

# The Mantle

St. Elizabeth's Episcopal Church Sudbury, Massachusetts

May 2010



## Concerned about work and family life?

Losing your job?

Not enough time with family because of work obligations?

In a job that is wrong for you, and not sure what to do?

You are not alone!

Come break bread and share your stories.

*"We may have come on different ships, but we are all in the same boat now."*

-Mel King

Come to

**St. E's**

**Sunday, May 16**

**11:45 to 1:15 pm.**

**Lunch and child-care provided**

All welcome

Sponsored by St. Elizabeth's Episcopal Church, St. John Lutheran Church, Sudbury,  
MICAHA (Metropolitan Interfaith Congregations Acting for Hope)

[www.MICAHEMA.ORG](http://www.MICAHEMA.ORG)

**For more information, contact**

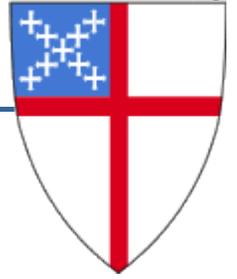
Michael J. Brown, MICAHA Director: 617 645-0226

Rev. Barbara Williamson, Rector, St. Elizabeth's Church, 978 443- 6035

Rev. Christopher George Hoyer, Pastor, St. John Lutheran Church, 978 443- 8350



## From Our Rector by The Rev. Barbara Williamson



April 22nd, I received a phone call from a parishioner telling me of the death of **Ellen Sutherland** of Sudbury after a heroic battle with ALS. Ellen's story is known by a large number of Sudbury residents who contributed to her care over the last three or four years. Ellen is survived by an 8th grade daughter, a 5th grade son, and her husband.

April 21st, a parishioner called to tell me of the sudden death of an 18 year old boy at track practice at Nashoba Regional High School in Bolton on April 19th. **Alex Doucette** was on the cusp of graduating and was looking forward to attending Stonehill College. He was a good student and well-liked.

Beginning in early April, the stabbing death of **James Alenson** at Lincoln Sudbury Regional High School three years ago has been in the news because the case has come to trial. All the old sad and creepy feelings of that tragedy have been stirred up. The air is heavy with them.

Children, youth, and adults alike are asking the hard questions. *Why Ellen and not me? Why Alex and not me? Why James and not me? Why didn't God save her? Why didn't God save him? They were good people.*

The death of a mom of school age children and the deaths of teens throw us for a loop. They upset our sense of and desire for order, and they expose our helplessness in the face of tragedy.

Since no one gets out of this life alive, sooner or later, we have to come to grips with the fact that death, whether perpetrated by other people, accident, disease, or natural causes, comes to all of us. Death doesn't care whether we are young or old, ready or not, sinner or saint.

Whatever our feelings and beliefs about death, we need to examine them, so that we are prepared when our children need to talk about their feelings and beliefs about death. As with any sensitive subject, we must seek a delicate balance that encourages children to communicate - a balance that lies somewhere between avoidance and confrontation, a balance that isn't easy to achieve.

I commend to you the excellent materials available through Hospice Net at <http://www.hospicenet.org/html/talking.html>

Still we are faced with a difficult subject that raises in us questions we cannot answer, and we all have different levels of tolerance for not knowing. The "why" questions are the worst. The truth is, we don't know why the world is configured as it is, why some people die young and some people die old. We only know that sooner or later, everyone dies.

Christianity holds that by his passion, death and resurrection, Jesus Christ conquered death, so that it becomes a portal to the next life, rather than an eternal end. That doesn't mean we don't suffer loss when a loved one dies. We do. We are simply assured that death is not the end that it appears to be. We are assured that what looks like the end is not the end of us.

Other faiths have other beliefs. My faith tells me that all people, regardless of religion, are equally loved and cared for by God, and that in the end all of creation will be drawn into the heart of God where there is no pain, neither sorrow nor crying, but life everlasting for you, for me, for Ellen, Alex, James, all saints, all sinners, and the whole human family.

Barbara



## Vestry Notes by Stuart Hamilton, Co-Warden

The vestry met on April 26. With Barbara out of town, Valerie led our formation time. After we read from the Sermon on the Mount (Matthew 5: 1-10), Valerie asked us to talk about what makes a place sacred. A fascinating discussion followed in which we shared our experiences with places that we each have viewed as sacred. Remarkably, the wide assortment of our answers made few references to churches or other places that normally would be considered religious sites.

We had a brief update on repairs and improvements at the rectory. Within a matter of days after the vestry had approved the purchase of a new water heater, the old heater started leaking, necessitating an emergency Saturday replacement. The dishwasher has also been replaced. No one could remember how long the old dishwasher had been in place. We are looking at other relatively inexpensive projects over the summer and fall, including some interior painting and replacing the front door.

Much of our meeting was devoted to discussions on three topics that will be holding our attention through the next several months. First, **Cecilia Tatem-Small** reported on an initial meeting that focused on expanding our church school efforts to ensure that we have the right type of support in place in terms of space, materials, programs and staff to allow us to accommodate all children, including those with special needs. There are any number of issues here, ranging from building set-up to communication to teacher training to our Safe Church policy. The discussion here is just beginning.

Second, we looked at issues of space. At one level, there is a specific concern. As **Nancy Kimball** discusses in more detail in her Warden's Words, the J2A program all too often gets displaced from its regular meeting space (the aptly named Multi-Purpose Room) to accommodate other Sunday activities. While we agreed to make a better effort going forward of making other groups aware of not interfering with the J2A meeting time, the broader issue is the general use of space throughout the building. It seems somewhat incongruous that while J2A is getting displaced from its space and some of the other church school classes are almost literally bursting at the seams, the largest space in the building – the parish hall – remains empty or underutilized much of the time. Comments were made concerning the lack of coziness in both the parish hall and the library, as well as the lack of display space in the parish hall. We will be conducting an analysis of our space utilization in the next few months. Stay tuned for more details.

Third, Nancy updated our discussion on the church school registration fee. The 2010 budget that was presented to the Annual Meeting in February included a registration fee, though the exact amount had not been determined yet. Eloquent arguments were raised by parishioners at the Annual Meeting both for and against the fee. We are still working out the details on this.

We welcome your feedback on any of the above topics.

**Darlene Murphy** then brought us up to date on some accounting problems that emerged from closing the books in December. As detailed in a parish-wide communication, the financials presented at the annual meeting in February had to be restated because of some incorrect entries into the accounting system. The end result was that our income for 2009 was overstated, as was our December 31 cash balance. Sleuthing out the source of the errors required an enormous effort from **Darlene, Nancy, Steve Kinney** and **Win Treese**. New policies and procedures are already in place to safeguard against the recurrence of such errors. The move to the new and less convoluted accounting system (an online version of Quick Books) will also help.

Darlene also presented our financial statements for January and February and summarized the March results, even though the final report for March was not quite complete. We are tracking close to budget for the first quarter, which is encouraging. Darlene commented that one of her major objectives for the year is to continue to expand the role of the Finance Committee.

Finally, we approved the March minutes and a new policy for dealing with restricted gifts. Despite vigorous discussions and an ambitious agenda, we managed to adjourn only a few minutes over our scheduled time.

*Stuart*

## Warden's Words by Nancy Kimble, Co-Warden

What does the word "home" mean to you? For most of us, it conjures images of safety and comfort. It is a place where we are always welcome -- where we can relax and be ourselves. Time and again, I've heard people refer to St. Elizabeth's as their spiritual home. I know it feels that way for me, and I hope every parishioner and every visitor would feel that same sense of welcome and comfort that I experience each time I enter the church. One of the benefits of a home is that it provides us with a space that we can call our own -- whether it's our favorite recliner in the living room or our preferred pew in the sanctuary (fourth row from the front on the pulpit side.) At home, children often consider their bedrooms to be their personal space -- a place of refuge that they can decorate and inhabit with their own personal style. Similarly, here at St. Elizabeth's we have attempted to provide our youth with sacred space of their own in the nursery, the Atriums and in the Journey to Adulthood classrooms. If you go downstairs on any given Sunday, you will see the younger children gathered in the Level 1, 2 and 3 Atriums, beautifully arranged with tables and chairs, carpeted seating areas and altars and decorated with the children's art work. The Rite 13 room, directly across from the nursery, has comfortable couches, posters drawn by the kids and even shelves filled with games. Our YAC group (Young Adults in the Church) occupy the couch and pillow filled room across from the

elevator -- a place where they too can relax and converse in comfort. However, in one case, we have fallen short in our attempt to provide our youth with a room of their own. Our J2A class, 8th and 9th graders who have embarked on a two year journey of development that will culminate with a pilgrimage, currently meet in the one room large enough for their group -- what we call the Multi-Purpose Room. When you think about it, the MPR is essentially the family room of St. Elizabeth's. Traditionally, it has been a place where the Vestry meets, the choir practices and groups gather for various reasons. The furniture is constantly rearranged and the walls are used for posting meeting notes. Unfortunately, it's not exactly the sacred space of comfort and retreat that we would hope to provide for our youth. So the wardens and vestry will spend some time considering how we all might work at shifting our perspective of this room -- recognizing it as the personal and private space of the J2A class, at least on Sundays. As we brainstorm about other possible meeting spaces for groups, such as the parish hall or conference room, we hope that eventually the J2A class will be able to decorate and inhabit their own sanctuary in the same way that the rest of our youth do.

Nancy



### From the Organ Bench

by Mary Sue Willie,  
Director of Music

We have now had our festive Easter Day with a few hardy Youth Choir (others were stranded by the floods) but the Adult Choir covered themselves with glory, and we enjoyed the brilliant brass provided by **Thomas and**

**Margaret Small** and **Tim Howard** plus our wonderful violinist, **Bonnie Brown** adding to the youth choir anthem and enhancing the rest of the music.

At this time we look forward to seven more weeks of the choir season. We invite any who would like to join either choir to join us and try the choir experience on for size and

pleasure! We do have some lovely music for **Pentecost (May 23rd)** and would be delighted to welcome new singers. The youth choir has a "critical mass" - meaning that when a few members may need to be away there are still enough to make a joyful noise! However, the adult choir does not have a "critical mass" - so when any are absent we have missing parts. We do our best to work around these conditions but just a few more members would make a huge difference in our ability to do more challenging music. Do think seriously about whether this may be an opportunity to expand your worship experience. As St. Augustine said, "s/he who sings prays twice". Music can take us to deeper moments of spiritual expression.

Then, during the summer months we invite any who would like to sing or play an instrument for our 10 o'clock service to call or email Mary Sue to arrange for a Sunday to enrich our worship.

Mary Sue

# Stewardship Help Needed by Win Treese

Our traditional time to focus on stewardship is during the fall, so now is a time of reflection and planning for next fall. As **Lisa Barnes**, last year's stewardship chair, put it, "The stewardship committee is all of us." And it's true.

However, the work of stewardship needs at least a few people to help plan and operate our stewardship campaign. If you're interested in helping in some way, large or small, or would even just like to find out what's involved, please get in touch with **Win Treese** ([treese@acm.org](mailto:treese@acm.org)), who is chairing the campaign this year.

Moreover, if you have any thoughts, suggestions, or comments about stewardship at St. Elizabeth's, please get in touch with Win as well. Anything you liked, or didn't

like, or would like to see done differently is fair game.

We tend to think about stewardship mostly around our fall "campaign" to raise pledges for the next budget year, but stewardship is a constant question and challenge for us. How do we serve, every day, as good stewards of the gifts, talents, and resources entrusted to us? We are drawn to St. Elizabeth's for diverse reasons, and we are all part of creating the community and expressing God's purposes at St. Elizabeth's. Over and over, we hear stories of how giving to St. Elizabeth's, whether in time, money, or talents, is more than repaid in what we get back. And isn't that an investment a wise and faithful steward would make?

*Win*

## COMING TO ST. E'S NOON ON SUNDAY, MAY 2, 2010

### TRACES OF THE TRADE: A STORY FROM THE DEEP NORTH

In this feature documentary, filmmaker Katrina Browne discovers that her New England ancestors were the largest slave-trading family in U.S. history. She and nine cousins retrace the Triangle Trade and gain a powerful new perspective on the black/white divide.

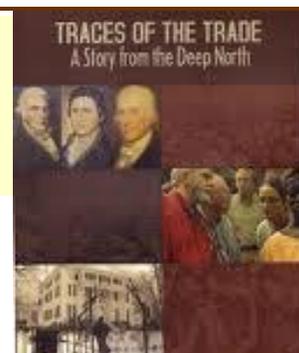
The enslavement of Africans was business for more than just the DeWolf family. It was a cornerstone of Northern commercial life. The Triangle Trade drove the economy of many port cities (Rhode Island had the largest share in the trade of any state), and slavery itself existed in the North for over 200 years. Northern textile mills used slave-picked cotton from the South to fuel the Industrial Revolution, while banks and insurance companies played a key role throughout the period. While the DeWolfs were one of only a few "slaving" dynasties, the network of commercial activities that they were tied to involved an enormous portion of the Northern population. Many citizens, for example, would buy shares in slave ships in order to make a profit.

The film follows ten DeWolf descendants (ages 32-71, ranging from sisters to seventh cousins) as they retrace the steps of the Triangle Trade, visiting the DeWolf hometown of Bristol, Rhode Island, slave forts on the coast of Ghana, and the ruins of a family plantation in Cuba. Browne pushes the family forward as they struggle through the minefield of race

politics. Back home, the family confronts the thorny topic of what to do now. In the context of growing calls for reparations for slavery, family members struggle with the question of how to think about and contribute to "repair." Meanwhile, Browne and her family come closer to the core: their love/hate relationship with their own Yankee culture and privileges; the healing and transformation needed not only "out there," but inside themselves.

The issues the DeWolf descendants are confronted with dramatize questions that apply to the nation as a whole: What, concretely, is the legacy of slavery – for diverse whites, for diverse blacks, for diverse others? Who owes who what for the sins of the fathers of this country? What history do we inherit as individuals and as citizens? How does Northern complicity change the equation? What would repair – spiritual and material – really look like and what would it take?

Immediately following the screening, Dain Perry, a DeWolf family descendent who is in the film, along with his wife Constance Perry, will lead a discussion on the documentary and its implications. Refreshments will be served. Free and open to the public. **Please call 978-443-6035 for information.**



# May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b> <b>GOOD SHEPHERD SUNDAY</b> <b>8:00 AM</b> Holy Eucharist II - Church <b>9:45 AM</b> Church School (COGS, J2A [MPR], YACs) <b>10:00 AM</b> Holy Eucharist II - Church <b>11:10 AM</b> Youth Choir Rehearsal (10 Minutes after end of second Service)	<b>26</b> <b>11:00 AM</b> Staff Meeting (CNF) <b>6:50 PM</b> Vestry Meeting (CNF)	<b>27</b> <b>10:00 AM - 11:00 AM</b> Bible Study (CNF) <b>7:30 PM - 9:00 PM</b> Centering Prayer Group (YG Room)	<b>28</b> <b>10:00 AM</b> TAI CHI (PH) <b>12:45 PM - 3:15 PM</b> Troop #2453 (MPR)	<b>29</b> <b>7:00 PM</b> Choir Rehearsal (MPR)	<b>30</b> ASP over night at Barbara C. Harris camp <b>10:30 AM - 12:00 PM</b> Playgroup at St. Elizabeth's (Nursery & MRP)	<b>1</b> ASP over night at Barbara C. Harris camp <b>9:00 AM - 12:00 PM</b> GOGS Level 1 Aides Training (MPR)
<b>2</b> <b>8:00 AM</b> Holy Eucharist II - Chapel <b>9:45 AM</b> Church School (COGS, Rite 13, J2A [MPR], YACs) <b>10:00 AM</b> Holy Eucharist II - Church (Laying on of hands for healing) <b>11:10 AM</b> Youth Choir Rehearsal (10 Minutes after end of second Service) <b>11:15 AM</b> J2A Leadership Meeting (MPR) <b>12:00 PM - 2:00 PM</b> Lunch and "Traces of Trade" (PH)	<b>3</b> <b>10:30 AM</b> Staff Meeting (CNF)	<b>4</b> <b>10:00 AM - 11:00 AM</b> Bible Study (CNF) <b>11:30 AM</b> Yoga (MPR) <b>7:30 PM - 9:00 PM</b> Centering Prayer Group (YG Room)	<b>5</b> <b>10:00 AM</b> TAI CHI (PH)	<b>6</b> <b>11:00 AM</b> Warden Meeting <b>2:15 PM - 3:30 PM</b> Healing Ministry (CNF) <b>7:00 PM</b> Choir Rehearsal (MPR)	<b>7</b> <b>10:30 AM - 12:00 PM</b> Playgroup at St. Elizabeth's (Nursery & MRP)	<b>8</b>
<b>9</b> <b>8:00 AM</b> Holy Eucharist II - Chapel <b>9:45 AM</b> Church School (COGS, Rite 13, J2A [MPR], YACs) <b>10:00 AM</b> Holy Eucharist II - Church <b>11:10 AM</b> Youth Choir Rehearsal (10 Minutes after end of second Service)	<b>10</b> <b>11:00 AM</b> Staff Meeting (CNF) <b>2:30 PM - 5:30 PM</b> Troops #7135, 2484, 7149 (PH & MPR) <b>6:30 PM - 9:30 PM</b> Girl Scout Leaders Meeting (PH)	<b>11</b> <b>10:00 AM - 11:00 AM</b> Bible Study (CNF) <b>11:30 AM</b> Yoga (MPR) <b>6:00 PM - 7:00 PM</b> Private Music Group (Chapel) <b>7:00 PM</b> Pastoral Care Team <b>7:30 PM - 9:00 PM</b> Centering Prayer Group (YG Room)	<b>12</b> <b>10:00 AM</b> TAI CHI (PH) <b>12:45 PM - 3:00 PM</b> Troop #72440 (MPR)	<b>13</b> <b>ASCENSION DAY</b> <b>2:15 PM - 3:30 PM</b> Healing Ministry (CNF) <b>7:30 PM</b> Ascension Day Service (Church of the Holy Spirit, Wayland)	<b>14</b> <b>10:30 AM - 12:00 PM</b> Playgroup at St. Elizabeth's (Nursery & MRP) <b>3:30 PM - 5:30 PM</b> Troop #72487 (MPR)	<b>15</b> <b>9:00 AM - 4:00 PM</b> COGS Training (MPR) <b>9:00 AM</b> Men's Group (St. Elizabeth's MRP) <b>11:00 AM - 4:00 PM</b> Islamic Center of Boston in Wayland - Open House
<b>16</b> <b>8:00 AM</b> Holy Eucharist II - Chapel <b>9:45 AM</b> Church School (COGS, Rite 13, J2A [MPR], YACs) <b>10:00 AM</b> Holy Eucharist II - Church <b>11:10 AM</b> Youth Choir Rehearsal (10 Minutes after end of second Service) <b>11:45 AM</b> Work & Family Life (MRP) <b>2:00 PM</b> Life After 80 - Grange Hall <b>4:00 PM</b> ASP Prep at St. E's (PH)	<b>17</b> <b>11:00 AM</b> Staff Meeting (CNF) <b>6:50 PM</b> Vestry Meeting	<b>18</b> <b>10:00 AM - 11:00 AM</b> Bible Study (CNF) <b>11:30 AM</b> Yoga (MPR) <b>7:30 PM - 9:00 PM</b> Centering Prayer Group (YG Room)	<b>19</b> <b>10:00 AM</b> TAI CHI (PH) <b>7:00 PM</b> Prayer, Praise and Preaching - Greater Framingham Community Church	<b>20</b> <b>2:15 PM - 3:30 PM</b> Healing Ministry (CNF) <b>7:00 PM</b> Choir Rehearsal (MPR) <b>7:00 PM</b> Prayer, Praise and Preaching - Greater Framingham Community Church	<b>21</b> <b>10:30 AM - 12:00 PM</b> Playgroup at St. Elizabeth's (Nursery & MRP) <b>7:00 PM</b> Prayer, Praise and Preaching - Greater Framingham Community Church	<b>22</b>
<b>23</b> <b>PENTECOST</b> <b>8:00 AM</b> Holy Eucharist II - Chapel <b>9:45 AM</b> Church School (COGS, Rite 13, J2A [MPR], YACs) <b>10:00 AM</b> Holy Eucharist II - Church <b>11:10 AM</b> Youth Choir Rehearsal (10 Minutes after end of second Service)	<b>24</b> <b>Mantle Deadline</b> <b>11:00 AM</b> Staff Meeting (CNF)	<b>25</b> <b>10:00 AM - 11:00 AM</b> Bible Study (CNF) <b>12:30 PM</b> Deanery Lunch (PH) <b>7:30 PM - 9:00 PM</b> Centering Prayer Group (YG Room)	<b>26</b> <b>10:00 AM</b> TAI CHI (PH)	<b>27</b> <b>2:15 PM - 3:30 PM</b> Healing Ministry (CNF) <b>7:00 PM</b> Choir Rehearsal (MPR)	<b>28</b> <b>10:30 AM - 12:00 PM</b> Playgroup at St. Elizabeth's (Nursery & MRP)	<b>29</b> <b>5:00 PM</b> Wedding Rehearsal (Church)
<b>30</b> <b>NO COGS, Rite 13, J2A, YACs</b> <b>8:00 AM</b> Holy Eucharist II - Chapel <b>10:00 AM</b> Holy Eucharist II - Church <b>11:10 AM</b> Youth Choir Rehearsal (10 Minutes after end of second Service) <b>4:00 PM</b> Wedding (Church)	<b>31</b> OFFICE CLOSED	<b>1</b> <b>10:00 AM - 11:00 AM</b> Bible Study (CNF) <b>11:30 AM</b> Yoga (MPR) <b>7:30 PM - 9:00 PM</b> Centering Prayer Group (YG Room)	<b>2</b> <b>10:00 AM</b> Staff Meeting (CNF)	<b>3</b> <b>2:15 PM - 3:30 PM</b> Healing Ministry (CNF) <b>7:00 PM</b> Choir Rehearsal (MPR)	<b>4</b> <b>10:30 AM - 12:00 PM</b> Playgroup at St. Elizabeth's (Nursery & MRP)	<b>5</b>

<p>Miracle Kitchen Coordinator: Pat Coffin</p> <p>Kitchen Angeli: Beth White</p>	<p>May 2 5 Easter</p>	<p>May 9 6 Easter</p>	<p>May 16 7 Easter</p>	<p>May 23 Pentecost</p>	<p>May 30 First Sunday after Pentecost No COGS</p>
<p>Euch. Min.</p>	<p>8 AM John Brackett 10 AM Stuart Hamilton Jim Peters</p>	<p>8 AM Peter Gonze 10 AM Betsy Wallingford Harry Ainsworth</p>	<p>8 AM John Brackett 10 AM Carol Dicker Audrey Newton</p>	<p>8 AM Harry Ainsworth 10 AM Stuart Hamilton Steve Davies</p>	<p>8 AM Peter Gonze 10 AM Ruth Griesel Susan Newlin</p>
<p>Breadbearer &amp; Third Station</p>	<p>BB Karyn Grant (3S) Larry Stewart (3S)</p>	<p>BB Clare Perry (3S) Rich Grant (3S)</p>	<p>BB Jay Holdman (3S) Cliff Card (3S)</p>	<p>BB Jim Newton (3S) Karyn Grant (3S)</p>	<p>BB Larry Stewart (3S) John Howard (3S)</p>
<p>Lector</p>	<p>Walter Morgan</p>	<p>Bob Torgerson</p>	<p>Larry Stewart</p>	<p>John McNeill</p>	<p>Craig Stafford</p>
<p>Acolyte (s)</p>	<p>Adam Howard</p>	<p>Nick St. George</p>	<p>Elizabeth Dewey</p>	<p>Walker Griggs, Sean Dicker, Bryan Dicker</p>	<p>Sam Sugg</p>
<p>Vestry Person of</p>	<p>Cecilia Small</p>	<p>Ben Sugg</p>	<p>Kelley White</p>	<p>Jay Holdman</p>	<p>Mari Weldon</p>
<p>Ushers</p>	<p>John Romain Jonas Barciauskas</p>	<p>Terry Rourke Pat Coffin</p>	<p>Larry Jobson Susan Newlin</p>	<p>Jonas Barciauskas Jeremy Perisho</p>	<p>Mike &amp; Jeremy Perisho</p>
<p>Altar Guild</p>	<p>8 AM Stevie Spina 10 AM Gretchen Meeks</p>	<p>8 AM Stevie Spina 10 AM Gretchen Meeks</p>	<p>8 AM Stevie Spina 10 AM Terry Rourke</p>	<p>8 AM Stevie Spina 10 AM Gretchen Meeks</p>	<p>8 AM Ruth Griesel 10 AM Mari Weldon</p>
<p>Coffee Server</p>	<p>Angela Crocker</p>	<p>Jeremy Perisho</p>	<p>Jeremy Perisho</p>	<p>Karyn Grant</p>	<p>Beth White</p>

# The Before and After of Loss:

## *The Journey from Anticipation to Assimilation*

Hosted by Sudbury United Methodist Church in association with  
Parmenter VNA and Community Care

*Location: Sudbury United Methodist Church , 251 Old Sudbury Rd., Sudbury*

*7:30pm – 9:00pm*

- ☒ **May 5**     **"Caring for the Caregiver at the End of Life:  
Dealing with Stress and Anticipatory Grief"**  
Guest Speaker: Natalie Austrian, *Hospice Chaplain*
  
- ☒ **May 12**    **"The First Year After a Loved One Dies"**  
Guest Speaker: Deborah Marshall, *Children's Bereavement Specialist*
  
- ☒ **May 19**    **"Long-term Loss and Building Resilience"**  
Guest Speaker: Andrea Heinlein, *Hospice Social Worker*
  
- ☒ **May 26**    **"Planning How You Want to Live Your Life at the End of Life"**  
Guest Speaker: Cindy Mayher, *CEO, Parmenter VNA & Community Care*

*All are Welcome*

For more information, please contact the Church Office (978) 443-4351

For directions visit [www.sudbury-umc.org](http://www.sudbury-umc.org)

## **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!**

**42<sup>nd</sup> Walk for Hunger  
Sunday, May 2, 2010**



## **42<sup>nd</sup> Annual Walk for Hunger—Save the Date!**

Project Bread's 42<sup>nd</sup> 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](http://www.projectbread.org/walk) or call 617-723-5000.



## **CENTERING PRAYER GROUP MEETS TUESDAY EVENINGS**

Amidst the hullabaloo 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](mailto:srsepulveda@mac.com)) or **Jonas** ([barciaus@bc.edu](mailto: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. Also, there is a helpful essay titled "An Episcopal Perspective on Centering Prayer" by Thomas Ward, Jr., Episcopal priest and faculty member of Sewanee: The University of the South. Please let Jonas know if you would like a copy.



## **ATTENTION PARENTS WITH CHILDREN UNDER 3!**

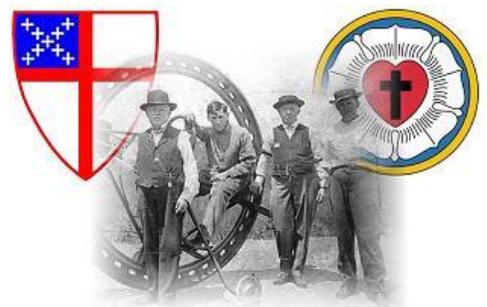
Looking for a way to meet fellow parishioners of St. Elizabeth's with young children? We have just the playgroup for you! Join us on Fridays from 10:30 AM to noon in the nursery at St. Elizabeth's. Light refreshments will be provided.

Please don't hesitate to contact **Erin Kartunen** at [ekartunen@hotmail.com](mailto:ekartunen@hotmail.com) or **Deborah Comer** at [birdseye09@hotmail.com](mailto:birdseye09@hotmail.com) should you have any questions.

## **MEN'S GROUP MEETING ON MAY 15TH AT ST. JOHN LUTHERAN**

Our next Men's Group meeting will occur on Saturday, May 15, 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](mailto:barciaus@bc.edu)) or **Walter Morgan** ([walter.morgan@fiserv.com](mailto: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.



# HELP PROVIDE A SAFE NEW HOME

The Sudbury-Wayland-Lincoln Domestic Violence Roundtable



Cordially invites you to participate in

A Virtual Shower for Shelters

Sunday, May 2nd through Sunday, May 16th

Unwrapped gifts may be delivered to

Goodnow Library  
21 Concord Road  
Sudbury, MA

Lincoln Library  
3 Bedford Road  
Lincoln, MA

Wayland Public Library  
5 Concord Road  
Wayland, MA

All gifts will be donated to clients of  
REACH  
Voices Against Violence  
The Second Step



For further information:

Karen Cohen 978-779-2226

Marilyn Ellsworth 978-443-5752

## SHOWER FOR SHELTERS NEEDS LIST

Thank you for your generosity and for your wish to assist families fleeing from their homes due to domestic violence. The following is a list of much needed items for families who will be setting up new apartments as well as supplies for Shelters and Transitional Housing Programs. For the purposes of the "Shower for Shelters", we respectfully request that all items be new and unwrapped.

### PAPER GOODS AND CLEANING SUPPLIES:

Kleenex, Paper Towels, Toilet Paper  
Bathroom and Kitchen Cleansers  
Floor Cleaners  
Laundry Detergent  
Mops, Sponges, and Pails  
Waste Baskets

### TOILETRIES

Disposable Razors  
Hair products  
Deodorants  
Toothpaste and Toothbrushes  
Mouth Wash  
Dental Floss

### Feminine Hygiene Products Diapers (Any Size)

### LINENS

Towels and Face Clothes  
Twin Size Sheets, Blankets,  
Pillows, and Comforter Sets  
Shower Curtains and Liners

### HOUSEHOLD ITEMS

Dinnerware (Place Settings for Eight)  
Pots and Pans  
Silverware and Glassware  
Small Appliances (Mixers, Toasters,  
Blenders)  
Bake Ware and Casserole Dishes  
Serving Dishes

### ADDITIONAL ITEMS

Calling Cards  
Stationary and Stamps  
Books and Toys

### UNDERWEAR

Bras - All Sizes  
Underwear and Socks for Women and  
Children

### MONETARY DONATIONS OR GIFT

#### CARDS

Stop and Shop, Hannaford's, Target,  
CVS, Walgreens

# 30TH ANNIVERSARY CELEBRATION

*The Islamic Center of Boston*

126 BOSTON POST ROAD, WAYLAND, MA 01778

INVITES YOU TO

AN

## OPEN HOUSE

ON

**SATURDAY, MAY 15TH, 2010**

**11:00 AM - 4:00 PM**

**"Everything You Wanted To Know About Islam  
But Were Afraid to Ask"**

### PRESENTATIONS

FOUR 1-HOUR SESSIONS BETWEEN 11:30 AM & 2:45 PM

### TOURS

### DISCUSSIONS

### REFRESHMENTS

### EDUCATIONAL MATERIAL

FOR MORE INFORMATION OR TO SCHEDULE GROUP VISITS,  
CONTACT US AT [OPENHOUSE@ICBWAYLAND.ORG](mailto:OPENHOUSE@ICBWAYLAND.ORG)

FOR INFORMATION ABOUT THE CENTER PLEASE VISIT  
[HTTP://WWW.ICBWAYLAND.ORG](http://WWW.ICBWAYLAND.ORG)

LOCATED ON RT 20  
APPROX. 4 MILES WEST OF RT 128, AND ABOUT 1 MILE EAST OF RT 27/126

## MITE BOX COLLECTION A BIG SUCCESS!

We had another successful year of Mite Box collections! Children, adults and families gathered their coins and dollars (as well as a few plastic dimes, Canadian coins, Polish zloty and even a couple Chuck E. Cheese tokens), adding up to an amazing \$258.20! The money will help Episcopal Relief and Development in their efforts to provide hunger relief and assist with development after disasters. Thanks to all for your participation and contributions!



## A Very Happy May Birthday to YOU!

Susan Berry, Emilyac Boyle, Andrew Briasco-Stewart, Clarissa Briasco-Stewart, Christopher Brown, Meg Considine, Erin Davies, Campbell Davis, Morgan Davis, Tracy Deshmuk, Anne Drapeau, MJ Ebens, Scott Fairbairn, Craig Fischer, Debbie Flagg, Karl Ginand, Betty Hamilton, Stuart Hamilton, Olivia Henry, Karen Hodder, Mara Huston, Dylan Huston, Diana Kenealy, Eric Kimble, Sara Kimble, Nancy Kodera, T. James Kodera, Christopher Kornblum, Annie Levoy, Susan Lucas-Boyle, Charlie McKinny, Jeremy Perisho, Giff Perry, Nicole Phalen, Amy Phalen, Stephen Robak, James Santomena, AnnaMelora St. George, Sam Sugg, David Trail, Julia Treese, Tim Weldon, and Kelley White

May Birthdays



### Safe Church Policy at St. Elizabeth's Church

All volunteers working with infants, children, adolescents, and young adults are required to complete either an online or group Safe Church training certified by the Diocese of Massachusetts. In addition volunteers working with at risk adult parishioners are also required to be trained and certified.

Online training is available, at no cost, to all volunteers at St. Elizabeth's. If you have not received a letter with the web address and your individual ID and password (or if you have misplaced your letter) please contact **Dick Vanderlippe**.

## Saint Elizabeth's Communications Committee

### What we do

Mantle and eMantle, our monthly newsletter  
[www.st-elizabeths.org](http://www.st-elizabeths.org), our web site  
Sudbury Town Crier articles  
Parish Hall Bulletin Board

### How You Can Help

**Newsletter Editor** – Are you able to work on alternate months to publish the Mantle, St. Elizabeth's monthly newsletter? Training is available.

**Feature Writer** – Do you have a flair for writing? We need a features writer to author occasional articles for the Sudbury Crier about community focused events taking place at St. E's.

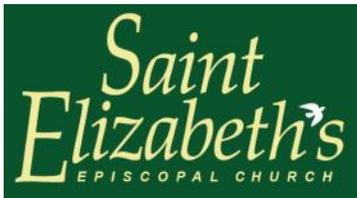
**Communications Bulletin Board Designer** - We could use some help with a creative person to keep our communications bulletin board in the Parish Hall up to date and fun..

**Web Site Author** – We could use a co-webmaster with HTML skills to assist in keeping our web site, [www.st-elizabeths.org](http://www.st-elizabeths.org), as a helpful resource with dynamic content.

**Church Brochure Designer** – Help us develop a set of Saint Elizabeth's brochures for the front hall for visitors, newcomers, and church members.

**Photo Archivist** – We have an online web based photo archive setup, but we need a computer savvy volunteer to keep it up to date with photographs contributed by parishioners.

For further information, please contact a communications committee member: John Howard (978) 443-0089 ([johneliothoward@comcast.net](mailto:johneliothoward@comcast.net)) or Pat Coffin 978 443-4781 ([patsy@coffin.org](mailto:patsy@coffin.org)).



One Morse Rd., Sudbury, MA 01776 978-443-6035

The Rev. Barbara S. Williamson, Rector  
[barbara\\_williamson@st-elizabeths.org](mailto:barbara_williamson@st-elizabeths.org)

The Rev. Valerie Bailey Fischer, Assistant Rector  
[valerie\\_bailey@st-elizabeths.org](mailto:valerie_bailey@st-elizabeths.org)

Nancy Kimble & Stuart Hamilton, Co-Wardens  
[wardens@st-elizabeths.org](mailto:wardens@st-elizabeths.org)

Mary Sue Willie, Director of Music  
[musicdirector@st-elizabeths.org](mailto:musicdirector@st-elizabeths.org)

Peg Scarlata, Parish Secretary  
[office@st-elizabeths.org](mailto:office@st-elizabeths.org)

Dick Vanderlippe, Database & Comm. Coordinator  
[rvanderlippe@st-elizabeths.org](mailto:rvanderlippe@st-elizabeths.org)

Pat Coffin, Mantle Editor  
Submit articles to [mantle@st-elizabeths.org](mailto:mantle@st-elizabeths.org)

[www.st-elizabeths.org](http://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.*