month program of ESL which was the seed for a much larger, deanery wide program now housed at St. Andrew's Framingham.

- You organized and executed fabulous fellowship events that offered the members of the congregation myriad opportunities for forging and deepening relationships.

- You have given generously of yourselves in a continuing effort to improve an already good program of Christian formation for children and youth, whether in the atrium, the classroom, the pilgrimage or the mission trip.

- You have welcomed over 25 new families into the congregation.

- You have offered pastoral care to one another both in the face of terrible heartache and hardship and in the midst of happy but overwhelming circumstances like bringing home a new baby or two.

*(continued on next page)*

*Continued from Page 4*

- You have brainstormed joint programs with St. John Lutheran Church.
- You have helped to care for our facilities and grounds like you would your own home.
- You have maintained the cranky computers, replacing one of them.
- You have expanded and improved parish wide communications.
- You have looked after the church's financial health by faithful giving, annual audits, paying bills, careful stewardship, fundraising, and the annual campaign.
- You have cared for those less fortunate by donating coats and shoes, cooking for the soup kitchen, bringing Christmas to families in shelters and the homeless, baking for the homebound, and financially supporting St. E's outreach efforts.
- You have worked with Metropolitan Interfaith Congregations Acting for Hope (MICAH) to support children's health insurance legislation, affordable housing, and to assist the

uninsured and underinsured.

And you have given of your time and talent to serve in any one of a number of capacities to enhance Sunday morning worship: altar guild, flower guild, usher, greeter, acolyte, Eucharistic Minister, Bread Bearer, Lector, musician, singer, or healer.

For these ministries and for others to numerous to mention, I thank you from the bottom of my heart, and so does God. God works through us to deepen our faith and to serve others. Without your cooperation, God's efforts would be handicapped.

*As we look to the year ahead seeking to deepen our knowledge and love of God and looking to ever more faithfully serve God, we can be sure that God will be with us and that God will support us in all that we do that accords with God's will. I ask you to join me in praying for God's guidance and grace in our life together in the coming year. I ask you to join me in praying for God to transform us, making us ever more loving, faithful, and courageous disciples of the One who died and rose for us, Jesus Christ, our Lord.*

Barbara



## Habitat for Humanity Coming to Sudbury

The Sudbury Housing Trust and Habitat for Humanity of Greater Worcester are partnering to build a home on the southeast corner of Pratts Mill and Dutton Roads in Sudbury. HFH believes that every human being has a right to reasonable affordable housing. Habitat families must show a need for adequate housing, ability to pay the mortgage and willingness to partner with HFH. Families are required to contribute 400-500 sweat equity hours in building their home as well as partner on other HFH homes. For every 2 families selected to have a home, 20-30 are turned away. We can help a family have a home.

The Sudbury Housing Trust performed a lottery to fill affordable housing in town. According to the Sudbury Housing Guide (see town website), 60% of recently qualified applicants were single parents; 55% were Sudbury teachers or town employees.

### *What Can You Do?*

There are many ways to be part of this important project. You can:

- \* be involved in the construction, which can't start without supplies,
- \* help raise money for supplies or solicit your favorite vendor for a donation,
- \* help design and decorate the house,
- \* help select the family,
- \* help prepare meals for construction volunteers,
- \* coordinate childcare so parents can be on site;
- \* volunteer services and supplies (if you're a licensed contractor).

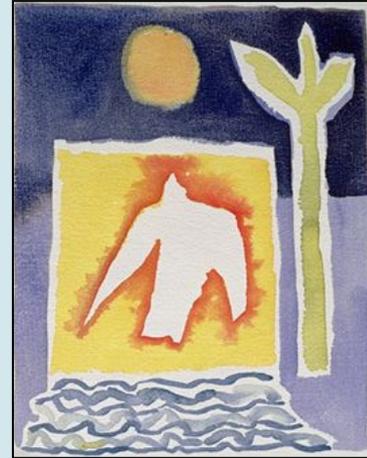
The list goes on. All ideas are welcome. Organizational meetings start in January. Ground breaking is planned for spring, with construction continuing for about a year.

*Jesus challenges us to feed the hungry and house the poor. Here is our chance.*

If you want to get involved or have a question, contact Mara Huston at 978-443-3278 or [mara@hustonfam.net](mailto:mara@hustonfam.net).



## St. Elizabeth's J2A Confirmation Prayer



O God you have taught me since I was young, and to this day I tell of your wonderful works. You are very wise and understanding.

God, you have made me strong in many aspects of my life. You have helped me through tough times.

And I thank you for giving me my family and friends that love and care for me. I thank Him for always being in my heart and giving me strength and hope in my life.

Please forgive my sins and thanks for my faith. Don't let me die a hurtful way thank God.

For you are my guidance through my darkest days. You lead my way through this maze called life.

You are the sun on a rainy day breaking the clouds to reveal the beauty of nature. You are the creator of heaven and earth.

You have taught me everything and have shown me much. Guide me towards victory and show me the path to heaven.

You not only guide me, but you also give me the ability to reach for myself. You of all beings understand how I and my friends feel and what our actions are caused by.

# Journey to Adulthood

The J2A group (the class of 8th and 9th graders that comprise the middle two years of the six year Journey to Adulthood program) has had a great start to the church school year! With strong weekly attendance - from 12 to 16 students in each class - we've spent the past several weeks getting to know each other and discussing what each team member, and the group as a whole, would like to get out of the J2A experience over the next two years.

**The Journey to Adulthood curriculum is grounded in two basic precepts:**

1. *Manhood and Womanhood are free gifts from God.* We will all develop into men and women, and there is little or nothing that we need to do to make that happen. It is one of many gifts from God that we enjoy.
2. *Adulthood must be earned.* The curriculum makes a clear distinction between physiological development, and development of the self on the spiritual and social levels. While Manhood and Womanhood are freely given, Adulthood must be earned and proven. Adulthood is skills-based, requiring the acquisition and demonstration of certain skills in order to earn the new status in the community.

The J2A curriculum focuses on four particular skill-development areas, or pillars: Self, Society, Sexuality and Spirituality. Over the past several weeks our J2A team has been particularly focused on the pillars of Self and Society, exploring such introspective topics as, *Who am I? How do others perceive me? Is that different than how I see myself? If so, what, if anything, do I want to do about that? What skills do I have, and how do I want to apply them?*

Among the many activities the group has engaged in:

- \* Exercises to learn and demonstrate critical listening skills
- \* Writing a Confirmation Prayer (published elsewhere in this issue of The Mantle)
- \* Cooking a GREAT pancake breakfast (and cleaning up afterwards!)
- \* Brainstorming community service activities
- \* Collecting & donating school supplies, books & games for underprivileged kids in the Springfield, MA school system
- \* Participating in the St. E's coat drive for the Lakota Indian tribe
- \* Serving dinner at the Salvation Army Miracle Kitchen
- \* Writing personal mission statements



We've also heard from several guest speakers and have been brainstorming fun social events. Potential activities include a ski weekend, movie nights and a Super Bowl party. Stay tuned for details, and get ready for a great 2008! Please feel free to contact any of the J2A leaders with questions.

Sincerely,  
Amy Henry, Dave Mitchell, Craig Stafford

# JANUARY 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> No Church School <b>8:00 AM</b> Holy Eucharist II - Church <b>10:00 AM</b> Holy Eucharist II -Church	<b>31</b> No Bible Study Office Closed	<b>2</b> Annual Report reminders Barbara at Jury Duty	<b>3</b> STOP begins (7-12th graders) <b>10:30 AM</b> TaiChi (PH) <b>7:00 PM</b> Choir Rehearsal (Choir loft)	<b>4</b>	<b>5</b>	
<b>6</b> <b>8:00 AM</b> Holy Eucharist II - Church <b>9:45 AM</b> Church School, R 13, J2A & YACS Meetings <b>10:00 AM</b> Holy Eucharist II -Church <b>10:00 AM</b> Laying on of Hands <b>4:00 PM</b> ASP Prep (J2A RM) <b>4:00 PM - 6:00 PM</b> Cadet Girl Scouts Meeting (PH)	<b>7</b> Reports for the Annual Meeting due <b>11:00 AM - 3:00 PM</b> Sudbury Clergy Assn. Lunch (PH & Kitch.) <b>3:00 PM</b> Wardens Meet (GNF) <b>7:00 PM - 9:00 PM</b> Girl Scout Leaders Meeting (MPR)	<b>8</b> <b>6:00 PM</b> Miracle Kitchen	<b>9</b> <b>12:45 PM - 3:00 PM</b> Girl Scout #2440 (RT13 RM) <b>12:45 PM - 3:30 PM</b> Girl Scout troop #2453(MPR) <b>3:30 PM - 5:15 PM</b> Brownie Troop #2468 (MPR) <b>7:00 PM</b> YAC Meeting	<b>10</b> STOP #2 <b>10:30 AM</b> TaiChi (PH) <b>7:00 PM</b> Choir Rehearsal (Choir loft) <b>7:00 PM</b> Cogs Committee Meeting (J2A RM)	<b>11</b>	<b>12</b> <b>9:00 AM - 12:00 PM</b> ESL Training (St. Andrews - Framingham)
<b>13</b> <b>8:00 AM</b> Holy Eucharist II - Church <b>9:45 AM</b> Church School, R 13, J2A & YACS Meetings <b>10:00 AM</b> Holy Eucharist II -Church (Baptism) <b>11:30 AM</b> Newcomers Brunch (PH) <b>4:00 PM - 6:00 PM</b> Cadet Girl Scouts Meeting (PH)	<b>14</b> <b>3:15 PM - 5:15 PM</b> Troops 7149 & 2484 (MPR, PH & R.13rm) <b>6:50 PM</b> Vestry Meeting (MPR)	<b>15</b>	<b>16</b> <b>3:30 PM - 5:00 PM</b> Daisy Troop #2463(MPR)	<b>17</b> <b>10:30 AM</b> TaiChi (PH) <b>7:00 PM</b> Choir Rehearsal (Choir loft)	<b>18</b>	<b>19</b>
<b>20</b> No Church School <b>8:00 AM</b> Holy Eucharist II - Church <b>10:00 AM</b> Holy Eucharist II -Church (Family Friendly) <b>1:00 PM</b> Baby Shower (PH) <b>4:00 PM - 6:00 PM</b> Cadet Girl Scouts Meeting (PH)	<b>21</b> Office Closed - Martin Luther King Day	<b>22</b> Soup Kitchen Mixer <b>12:30 PM</b> Deanery Luncheon (PH)	<b>23</b> <b>12:45 PM - 3:30 PM</b> Girl Scout troop #2453(MPR) <b>12:45 PM - 3:30 PM</b> Troop 2472 (J2A rm)	<b>24</b> February Mantle Deadline <b>10:30 AM</b> TaiChi (PH) <b>7:00 PM</b> Choir Rehearsal (Choir loft)	<b>25</b> Winter Weekend	<b>26</b> Winter Weekend
<b>27</b> Warrant Posted Winter Weekend <b>8:00 AM</b> Holy Eucharist II - Church <b>9:45 AM</b> Church School, R 13, J2A & YACS Meetings <b>10:00 AM</b> Holy Eucharist II -Church (Baptism) <b>4:00 PM - 6:00 PM</b> Cadet Girl Scouts Meeting (PH)	<b>28</b> <b>7:30 PM</b> MICAH LOC (GNF)	<b>29</b> Barbara away at Diocesan Retreat	<b>30</b> Barbara away at Diocesan Retreat	<b>31</b> Barbara away at Diocesan Retreat #3 <b>10:30 AM</b> TaiChi (PH) <b>7:00 PM</b> Choir Rehearsal (Choir loft)	<b>1</b>	<b>2</b>

Kitchen Angel for January: Louise Bendel Miracle Kitchen Coord.	January 6 The Epiphany	January 13 1 Epiphany	January 20 2 Epiphany	January 27 3 Epiphany
<b>Euch. Min.</b>	8:00 AM Steve Davies 10:00 AM Audrey Newton Ruth Griesel	8:00 AM Malia Crawford 10:00 AM Harry Ainsworth Stuart Hamilton	8:00 AM Matt Reilly 10:00 AM Betsy Wallingford Steve Davies	8:00 AM Ruth Griesel 10:00 AM Harry Ainsworth Audrey Newton
<b>Breadbearer &amp; Third Station</b>	Karyn Grant/ John Howard Malia Crawford	Ruth Griesel/ Rich Grant Larry Stewart	John Howard/ Karyn Grant Malia Crawford	Rich Grant/ Larry Stewart Stuart Hamilton
<b>Lector</b>	Jane Graham	Walter Morgan	Chris Hall	Jonas Barciauskas
<b>Acolyte</b>	Hannah Knaul	Sean Dicker	Sam Sugg	Cornelia Bendel
<b>V.P.O.D.</b>	Gifford Perry	Lisa Barnes	Carol Dicker	Peter Gonze
<b>Ushers</b>	Jonas Barciauskas & Terry Rourke	Mike & Jeremy Perisho	Tim & Beth White	Pat Coffin & Pat McCabe
<b>Greeters</b>				
<b>Altar Guild</b>				
<b>Coffee Server</b>	Ildi Morris	Betsy Wallingford	Pat Blackey	Kristine Mitchell

# Adult Ed

- \* On the four Sunday evenings in January, Barbara Williamson will offer a class called **Welcome to the Episcopal Church** (after the title of the book we will use). The class will begin at 7 PM and is suitable for adults new to the Episcopal Church, adults considering being confirmed or received into the church at the bishop's visitation February 3<sup>rd</sup>, or those who simply want to know more about the Episcopal Church. Please let Barbara know if you intend to attend so that she can have sufficient materials. Also the number of students will determine the room we will use. If there are only a few, we will meet in the conference room next to Barbara's office. If there are more than 8 students, we will meet in the multi-purpose room.
- \* Bible Study continues on Tuesday mornings at 10 AM in the conference room. We will finish the Gospel of Mark in January and then move on to a different book of the Bible based on the desire of the class.
- \* February 13th our Lenten series will begin with a simple Eucharist at 6 PM, soup supper at 6:45 and program at 7:15. This year we will be looking at God's hand in different kinds of healing: of the body, the mind, the heart, and the soul.



## Newcomers' Brunch: January 13

A Newcomers' Brunch will be held on January 13th at St. E's from 11:30 am to 1:00 pm. This special event is for those who have joined Saint Elizabeth's in the past year as well as anyone interested in joining. It's an informal way to meet members of our community. Child care is provided.

**RSVP to the office by Jan. 5**, and let us know how many children will attend childcare or if you have special



food re-

quirements. Questions? Call Karyn Grant at (978) 443-3098.



# January Birthdays, etc...



## Happy Birthday to You!

Cynthia Abbott, Cadyn Baumgartner, Charlotte Bobrecker, John Brackett, Tom Davies, Ben Davis, Cheryl Davis, Stephanie DeJesus, Katherine Ewing, Joan Gallagher, Jackson Hudgins, Art Huston, Kristin Kimble, Ben Lepordo, Evan Long, Gus Merhige, John Merhige, Mary-Michael Merhige, Bev Messersmith, Don Neal, Madeline Neal, Emma Norton, Sally Norton, Carol Phalen, Mary Pihl, Erin Regan, John Romain, Richard Rourke, Meg Striepe, Caroline Tinsley, Chris Trecker, Marcy Wilkins, Nicholas Wilkins, Barbara Williamson

## Date Change!



### Appalachia Service Project Mission Trip Preparation Session January 6th

Youth (currently in grades 9-12), young adult leaders (aged 19-24), and adults who plan to go on the ASP trip in the summer of 2008 should attend the prep session at **4 PM Sunday January 6<sup>th</sup>**.

We will meet in the YAC room at the bottom of the stairs. Barbara would love for a few volunteers to bring snacks. Please let her know whether to expect you (and if you are bringing snacks) so that she can be sure to have enough materials for everyone.

## Communications Committee Needs You!

**Feature Writer.** We need someone to write occasional articles for the *Sudbury Town Crier* about community-focused events at St. E's.

**Bulletin Board Designer.** We need someone to keep our Parish Hall board up-to-date.

**Co-Webmaster.** We need a co-webmaster with HTML skills to help keep our website dynamic and timely.

**Brochure Creator.** Help us create brochures for visitors, newcomers and parishioners.

*For further information, please contact Communications Committee members John Howard 978 443-0089, Pat Coffin 978 443-4781, or Tricia Griggs 978 440-9928.*





Linda Bertolino, Ruth Griesel, Stevie Spina, & Betsy Wallingford invite you to **join us** for the 6th annual

## **Miracle Kitchen Mixer**

**Tuesday, January 22nd at 7 pm**  
**17 Campbell Road, Wayland**

**RSVP: Stevie Spina at (508) 358-7187**  
**or [saspina@comcast.net](mailto:saspina@comcast.net) (directions upon request)**

**W**ould you like to reach out and do something to make a difference but don't have much time—and don't know what to do? There is a way! Let us tell you about the

Salvation Army Miracle Kitchen. The Salvation Army began offering meals in Framingham 29 years ago, and St. E's has been volunteering at the Miracle Kitchen for over 20 years. We provide dinner on the second Tuesday of each month, usually serving about 80 people.

You can participate in many ways:

- \* Prepare a casserole and drop it off at St. E's (a recipe and roasting tin is provided);
- \* Come to the Miracle Kitchen after work and help serve;
- \* Become a coordinator (i.e., sign up the cooks and servers, round up 24 pounds of frozen vegetables, pick up the casseroles at church, and get over to Framingham at around 5 p.m. to pop the casseroles in the oven and start the vegetables—it's easier than it sounds!)

Occasionally, we have more servers than are necessary (a rare event), and at times like this encourage volunteers to go into the dining room and visit with folks as they eat their dinners. All of this takes less time than you think. On a normal Tuesday evening, we've served, cleaned up the kitchen, and are on our way home by around 6:45 p.m. The folks we serve are very grateful for this ministry.

The mixer on January 22nd is an opportunity to share coffee and dessert, celebrate the Miracle Kitchen, and learn about one of St. E's most flexible volunteer opportunities. Please join us!



# It's a New Year. Looking for a New Way to Help the World?

Hundreds of people are on Metrowest waiting lists, seeking an opportunity to learn English. Act now to join a new Episcopal-sponsored project to

## Mentor Students of English as a Second Language

- \* No foreign language skills needed.
- \* Minimal training required (3 hours on a Saturday morning).
- \* Small class sessions for just a few students.
- \* Class session is entirely scripted; it's like reading a story.
- \* Excellent support from experienced mentors.
- \* You always mentor with companions.
- \* Mentor for 1.5 hours to be set in consultation with your schedule, as little as once per month, for a term of your chosen duration.



**Free Mentor Training will be held on Saturday, January 12, from 9am to 12 noon**

St. Andrew's Episcopal Church, 3 Maple St. Framingham MA

(2 blocks south of the intersection of Rte. 9 and Main St./Edgell Rd., with ample free parking)

More info? Ready to register? Need childcare for training or mentoring? Want to refer an ESL *student* to the contact list? Contact Deacon Lori Mills-Curran: 508.875.5095 or [lmills-curran@standrewsframma.org](mailto:lmills-curran@standrewsframma.org)



## Tools for Strengthening Marriage and Partnership: A Workshop

Saturday, February 2, 2008

St. Anne's in the Field Episcopal Church  
Lincoln,

9am—3.30pm RSVP by January 28th

Dr. Charles Foster



Are you a working couple parenting children? Are you a couple new to the empty nest? Are you a couple in any stage of life wanting to make your relationship deeper and more satisfying?

Come to a Tools for Strengthening Marriage and Partnership Workshop on Saturday, February 2, 2008 at St. Anne's in the Field Episcopal Church in Lincoln. Registration begins at 8.30am; the program will begin at 9 and continue until 3.30pm and includes lunch and childcare. Bring yourselves, your questions, and a sense of humor and adventure. This will be a day that is both fun and deeply meaningful. Every couple has difficulties; this workshop will give you tools for resolving them. Our facilitator is Dr. Charles Foster, an internationally recognized therapist for individuals, couples, and families. He is co-founder and research director of The Chestnut Hill Institute, has lectured at the Harvard Medical School, and has made numerous TV appearances. An active Episcopalian at Church of the Good Shepherd in Waban, he has made presentations integrating psychology with the life of faith, and run workshops for clergy on strengthening marriage and partnership.

**Cost is \$18 per person or \$35 per couple & includes lunch. RSVP to Cheryl Smith at [CherylS@SMOC.org](mailto:CherylS@SMOC.org) or 508 877 6721. Sponsored by the Concord River Deanery.**



## Helping the Homeless Child in School

### Fourth Annual Forum on Homelessness

Sunday, January 27, 2008

7:00-8:45 PM

**Trinitarian Congregational Church, 54 Walden Street, Concord**

- \* **How can you focus on schoolwork when you don't know where you'll sleep next week or next month?**
- \* **96,000 children in Massachusetts have no permanent home (Mass. Department of Education report, July 2007). They live doubled-up with friends or relatives, in family shelters, awaiting foster care, and sometimes on their own with no sibling, parent, or guardian. How does this affect their school experience?**
- \* **Come learn about programs that can help these children succeed. Find out how each of us can help remedy the root causes of family homelessness – in just a few minutes a month.**

This year's forum will feature: a formerly homeless parent; a teacher who works with homeless kids; Robyn Frost, Executive Director, Mass. Coalition for the Homeless; Mary William, Program Director, Homeless Student Initiative for the Boston Public Schools; and, Laurie Burnett, Homelessness Education Coordinator for the Framingham Public Schools. The forum moderator will be Miriam Stein, an advocate and trainer. **The forum is free & open to all.** Refreshments at 7:00 PM; program will begin promptly at 7:15 PM.

Questions? Call Carl Miller (978)-369-3755 or Judy Hill at (978)-318-0487

**Co-Sponsors: Advocacy Network to End Family Homelessness and Cooperative Metropolitan Ministries**

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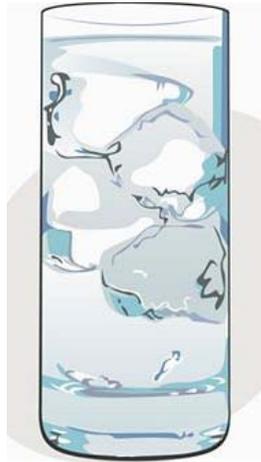
## What's in Your Water?

By Ruth Leabman, Newton Recycling Committee (Formerly of USEPA)

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This is a sight we are all too familiar with—lugging huge loads of water for long distances to assure a clean source of water to protect the health of their families. Is this a National Geographic special, or a documentary to make us aware of the struggle in many third world countries to find a source of potable water? No—this is any supermarket across the nation where shoppers are pushing baskets piled high with bottled water for all domestic needs. Why are they doing this when just by turning the handle on the faucet of our kitchen sink, we are supplied with pure, high quality, safe drinking water?

What makes this even more ironic is the Quabbin Reservoir, is considered to be with the safest and highest quality of water, nor does it have to be processed before we buy little plastic bottles in record quantities which contain water from un-known or questionable sources with no oversight or regulatory requirements? Studies have shown that the cost of bottled water is pennies compared to the cost of bottled water which can add up to over a thousand dollars a year!



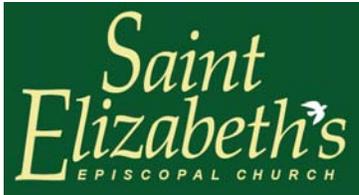
fact that our water, which comes from the one of about six major cities in the country water. Our water has not been anywhere through a purification plant. So why are we buying quantities which contain water from un-very little oversight or regulatory requirements? The cost of a glass of water from the tap is in water which can add up to over a thousand

The most obvious answer is the convenience—small, lightweight plastic bottles of clean water that fit everywhere—cars, handbags, backpacks, and conveniently within reach. And we are beguiled by the image of water derived from bubbling springs in pristine landscapes. But do we carefully consider the downside and cost of this convenience in terms of its impact on our environment. The time has come to start considering the negative aspects of this indulgence.

Just for starters—all plastics are derived from oil which should start us thinking about the environmental impact. To correctly assess the cost of this form of drinking water, we must include the cost of extracting the water from its source, manufacturing the container, shipping to warehouses and retail outlets, and finally the shopper bringing it home. Each bottle represents two ounces of oil used in all of these processes. That's a lot of oil used for the millions of water containers sold. But the damage doesn't stop at the checkout counter. Consider the mounting toll in dealing with its disposal. As we know, plastic is forever. Our trash is becoming overburdened with plastic, and these bottles are everywhere. If incinerated, the toxic fumes add to the burden of air pollutants. If landfilled, they are adding a significant source of non-destructible solid waste. And when carelessly disposed of, they can cause serious harm to animals, birds and fish.

There is a growing awareness and alarm to the significant problems being posed by the use of this supply of water. The industry has done a magnificent job in convincing us all that our own tap water is inferior, and possibly dangerous. Of course, there are many solutions to this problem which can combine the convenience of a handy container of water, and use of our own municipal supply. There is nothing wrong with refilling a convenient sized plastic bottle with tap water. Tests have proven there is no danger of impact on water quality, and reuse of a plastic container does not pose any possibility of contamination. By using our own excellent source of water, we are not depleting the water supply of other areas.

Within the past few months, there has been a growing attention to the unnecessary use of bottled water, and action is being taken to educate the public of the growing problem and alternative choices available. A number of major cities, including San Francisco and Salt Lake City, have banned the use of bottled water in restaurants and city offices, requiring the use of municipal water. Perhaps it is time that cities and towns in Massachusetts join this list to pave the way in New England.



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