

The Mantle



St. Elizabeth's Episcopal Church Sudbury, Massachusetts April 2010



- April 1st Maundy Thursday** Intergenerational Holy Eucharist in the Church with optional foot-washing, 7:30 PM
- April 2nd Good Friday** Service in the Chapel, 7:30 PM
- April 3rd Liturgy of the Light** Gather in the Parish Hall at 5:45 PM and process to the Chapel for the 6 PM liturgy
- April 4th Easter Sunday** Festival Eucharist in the Church 9 and 11 AM (no church school)

Liturgy of Light: Saturday, April 3 at 7:00 PM



It's the Lenten season and we are once again getting ready for the very moving **Liturgy of Light** service to be held on **Saturday, April 3rd at 6:00 PM**. This beautiful candlelit service takes place in the Chapel, led by the children of Atrium II (we first meet at St. E's and walk up the path together to the Chapel). Children may read short passages or participate in other ways. In addition, we will unearth the Alleluias before everyone walks up to the chapel.

The Liturgy of Light is a great opportunity for parent volunteers and we could use your help before and during the service! We also need help setting up and breaking down -- mostly moving chairs to the Chapel from the Parish Hall and then replacing items afterwards. Please contact **Suzie Kornblum** at suzie.kornblum@yahoo.com if you can help. Thanks!

Spring is Here!



Time to clean up St. Elizabeth's buildings & grounds. Save the date of **April 10th 9am-3pm** for spring cleanup. Bring brooms, wheel barrows and rakes for cleanup. April 17th will be the rain date if washed out on the 10th.

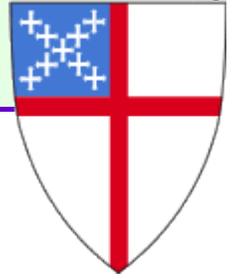


Join us for
Easter Breakfast

Everyone who would like to be part of the Easter Breakfast between services Sunday is invited to come and bring food to share. We suggest: cut up oranges, other fruits such as melons and grapes, juices, quiches, breakfast

meats, devilled eggs always a hit), coffee cake, pastries, bagels and cream cheese, breakfast bars, and whatever else you find traditionally breakfasty!! Please call or email the office (office@st-elizabeths.org) to let us know how many will be attending the breakfast and which breakfast item you will be bringing. Hope to see you there!

From Our Rector by The Rev. Barbara Williamson



Palm Sunday afternoon the adult and youth volunteers for the Appalachia Service Project Mission (ASP) trip this coming summer gathered for one of our obligatory prep sessions using materials supplied by ASP.

The theme this year is “Eyes on the Prize”. We keep our eyes on the prize in our race to serve. Those of us old enough to recall the Civil Rights movement will remember that this exact phrase “eyes on the prize” was the rallying call for a disciplined, pacifist approach to the quest for equal treatment under the law for African Americans in the mid to late 20th century. The phrase is a reference to the 9th chapter of Paul’s First Letter to the Corinthians (9:24-27) in which Paul uses metaphors of athletic competition in reference to living faithfully. To be competitive, athletes must train rigorously and focus on the goal, observing a disciplined and healthy lifestyle. To be faithful, Christians must observe certain disciplines and stay focused on the goal, even in the midst of distractions, temptations, boredom, or laziness.

At the time of Paul in the middle of the first century C.E., Corinth was the site of the Isthmian games, held the year before and the year after the Olympic games, and similar in style if not in stature. Competitions were open to both men and women and included everything from Chariot races to wrestling to music and poetry contests. Paul and his audience would have been familiar with these sporting events, so athletic metaphors helped to make abstract notions of faith concrete.

As part of our prep work that Sunday afternoon, volunteers ran four short races of one lap each around the St. E’s driveway loop. Each lap varied by gait – running forward, running backwards, advancing by sidesteps, etc. Following each lap we read I Cor. 9:24-27 and then answered questions, some examples of which follow.

- What do you need to prepare to run a marathon?
- What do we need to be ready to serve with ASP?
- How are preparations to run a marathon similar to preparations to go on ASP?
- Is it easier to maintain a training plan to run a physical marathon or a spiritual marathon?
- What are the disciplines we need to be fit for a spiritual marathon?

When we got to the question about spiritual disciplines – this was after the third lap – volunteers wanted to know what that meant. “Be faithful?” one ventured. “Be loving,” said another. “What does that mean?” I asked. “What does it mean to be faithful or to be loving?”

“Well,” they said, “be nice to people at school. Welcome and accept everyone. Come to church. Do unto others as you would have them do unto you.”

Graham Daley said, “Oh, come on. I am in that school (L/S) every day. I know what goes on there. There are students who are not welcomed and accepted.”

The group was quiet. It’s true. How hard it is to buck status quo to love the loveless and to welcome the stranger, the kid who isn’t cool or smart or attractive or athletic! So what do we need to be spiritually focused, to spiritually disciplined, to keep our eyes on the prize, to love one another as Jesus loves us?

There are the standard spiritual disciplines – daily prayer, meditation, spiritual reading, worshipping every week, service to others, Bible study – all of which are aimed at helping us to tap into the power of God’s love. But what if you are just starting out? What if you have never really been serious before about observing a spiritual discipline? Where do you start?

That’s when Debbie Flagg piped up. “Well, just like on ASP where we accept people right where they are, just the way they are, so God takes us right where we are, just the way we are. If you are just beginning training for a marathon, you don’t run five miles a day the first week. You start small and build up from there.”

(Continued from page 2)

I asked the group for a show of hands: How many of you are happy to wake up on a school day morning? Not one hand went up. No surprise there. So I said that a simple spiritual discipline for starters is to say a little prayer of thanks to God for a new day, to start the day with an attitude of gratitude.

I didn't say this at the time, but I was thinking that before the day really even gets underway, the vast majority of us can thank God that we woke up, that we can see, that we can breathe unaided, that we can hear, that we are aware of what is going on around us, that we can get out of bed without help, that we can stand up, that we can walk, that our bodily systems work properly, that we can dress ourselves. I have barely scratched the surface of all the things to be thankful for (the house we wake up in, the bed we sleep in, the electricity that powers the clock radio that awakened us, the clock radio, the furnace, the hot water, the indoor plumbing, etc.) and we haven't even gone downstairs for breakfast.

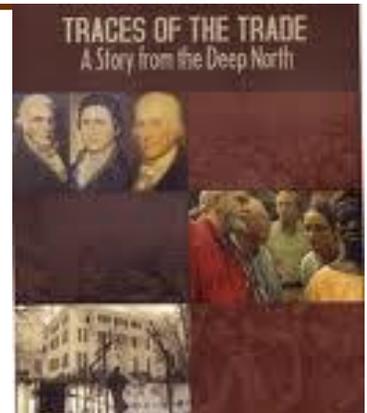
So the volunteers started to chime in with what they are grateful for – all that they have, for family, for strong bodies and minds, for friends, for the opportunity to serve. We could have been there a long time toting up our reasons to be grateful. At that moment I was most grateful for the wonderful hearts of my 2010 ASP companions.

We will keep our eyes on the prize as we prepare for our service in Logan County, West Virginia, in July. As we do, we will come to see that our goals for serving in Appalachia are the same goals we have for living authentically as Christians. ASP is simply practice for the service to God and God's people we will engage in the rest of our lives, a spiritual discipline in and of itself. And we are grateful for the opportunity!

Barbara

SCREENING AND DISCUSSION OF *TRACES OF THE TRADE* SUNDAY, MAY 2ND

As you may or may not know, on the Sunday of the Rev. Dr. Martin Luther King, Jr. holiday weekend, Valerie and I began a conversation on Black/White race relations in the United States, speaking in a dialogue sermon about our personal experiences. Twenty or so parishioners joined us after the service to continue the conversation. The next formal step in the process we began will be the screening and discussion of *Traces of the Trade: A Story from the Deep North*.



From 1770-1820, three generations of the DeWolf family of Bristol, R.I., created a slave-trading dynasty, making them responsible for bringing more Africans to the Americas than any other U.S. family. At the invitation of DeWolf descendant and first-time filmmaker Katrina Browne, 9 relatives joined her to retrace their family's triangle trade on camera, from Rhode Island to Ghana to Cuba.

The resulting film uncovers the vast extent of Northern complicity in slavery, contrary to widespread amnesia about that role. In the film, the family highlights that it was northern ships that primarily conducted the U.S. transatlantic slave trade. Producer/Director Katrina Browne says, "What most Americans don't realize is that it was Northern merchants who were largely responsible for the slave trade, not Southern ones." To see more go to www.tracesofthetrade.org.

On Sunday, May 2nd Dain Perry, a DeWolf descendent who is in the film, and his wife Constance will be with us to show the film and lead a discussion on its implications. Dain will also preach at the 10 AM service. We will serve a light lunch in the Parish Hall after Coffee Hour and then begin the screening at noon. We will wrap up by 2:15 at the latest. Childcare will be provided. This event is open to the public and will be publicized.

If you plan to eat lunch and/or will need childcare, please let Peg in the office know no later than April 26th.

Warden's

Words by

Stuart Hamilton,
Co-Warden

This has been a busy time for the vestry. Over the course of a fifty day period that began on Monday, January 25, we had three regular vestry meetings, the annual meeting of the congregation and a half-day vestry retreat. So what has been going on in all these meetings?

First, we made introductions. In February, we welcomed six newcomers to the vestry, representing a turnover of almost 50% of our lay members. At our retreat, we went around the room, each of us telling a bit about ourselves and our families. In addition, we each answered two questions: what has been your most rewarding volunteer activity, and, when you were eight years old, what did you want to be when you grew up. A substantial number of us responded to the first question by mentioning activities involving our children,

especially coaching their athletic teams. Answers to the second question varied all over. More than one person had wanted to become an astronaut, though Barbara (who grew up close enough to Cape Canaveral that the ground beneath her house shook when one of the big rockets lifted off) gave up early thoughts of space travel for ambitions of becoming an oceanographer. Needless to say, none of the adults present is currently doing anything even remotely close to what he or she aspired to at age eight!

Second, we have talked about money. A lot. The excellent report at the annual meeting by outgoing treasurer, Steve Kenney, highlighted our chronic efforts over the past several years to keep our finances in balance – a struggle that is likely to continue over the near term, as we continue to face extraordinary economic challenges. Looking to the longer term, I am particularly excited by the adoption of documents to establish a permanent endowment at the January vestry meeting. We continue to work on developing a planned giving program to fund the endowment. You will be hearing more about this over the upcoming months.

Finally, we have also talked a lot about the challenges of growth. Using Alice Mann's book, *The In-Between Church: Navigating Size Transitions in Congregations* as our guide, we have focused on the transition from a pastoral sized church to a program sized church. As the name implies, a pastoral sized church is built around the pastor, who has a strong personal interactions with all or most of the parishioners and is the center of most church activities. Indeed, at the annual meeting, we saw a multi-colored slide depicting our current organization, which has Barbara at the center and no fewer than eighteen branches flowing into her. However, as pastoral sized churches grow, the ability of the pastor to hold everything together becomes increasingly difficult. There are simply too many parishioners and too many activities for one person to do it all. Alice Mann suggests that a pastoral sized church reaches its upper limit when the average weekly attendance is about 150, a figure that we easily surpass except during the summer weeks.

In a program based church, the pastor is still at the center, but her role evolves to one of coordinating planning for the church's programs with paid staff and lay volunteers, who then take on expanded roles themselves. At the March vestry meeting, we took a first cut at a revised organization chart, in which the number of branches reporting into Barbara was reduced to eight. We still have work to go there. You will be hearing much more about challenges to growth and transitioning to a program based church in the upcoming months.

We are living in interesting times!

Stuart

Vestry Notes by Nancy Kimble, Co-Warden

The March Vestry meeting focused on a variety of topics related to the growth of our church. After reading from the Gospel of John 1:43-46, the vestry considered the question of what differentiates St. Elizabeth's Episcopal church from a service club, social club, school, meditation group, social service agency, etc. The discussion that followed regarding our church's focus on helping members to become more Christ-like (among other things) provided a helpful context in which to consider the work we are continuing on our Mission Statement. Earlier in the month, at our vestry retreat, Barbara had pointed out that the Book of Common Prayer identifies the Mission of the Church as the following: "to restore all people to unity with God and each other in Christ...as it prays and worships, proclaims the Gospel, and promotes justice, peace, and love." (BCP 855.) Indeed, this is an important statement to keep in mind as we continue to work on a more specific Mission Statement for St. Elizabeth's that reflects all of the valuable input we received from the St. E's members in recent months. We

are now working on our third version of a statement and hope to have it finalized so we can present it to the congregation for feedback sometime this spring. Much of the remaining discussion time at the meeting was focused on Barbara's draft of a new organizational structure that will help facilitate the work of our program-sized parish. Vestry members gave helpful suggestions about building an effective organizational chart with a maximum of 5 direct reports to the rector, and a strategy that includes needs assessment and succession planning. Finally, new vestry members were given an opportunity to read and ask questions about a draft for a Restricted Gifts policy which returning members had already discussed at the December meeting. We are hoping to approve the policy at our April meeting. We recognized the incredible work that Darlene Murphy is doing to convert our accounting system from Church Windows to QuickBooks, we approved the Rector's Sabbatical for 2011 and approved the minutes from the December and February vestry meetings before adjourning with a prayer.

News from COGS: Mite Box Collection April 4 & 11

Mite Boxes will be collected on Easter Sunday and Sunday, April 11. Proceeds will be given to **Episcopal Relief & Development** whose mission statement (taken from www.er-d.org) is:

"ERD provides emergency assistance in times of disaster; rebuilds devastated communities and offers long-term program development solutions to fight poverty."

Mite Boxes provide a means for children and young adults to help those who are less fortunate, and also help young people understand that no gift is too small.

If you have any questions, please contact **Kristen Collins** or **Clare Perry**. Thank you!



April 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|--|
| 28 Palm Sunday 8:15 AM Rehearsal for Palm Sunday Processional (PH) 9:00 AM Holy Eucharist II - Church 9:15 AM Church School (COGS, Rite 13, J2A, YACs) 9:15 AM Liturgy of the Light Rehearsal (Rite 13 Room) 10:10 AM Youth Choir Rehearsal (10 Minutes after end of the 9 AM Service) 11:00 AM Holy Eucharist II - Church | 29 11:00 AM Staff Meeting (CNF) | 30 10:00 AM - 11:00 AM Bible Study (CNF) 11:30 AM Yoga (MPR) 7:30 PM - 9:00 PM Centering Prayer Group (YG Room) | 31 10:00 AM TAI CHI (PH) | 1 MALUNDY THURSDAY 2:15 PM - 3:30 PM Healing Ministry (CNF) 7:00 PM Choir Rehearsal (MPR) 7:30 PM Holy Eucharist II - Church | 2 GOOD FRIDAY 10:30 AM - 12:00 PM Playgroup at St. Elizabeth's (Nursery & MRP) 7:30 PM Good Friday Liturgy (Chapel) | 3 6:00 PM Liturgy of the Light |
| 4 EASTER SUNDAY NO COGS, Rite 13, J2A, YACs 9:00 AM Holy Eucharist II - Church 10:00 AM Easter Breakfast (PH) 11:00 AM Holy Eucharist II & Baptism - Church | 5 OFFICE CLOSED | 6 10:00 AM - 11:00 AM Bible Study (CNF) 11:30 AM Yoga (MPR) 6:30 PM Girls Scout Leaders CPR Class (PH) 7:30 PM - 9:00 PM Centering Prayer Group (YG Room) | 7 10:00 AM Staff Meeting (CNF) 10:00 AM TAI CHI (PH) 11:00 AM Warden Meeting | 8 2:15 PM - 3:30 PM Healing Ministry (CNF) | 9 10:00 AM - 2:00 PM Deanery Lunch with Bishop Shaw (PH) 10:30 AM - 12:00 PM Playgroup at St. Elizabeth's (Nursery & MRP) 3:30 PM - 5:30 PM Troop #72487 (MPR) | 10 9:00 AM - 3:00 PM Spring Cleanup Time at St. E's |
| 11 8:00 AM Holy Eucharist II - Church 9:45 AM Church School (COGS, Rite 13, J2A [MPR], YACs) 10:00 AM Holy Eucharist II - Church 11:00 AM - 12:00 PM J2A Parents Meeting (MPR) 11:30 AM - 1:00 PM ASP adults meeting (YAC Room) 11:30 AM GOGS Catechist Meeting (CNF) 4:00 PM ASP Prep at St. E's (PH) | 12 11:00 AM Staff Meeting (CNF) 2:30 PM - 5:30 PM Troops #7135, 2484, 7149 (PH & MPR) 6:30 PM - 9:30 PM Girl Scout Leaders Meeting (PH) | 13 10:00 AM - 11:00 AM Bible Study (CNF) 11:30 AM Yoga (MPR) 6:00 PM <u>Miracle Kitchen</u> 7:00 PM Pastoral Care Team (CNF) 7:30 PM - 9:00 PM Centering Prayer Group (YG Room) | 14 10:00 AM TAI CHI (PH) 6:00 PM - 9:00 PM Concord River Deanery Assembly (PH) 6:30 PM STOP dinner (MPR) | 15 7:00 PM Choir Rehearsal (MPR) | 16 10:30 AM - 12:00 PM Playgroup at St. Elizabeth's (Nursery & MRP) | 17 9:00 AM Men's Group (St. John's) |
| 18 NO COGS, Rite 13, J2A, YACs SCHOOL VACATION WEEK 8:00 AM Holy Eucharist II - Church 10:00 AM Holy Eucharist II - Church | 19 OFFICE CLOSED SCHOOL VACATION WEEK | 20 SCHOOL VACATION WEEK 10:00 AM - 11:00 AM Bible Study (CNF) 11:30 AM Yoga (MPR) 7:00 PM Pastoral Care Team (CNF) 7:30 PM - 9:00 PM Centering Prayer Group (YG Room) | 21 SCHOOL VACATION WEEK 10:00 AM Staff Meeting (CNF) 10:00 AM TAI CHI (PH) 11:00 AM Warden Meeting | 22 SCHOOL VACATION WEEK 2:15 PM - 3:30 PM Healing Ministry (CNF) 7:00 PM Choir Rehearsal (MPR) | 23 Mantle Deadline SCHOOL VACATION WEEK 10:30 AM - 12:00 PM Playgroup at St. Elizabeth's (Nursery & MRP) | 24 SCHOOL VACATION WEEK |
| 25 GOOD SHEPHERD SUNDAY 8:00 AM Holy Eucharist II - Church 9:45 AM Church School (COGS, Rite 13, J2A [MPR], YACs) 10:00 AM Holy Eucharist II - Church 11:10 AM Youth Choir Rehearsal (10 Minutes after end of second Service) | 26 11:00 AM Staff Meeting (CNF) 6:50 PM Vestry Meeting (CNF) | 27 10:00 AM - 11:00 AM Bible Study (CNF) 12:30 PM Deanery Lunch (PH) 7:30 PM - 9:00 PM Centering Prayer Group (YG Room) | 28 10:00 AM TAI CHI (PH) 12:45 PM - 3:15 PM Troop #2453 (MPR) | 29 7:00 PM Choir Rehearsal (MPR) | 30 ASP over night at Barbara C. Harris camp 10:30 AM - 12:00 PM Playgroup at St. Elizabeth's (Nursery & MRP) | 1 ASP over night at Barbara C. Harris camp 9:00 AM - 12:00 PM GOGS Level 1 Aides Training (MPR) |

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|---|--|---|---|---|---|---|
| Miracle Kitchen Coordinator: Stevie Spina Kitchen Angels: Barbara Ingersoll | April 1 Maundy Thursday 7:30 PM Ruth Griesel | April 2 Good Friday 7:30 PM Jonas Barciauskas Ruth Griesel | April 4 Easter Sunday No COGS 9 AM Audrey Newton Peter Gonze 11 AM Ruth Griesel Stuart Hamilton 9 AM BB Jim Peters (3S) Larry Stewart (3S) The Rev. B. Williamson 11 AM BB Karyn Grant (3S) Clare Perry (3S) Rich Grant 11 AM Eric Kimble | April 11 2 Easter 8 AM Peter Gonze 10 AM Steve Davies Audrey Newton BB Rich Grant (3S) Jim Newton (3S) The Rev. Valerie Bailey Fischer Larry Stewart | April 18 3 Easter school vacation week No COGS 8 AM Jim Peters 10 AM Ruth Griesel Betsy Wallingford | April 25 4 Easter 8 AM Harry Ainsworth 10 AM Susan Newlin Carol Dicker BB Jay Holdman (3S) Clare Perry (3S) TBA Jane Graham |
| Euch. Min. | | | | | | |
| Breadbearer & Third Station | | | | | | |
| Lector | 7:30 PM Jay Holdman | 7:30 PM Jonas Barciauskas Ruth Griesel | | | | |
| Acolyte (s) | 7:30 PM | | 9 AM Adam & Tim Howard, Walker Griggs 11 AM Bret & Brooke Perisho, Sam Sugg 9 AM Darlene Murphy 11 AM Jeremy Perisho | Bryan Dicker Nancy Kimble | John Kodera Art Huston | Hannah Knaul Stuart Hamilton |
| Vestry Person of the Day | | | | | | |
| Ushers | | | 9 AM John Romain Pat Coffin 11 AM Mike Perisho Jonas Barciauskas | Ray Considine Terry Rourke | Pat Coffin Larry Jobson | Mike Perisho John Romain |
| Altar Guild | 7:30 PM Gretchen Meeks Mari Weldon | 7:30 PM Clare Perry | 9 AM Mary Weldon 11 AM Clare Perry | 8 AM Clare Perry 10 AM Clare Perry | 8 AM Mari Weldon 10 AM Mari Weldon | 8 AM Clare Perry 10 AM Clare Perry |
| Coffee Server | | | Karyn Grant Betsy Wallingford | Beth White | Cyndi Abbott | Addie Krebs |



From the Organ Bench

by Mary Sue Willie,
Director of Music

As I write this we have just had a most successful Palm Sunday Procession and Blessing of the palms. Our amazing Choreographer, Molly Wheat, did magical things with our young people who were most convincing in proclaiming that "Jesus is coming". From the initial entrance and distributing of the palms to laying out the palm fronds and their cloaks; they conveyed the excitement that must have greeted Jesus on his entrance into Jerusalem some 2,000 years ago. Molly rehearsed the dancers, shared her vision with them and then provided costumes and made wreaths for their heads. Her inspiration was contagious. The choir accompanied the dancers by singing the new version of "All Glory, Laud and Honor and accompanied this singing with Handchimes borrowed from another church. Both choirs sang beautifully as we moved from a celebration into the solemn week of the Passion.

Next Sunday we will enjoy the triumphant music of Easter with brass provided by Thomas Small, trumpet; Margaret Small, french horn; and Tim Howard, trombone and both choirs of St. Elizabeth's in full voice.

Earlier in March, one of our very own choir members, Carol Davies and her colleague presented a wonderful program describing their sabbatical trip to Kenya where they taught people in remote areas how to test water and the use of solar ovens (which in turn allowed the people to turn contaminated water into potable water). This followed a potluck supper in the Parish Hall (one of the most delicious ever!) There was a very good turnout of people from the parish to hear their inspiring story.

As we move into the Easter season and then Pentecost; we invite newcomers to the Adult and Youth Choirs. The Adult Choir meets on Thursdays at 7:00 PM and the Youth Choir rehearses every Sunday following the 10 o'clock service. Please just come to a rehearsal or call Mary Sue for more information if you are interested (978) 369-2363 or email: cvmswillie@comcast.net.

Mary Sue



CONTEMPLATIVE
OUTREACH

CENTERING PRAYER GROUP MEETS TUESDAY EVENINGS

Amidst the hulabaloo and busyness of our everyday lives, we sometimes need to find a quiet space and regain a deeper sense of where our faith is leading us. **Sylvia Sepulveda** and **Jonas Barciauskas** have started a Centering Prayer group which meets on a weekly basis at St. Elizabeth's. Centering Prayer is a form of silent meditation with deep historical roots in the Christian tradition currently practiced by people from across a spectrum of denominations. We will benefit from several resources available to us for learning about the basics of its practice, including instructional DVDs, audio tapes, and periodic visits from Centering Prayer teachers.

The Centering Prayer sessions are held on **Tuesday evenings beginning at 7:30**. Feel free to join us whenever your schedule permits. Contact **Sylvia (srsepulveda@mac.com)** or **Jonas (barciaus@bc.edu)** for information. You can visit the Contemplative Outreach website for information about centering prayer:

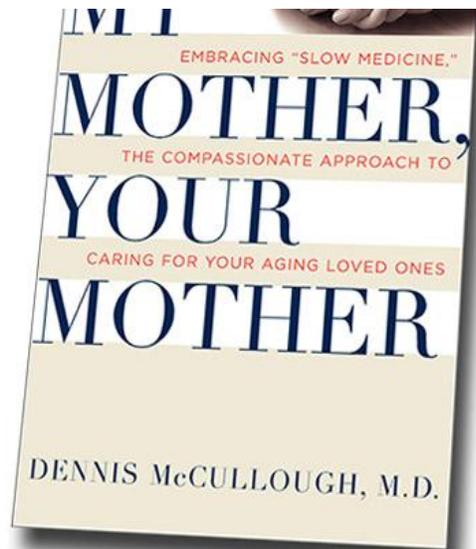
<http://www.contemplativeoutreach.org>. There's a helpful 7 minute video on the site's About Us page.

LIFE AFTER 80!

APRIL 25TH

On Sunday, April 25 at 2 PM at Grange Hall we kick-off the "Life After 80!" series co-sponsored by First Parish of Sudbury, a Unitarian Universalist congregation, St. Elizabeth's Episcopal Church, and the Sudbury Senior Center. Our guest will be Dr. Dennis McCullough, author of the popular book *My Mother, Your Mother: Embracing "Slow Medicine," the Compassionate Approach to Caring for Your Aging Loved Ones.*

Happily, our elders are living longer lives; we want to keep the emphasis on the quality of their *living!* This event is for people at or approaching their 80s and the people who are now, or likely to become, their caregivers. It is for healthy seniors, as well as those living with a variety of medical conditions. It is for caregivers who live nearby and those who live far away; it's for caregivers already assisting loved ones and those who will be called upon at some time in the future. Dr. McCullough has been a family physician and geriatrician for thirty years. He believes in "Slow Medicine" for people, especially after the age of 80. Slow Medicine is shaped by common sense and kindness. It advocates for paying attention to an elder's changing needs rather than waiting for a crisis that may force acute medical interventions. As Dr. McCullough puts it: "This is not a plan for preparing for death; it is a plan for understanding, for caring, and for living well in the late years of life. For more information, call: Rev. Katie Lee Crane 978 443-2043.



ATTENTION PARENTS WITH CHILDREN UNDER 3!

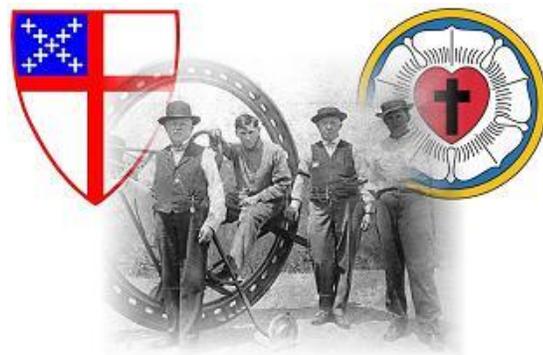
Looking for a way to meet fellow parishioners of St. Elizabeth's with young children? We have just the playgroup for you! Join us on Fridays from 10:30 AM to noon in the nursery at St. Elizabeth's. Light refreshments will be provided.

Please don't hesitate to contact Erin Kartunen at ekartunen@hotmail.com or Deborah Comer at birdseye09@hotmail.com should you have any questions.

MEN'S GROUP MEETING ON APRIL 17TH AT ST. JOHN LUTHERAN

Our next Men's Group meeting will occur on Saturday, April 17, at St. Elizabeth's, starting at 9:00 AM. Our sessions provide a great opportunity to share stories and reflections about our church life with a group of supportive men. If you have ideas for discussion topics, please contact **Jonas Barciauskas** (barciaus@bc.edu) or **Walter Morgan** (walter.morgan@fiserv.com) with your thoughts. This is the third year we have been meeting and our fellowship in faith is something we have found to be both fun and rewarding.

In order that we can plan for food and other material appropriately, please let Jonas or Walter know that you are coming.



The Eighth Annual St. Elizabeth's BENEFIT AUCTION: A RESOUNDING SUCCESS!

Many thanks to all of you who participated in making the Spring Fundraising Auction a success! Thanks to lots of volunteers and generous donors, we have raised over \$8,000 to support the ASP trip in July 2010, and the Pilgrimage and City Mission trips in summer of 2011. We had a great time, the kids were terrific, and we were very successful. Please be sure to say thank you to all of the merchants who have contributed to our success.

For anyone still interested in making a contribution, we have sold all of the items, but are still selling treats (see below) for the ASP participants this summer. If you would like to contribute, please send email and email to office@st-elizabeths.org with your contribution amount and send a check to St. Elizabeth's with ASP in the memo line. We also have tee shirts and baseball caps with the St. E's fun logo - an E with a halo over it, that are a terrific way to show support for our youth group programs, not to mention our pride and affection for St. E's.

TREATS FOR ASP PARTICIPANTS

Early Morning Coffee Stop Before work! \$10

Waking up at 7am isn't always easy but a good helping of caffeine will get us going! We will be sure to mention your name and generosity while we sip ☺

Ice Cream after a long hot day! \$25

Ice cream for a lucky group at the local ice creamery! We will be sure to give you a shout out before we indulge in the much needed cool-down ☺

Hard Working Vans Get Thirsty for Gas! \$50

Help a thirsty van fill up its tank and carry us farther on our journey! We will be sure to mention your name and generosity as we fill our tank ☺

What a TREAT, A Dinner Off Campus! \$100

The last night of the ASP trip on the road home, the volunteers go out for an Italian dinner to celebrate a good week, hard work, new friendships and deepened faith. It is a treat we all look forward to. If you do the math, a dinner out for this year's 34 youth and adults, even at a family restaurant, amounts to a chunk of change. Any contribution toward our victory meal would be gratefully accepted. We will make sure to include you and your generosity in our pre-meal devotion ☺

Thank You for your Support!



HAITI NIGHT — FRIDAY, MAY 21



Listen to Haitian music. Nosh on Haitian food. Meet our guests, **Serge Paul-Emile** and **Alix Cantave**, natives of Haiti, who will tell us about their homeland – a little about its history and a lot about conditions now. Alix will show photos from a recent visit to Haiti following the earthquake.

Spearheaded by the **Faith in Action** team, **First Parish of Sudbury** is hosting this **FREE EVENT** for the general public on **Friday, May 21st** as a benefit to raise money and awareness about the situation in Haiti. While there is no admission fee, guests will be encouraged to donate to any of three organizations helping Haitians rebuild their homes and their lives: Partners in Health, Habitat for Humanity, and/or the UUSC-UUA Haiti Relief Fund (Unitarian Universalist Service Committee and Unitarian Universalist Association).

Each of these organizations has partners on the ground helping Haitian people move forward in the aftermath of a natural calamity that buried this already poor and struggling country. Circle the date now. Watch for details in local papers the weeks to come.

REGISTER NOW!

42nd Walk for Hunger
Sunday, May 2, 2010



42nd Annual Walk for Hunger—Save the Date!

Project Bread's 42nd Annual Walk for Hunger is Sunday, May 2. It starts on the Boston Common between 7 and 9 AM. For more information, visit www.projectbread.org/walk or call 617-723-5000.

Many Happy Returns of the Day to you!



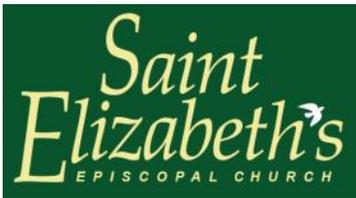
Jeffrey Abbott, Harry Ainsworth, Tea Baumgartner, Katherine Bautze, Harris Bendel, Louise Bendel, Scott Bluni, Collins Boland, Allison Boyle, Lauryn Brown, Freddy Collins, Angela Crocker, Sam Crocker, Graham Daley, Morgan Davies, Jeff Davis, Bob Dawson, Bob Ewing, Cathy Fairbairn, Henry Fairbairn, Kelly Frissora, Kimberly Gee, Laura Hacker, Christine Howard, Maureen Hynes, Dave Kartunen, Grace Keilen, Dan Knaul, Emily Knaul, Sara Ledbetter, Carl Lepordo, Matt Lucarelli, Jon McLeod, Abby Meeks, Ted Meeks, Ildi Morris, Clive Norton, Jim Parker, Mike Perisho, Douglas Pratt, Megan Quinn, Leslie Egan Ray, Tucker Reinhard, Tom Rourke, Larry St. George, Abigail Tinsley, Rebecca Trail, Katie Trecker, James Wagner, Katie Walker, Jack Walker, Devin Walker, Rick Watson, Evan White, Kris Wile, Greg Wilkins, Christopher Woodman, Declan Zurn

APRIL CALENDAR OF EVENTS

Thursday, April 1..... Maundy Thursday Service with optional foot washing in the Church, 7:30 PM
Fridays, April 2, 9, 16, 23, 30 Under 3's Playgroup, Nursery, 10:30 AM – noon
Friday, April 2..... Good Friday Service in the Chapel, 7:30 PM
Saturday, April 3..... Liturgy of the Light, Gather in the Parish Hall at 5:45 PM
Sunday, April 4 Easter Sunday Festival of the Eucharist, 9 AM and 11 AM (no church school)
Tuesdays, April 6, 13, 20, 27.. Centering Prayer Group, 7:30 PM
Saturday, April 10..... St. E's Buildings and Grounds Clean-up, 9 AM – 3 PM
Saturday, April 17..... Buildings and Grounds Clean-up Rain Date
Saturday, April 17..... Men's Group Meeting, St. John's, 9 AM
Sunday, April 25 Life After 80!, 2 PM
Sunday, May 2..... Project Bread's 42nd Annual Walk for Hunger, Boston Common, 7 – 9 AM

For the full church calendar of events, go to page 6

For the latest updates, go to www.st-elizabeths.org



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Pat Coffin, Mantle Editor
Submit articles to mantle@st-elizabeths.org

www.st-elizabeths.org

Ours is a community through which we respond to our connection with God as revealed in Jesus Christ. Together we seek to know and worship God, nurturing one another in love as we live God's will. Empowered by the Holy Spirit, we seek to reach out and respond to the needs of others and to make God known to the larger community.

St. Elizabeth's Church in the Town of Sudbury welcomes and honors everyone. In accordance with our baptismal covenant, we affirm the inherent worth and dignity of every person. We strive to include all persons without regard to sexual orientation, race, nationality, gender, family configuration, ethnic background, economic circumstances, difference in ability, culture or age. Our love and acceptance of each other embody our commitment to unity with God and each other in Christ.