

The Courier

Worshipping God, Learning Compassion, Building Community.

Volume 17, No. 5

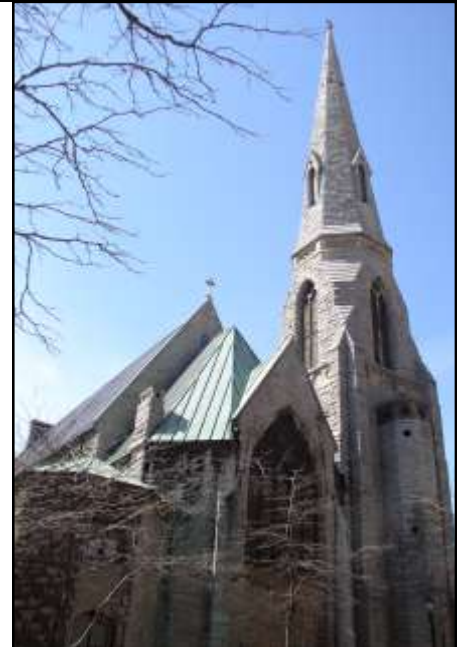
May 2007

From The Dean & Rector

At the end of April the Vestry, the Staff and other people who exercise leadership met in a retreat, led very ably by the Reverend Canon Karen Lewis of the Bishop's Staff.

Karen began our time by reviewing the results the Worship Survey that were first presented at the Annual Meeting. We found many things in the survey that people appreciate about St. Paul's, including: new experiences and change are possible, many people are happy with our worship, we value music in many forms, we are willing to explore and be more relaxed, we are a community that loves its children and each other, people are passionate about St. Paul's, we are a work in progress and it is okay to be four different congregations.

We also found things in the survey that challenge us, including: no mention of teens, tension between acceptance for change vs. rejection due to change, need social time between the services, need to integrate four communities and needs, "different" is neither "right" nor "wrong", some people are grieving the loss of old services, more change is required yet change is painful, need to listen to each other more, need to be more a part of the city's rebirth of a residential area, need a clear process for feedback, need to be realistic about what is possible, need to accept the fact that we can't please everybody, need to improve our liturgies while keeping our traditions.



From The Dean & Rector, continued

Next we looked at our values and here we found much in common: stewardship of water and the earth, family, diversity, history, love, commitment, cooperation, inclusion, laughter, joy, honor, passion, peace, working together, strength, universality, seeing Christ in each other, fellowship, relationship, connection, community, communion, and individuality (even that of children).

Eventually, we came to the conclusion that we need to develop a process for decision making that has these points:

- 1.) Use a common vocabulary to explore ideas to come to a consensus.
- 2.) Engage in broad-based, stimulating, respectful, and informed discussion. Church members have an opportunity to express their views and hear others. Decisions are made giving equal weight to all views expressed. Total feedback on decisions made is promptly communicated to all church members. Decisions made are evaluated within an appropriate time frame.
- 3.) Feedback, information from group/stakeholders, furthers the mission, strategies for implementation.
- 4.) As a faith community, guided by a shared mission and vision; we elicit full participation and explore opinions of our entire community as we move collaboratively through continuous change. We work to understand using a common vocabulary and accept diverse opinions, perspectives and needs of parishioners and the broader community (i.e. Diocese, Syracuse, future residents/parishioners). We patiently seek results that advance the shared mission of our constituent congregations.



We agreed the process for decision making needs more refinement and at the last Vestry meeting John Doughty, Gelene Lewis, Dale Johnson, Doug Mouncey and I were given the charge to do so.

S. Thomas Huck



The Bulletin Board Cathedral News

Three Choirs Festal Evensong -
 The Choirs St. Paul's Cathedral, Grace Church, Utica, and Trinity Church, Watertown, will offer Evensong for Trinity Sunday at Trinity Church, Watertown, Sunday May 18th at 4:00pm. Works of Reading, Friedell, McKay Williams and others.

Birthdays in May

Ross Barton	05/01
Letty Murray	05/01
Harold Avery	05/02
Bryan Broadwell	05/02
Nancy Schimmel	05/02
David Lawrence	05/03
Kathryn Boniti	05/09
Christopher Eastman	05/10
Heidi Jones	05/10
Margaret Owens	05/10
Amy Vorchheimer	05/10
Harold Brown III	05/12
Matthew Pestle	05/12
Mary Powell	05/14
Garrett Enzerillo	05/15
Kathleen Carlson	05/16
Brenden Lawrence	05/16
James Pecoy	05/16
Mary Buske	05/18
Rebecca Livengood	05/18
Erin Fox	05/19
Richard Coursen	05/22
Emily Tripodi	05/22
Harold Boggs	05/24
Robert Frye	05/24
Patrick Dorr	05/26
Andrew McLaughlin	05/28
Mary Pickard	05/28
Leslie Buecheler	05/29
Leslie Shaul	05/29
Richard Allen Bower	05/30
Jessica Britschge	05/30
Douglas Morris	05/30
Margaret Hastings	05/31

Diocesan Ministry & Mission Fair!!

Saturday, May 17, 2008—8:30 a.m. - 4:30 p.m.

Bishop Grimes Jr./Sr. High School, East Syracuse
(The school is a fully handicap-accessible facility with easy access to the Thruway, Routes 81, 481 & 590)

A day for the whole parish to come and grow in faith and friendship!

+ Over 40 workshops +

+ Continental breakfast, lunch and snacks +

A Curriculum Fair featuring Christian education materials from over 15 different companies

All this and much more for only \$15.00!

Registration materials are in your parishes and at cny.anglican.org on the Ministry and Mission Fair page

Registration deadline is May 5th. Some workshops will have limited seating. Don't miss out —get your registration in early!

The feminist theology group will meet Wednesday, May 7 at 6 PM at the home of Laurie Sanderson. We will be discussing chapter three of *Church in the Round*. Laurie's address is 177 Ridgeway Ave., phone 446 6720.

Harry Lewis will be receiving an award for Senior Citizen of the year at this year's Intergenerational Awards Ceremony & Dinner on May 15th. We are so pleased that Harry has won this award. He truly is an exceptional human being who does so much for St. Paul's and for the community never looking for recognition.

If you see Harry, let him know how proud you are of him.

Regular Sunday Schedule:

8:00 am Meditative Holy Communion
 9:30 am The Discovery Mass
 10:00 am Cathedral Choir Practice
 10:15 am Christian Formation
 10:45 am Youth Choir rehearsal
 11:00 am Traditional Choral Mass
 12:30 am Morning Prayer in Dinka

May 2008

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Ascension Celebration 7pm	2 Van Etten Mann Wedding 4pm	3
4 May Day Baskets for Van Duyn	5 B&G + Wardens 5:15 pm	6 Finance Committee Meeting 5pm	7	8 Grant Proposal Meeting 8:30 pm	9 Sam Ctr. fund raiser call 472-0650 (Dean away	10
11 One service at 10:00 am Pentecost Baptism	12	13	14	15	16 Women of St. Pauls 12:00 pm Alzheimers assoc.	17 Dio Mission Fair Dean Returns)
18 Garden Sunday after 9:30 svc. Evensong in Watertown	19	20 Vestry 5:15 pm	21	22 U2charist @ St. Matthews, lpool 7pm	23	24 Tom & Jane go to Bojarski Ordination at Washington National Cathedral
25 No Church School	26	27	28	29	30 Last Friday Dinner 7pm (mdg's)	31

Attention to All Women of St. Paul's!

We are pleased to announce we have a very gifted leader for our annual women's retreat which will take place Friday, September 26 through Sunday, September 28. We are also fortunate to once more be at the beautiful mountain home of Cindy and Dick Coursen on Saranac Lake.



Emily Wilmer, an experienced retreat leader and spiritual director, has recently relocated to Central New York. She is active in the diocese serving on the Commission for Ministry Formation with Canon Jane as well as the Commission for Liturgy and Music.

Our theme for this year is

“Living in Ordinary Time - the Fruitful Season of our Faith”

After the excitement and vibrancy of Easter and Pentecost, we enter into the extended season of Ordinary Time but **don't let the name fool you**. Ordinary Time is, in fact, anything but ordinary. **It is the opportunity to let the fullness of Jesus' teachings soak into our beings**. It is the opportunity to root ourselves ever more deeply into the presence of God. With Emily as our guide, we will explore the season of Ordinary Time and the ways in which we can be more attentive to the Holy so that the extraordinary in the ordinary is revealed.

Our retreat will follow the usual routines of community around the table, group sharing, and individual time. A time to talk as well as time for silence and time for laughter as well as tears. Of course time for the great outdoors and always time to commune with God through worship and prayer. We also share in the planning and creating of meals, but Cindy hires someone to do the clean up after meals!

Our space is limited. We have only 12 places available. The cost is _\$50.00_____. We are recommending that you register early and are requesting a \$25.00 deposit to hold your place. The deposit will be non refundable after September 1st. Please send your name and a check made out to St. Paul's Cathedral with women's retreat written on the memo line. Any questions? Please call Laurie Sanderson at 446 6720.

Peace - God's peace,
Laurie Sanderson

Outreach at St. Paul's by Jeanne Avery

Towards the end of May the Cathedral tutoring program will conclude for another year. Ginger Merrill, Elizabeth Balderamma and I will breathe a sigh of relief. We have been working with 12 children, ages 4-16, from Somalia whose needs are so significant, but it has helped to appreciate the level we reached with the previous year's children. Even the SU students who have joined our team agree that it is an overwhelming! We pray that a solution with people working together will come in the very near future. Last Monday, the Girl Scout troop of which Haley is a member and Laurie Beth is the leader, attended. Each Girl Scout was teamed with a child in the program and what a wonderful hour it was! The girls brought pencil boxes to be decorated, played Bingo and listened to Laurie Beth read (as only Laurie Beth can read) two children's books. The Somalian children were given many school supplies plus books to take home AND of course, Girl Scout cookies. These items were all purchased from the profits of the Girl Scout Cookie sale. Miracles do happen! Leaving the building one child said "They come next week?". Don't we wish---it was wonderful.

In church school my "tweeny class" was asked the question.

"What is the #1 Most Important Thing That a Church Should have?"

They decided that: The Church Needs to have a Heart to Have a Spirit.

Over the last few months I have been hearing a heartwarming story from Ellen Grapensteter, our Cathedral finance person.

Ten years ago Ellen adopted a spiritual "God child" through a refugee children's fund. All the money sent went directly to the child. Ellen and her family supported Passang Tsamchoe through primary, secondary and finally nursing school. Her family is very poor, living in Orissa, the poorest area in India. Her older sisters, who did not have the advantage of education, must live by breaking stone on the highway and pulling grass for cows. Her father is disabled. Passang is now able to work for a hospital in Hyderabad. She is the first person in her family to have a western education and career. Ellen's family has had tremendous enjoyment from her correspondences. Her letters are a window into a world few westerners get to see. "They make us grateful for all we have and all we have to share."

Ellen's family was thrilled to hear that her younger sister, Tenzin, has qualified for nursing school as well. In India where the competition for education is fierce, this alone is a major accomplishment. It means long hours of work and discipline as well as a natural aptitude. There is no guarantee of higher education. The costs are only \$1800/year and there is no overhead. None of the money is wasted on fundraising expenses. Ellen's husband is now disabled, making it impossible to pay these fees alone.

If anyone feels able to contribute any amount of money towards this girl's education please contact Ellen at the church office or email ellengrape1@cs.com or 5 Skadden Terrace, Tully, NY 13159 We can make this a better world one child at a time!!

Children & Family Ministries *by Jeanne Avery*

Many, many thanks to John Pizzi who has painted the classrooms-we are looking gorgeous-come up for a visit!! Thank you, John!

Youth Choir to Sing at VanDuyn: In anticipation of the choir performing at Van Duyn the church school has prepared May Day Baskets to be given to the worshipers. The church school decorated the baskets with flowers and filled them with lotion, handmade sun catchers, homemade cookies and a personal card. The children began working on this project back at the mission camp during the February break from school. The youth choir will be delivering them on Sunday, May 4th.

Pentecost, May 11th- one service at 10:00am everyone wear RED

The children and parents are to gather at 8:45am to prepare the balloons to be given to each parishioner as they come into church. Anyone that would like to assist us- we could use your help!

This is one of the long-standing favorite traditions of the children.

The Garden: May 18th: The children are asked to bring flowers/plants and garden tools to finish the clean up of the garden for the summer. John Pizzi has given us a head start this year. We will garden immediately following the 9:30 Discovery Mass. Pete Jones has been volunteered one more time to coordinate this “dirty project.”

Memorial Day Weekend—no church school or youth choir

June 1 Recognition Sunday for the Youth Choir and Church School at the 9:30 Discovery Mass. Immediately following the service we will travel to the Rosamond Gifford Zoo for brunch and than to explore the zoo. The Children’s Enrichment Committee is very excited – we certainly are a group of people that like to have FUN. Kerri Aitken is coordinating this event.

The meal will be a brunch buffet and will include:

Sliced Fresh Fruit and Assorted Breads, Fluffy Scrambled Eggs

Seasoned Potatoes, Thick Cut French Toast

Choice of Bacon, Sausage or Ham

Orange, Cranberry and Apple Juice, Coffee, Decaf and hot Tea

The cost for children will be \$5.00 and the cost for adults will be \$8.00, with a maximum cost per family of \$25. For those who are not members of the zoo, the cost of admission is included in the cost of the breakfast. This wonderful day will be open to anyone that would like to join the families and the cost for anyone else interested is \$12 per person. We ask that you call Kerri at 475-1385 or kaitken@twcny.rr.com to reserve your spot by May 25th.

June 8 and 15th Special programs will be planned during the church school time.

June 8 F.R.O.G. Day (Fully Rely on God). Heidi Jones will be coordinating this special morning with assistance from the older youth.

June 15th the program has yet to be determined: Jeanne Avery will be coordinating this.

“Heads Up”: *If this is the year that you all wish to attend the Bishop’s Bash a new location will be announced so pay attention! It is scheduled for May 9*

Shop for **Mother's Day**

Fair Trade Gift Sale

at **St. Paul's Cathedral**

Sunday, May 4th between services

Support Equitable Trading Partnerships

(Millennium Development Goal #8)

all proceeds go to

The Hand To Hand Gift Shop at The Spiritual Renewal Center

What is Fair Trade?

Fair Trade is a trading partnership, based on dialogue, transparency and respect, that seeks greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers – especially in the Global South

Jane Enos will be inducted into the Liverpool Central School District's Fine Arts Hall of Fame on Sunday afternoon, June First, at 2:00 pm. The ceremony will be held in the Liverpool High School auditorium, 4338 Wetzel Road. Jane had been a music teacher for almost 30 years, the last nineteen of which were at Liverpool Elementary School. She retired in 1980.

Please Wish Jane Congratulations!

Join us for Lection Divina at 10:15 Sunday Mornings.

We have just finished our study of the Sermon on the Mount in Matthew chapters 5-7 and are now going to use the same text as a centerpiece for Lectio Divina or “praying the scriptures in common”. Lectio Divina is an ancient form of prayer developed by the ancient Desert Fathers and Mothers who sought union with God’s inspiration and presence through scripture. It is especially suited for group formation exercises, during which we read a portion of scripture out loud and digest it inwardly. Rather than study it with the intellect, as we do in bible studies, we allow the text to “speak” to us.

All are welcome to join us, regardless of how regularly you choose to attend. If you have any questions, please feel free to contact Sue Wright at swright14620@yahoo.com or 473-1804.

Praying the Scriptures in Common

Praying the scriptures in common might well be regarded as a kind of "Liturgy of Lectio Divina" or even better, as a kind of shared "Liturgy of the Word."

With some variations, it usually goes like this:

A passage is read out loud three or four times followed by two or three minutes of silence.

After *each reading* the participants apply themselves inwardly to the text in the following ways.

After the *first reading*, they become aware of a word or phrase.

After the *second reading* they reflect about the meaning or significance of the text.

After the *third reading*, they respond in spontaneous prayer.

After the *fourth reading*, they simply rest in God's presence and after a period of silence, those who wish are invited to do a brief faith sharing on the text. In some cases there is a brief sharing after the third or fourth reading and period of silence.

Praying the scriptures in common during weekly Centering Prayer meetings or at a separate time has proved to be a valuable experience and an occasion of bonding the members together in faith and love. In the ancient monastic way of doing Lectio Divina, which was practiced by the Mothers and Fathers of the Desert and later in monasteries both East and West, we listen to how God is addressing us in a particular text of scripture. For instance, Paul writes, "*Know you not that your bodies are the temples of God and that the Spirit of God dwells within you?*" (1 Cor.3:16). Suppose you were struck by that question as you are reading a section of your scripture reading for the day, say a dozen or so verses, and you felt nudged to let your attention linger over those words to savor them. The early monks read scripture aloud so they were actually listening to it. They would then choose a phrase, or a sentence at the most, that impressed them. They would sit with that sentence or phrase without thinking of stages or following some predetermined schema, but *just listening, repeating slowly the same short text over and over again. This receptive disposition enabled the Holy Spirit to expand their capacity to listen. As they listened, they might perceive a new depth to the text or an expanding meaning. A particular insight might also be singularly appropriate for them in their particular life situation or for the events of the coming day. According to scripture, the Spirit speaks to us every day.* "If today you hear his voice, harden not your heart" (Psalm 95). The monks listened not so much to understand the text, not to conceptualize or analyze it, but just to hear it. And to hear it without any preconceived purpose of what they were going to do with it.

Reflecting in the sense of ruminating (without analyzing) allows for a deep form of receptivity. By "ruminating" I mean sitting with a sentence, phrase or even one word that emerges from the text, allowing the Spirit to expand our listening capacity and to open us to its deeper meaning; in other words, to penetrate the spiritual sense of a scripture passage. This leads to the faith experience of the living Christ and increases the practical love for others that flows from that relationship.

Those who practice Lectio Divina in this way might be inclined to respond to a new insight with thanksgiving or with interior movements of love, praise or gratitude. As this listening attitude stabilizes, they might experience moments of contemplative prayer in the strict sense, in which they are just present to God, or quietly engulfed in the divine presence. *In this situation, one's attentiveness to God expands into the sheer awareness of the divine presence. For the moment, we break through the veil of our own ways of thinking. The external word of God in scripture awakens us to the interior Word of God in our inmost being.* When that awareness dissipates, we may go back and read more of the text, provided of course, if we have the time.

As we repeat the phrase or sentence slowly, over and over, a deeper insight may arise. For example, take the words of Jesus, "I will not call you servants but friends." All of a sudden, it might dawn on us what it means to be a friend of Christ. *Our awareness expands without our having done anything but allow the Spirit to act. It is a heart-to-heart exchange with Christ. We think the text but we do not think about the text.* If we are thinking in the sense of reflecting, we are dominating the conversation. That can be done fruitfully some other time. Here it is a question of receiving and resting in Christ's presence as the source of the word or phrase.

Lectio Divina is a special kind of process, and to benefit fully from its fruits, its integrity has to be respected. The ripe fruit of the regular practice of Lectio Divina is assimilating the word of God and being assimilated by it. It is a movement from conversation to communion. It also enables us to express our deep spiritual experience of union with God in words or symbols that are appropriate. There is thus a movement not only into silence, but from silence to expression.

In the Trinity, the Eternal Word is always emerging from the infinite silence of the Father and always returning. The persons in the Trinity live in each other rather than in themselves. The Father knows himself only in the Son, the Son only in the Father and the Spirit expresses their unity, bringing together into One relationships that are infinitely distinct. The Trinity is the basis for the oneness and diversity that we see expressed throughout creation. *In this way of doing Lectio, one is recognizing the presence of the Word of God in all creation and in every occurrence, experiencing what the author of John's gospel wrote in the prologue, "Without Him was made nothing that has been made." In contemplative prayer, we are in touch with the source of all creation; hence, we transcend ourselves and our limited worldviews. As a result, we feel at one with other people and enjoy a sense of belonging to the universe.* The fullness of the Godhead dwells bodily in Jesus, according to Paul. The Divinity begins to dwell in us bodily in proportion to our capacity to receive it as we grow in union with the Eternal Word. This process needs to be nourished both by the interior silence of contemplative prayer and cultivated by Lectio Divina (in the sense of listening). The awareness of the divine presence will also begin to overflow into ordinary activity.

The Vestry of St. Paul's Cathedral

The Very Reverend G. Thomas Luck, Dean and Rector
Officers – Dale Johnson, Sr. Warden & Doug Mouncey, Jr. Warden

2008	2009	2010
Ronald Ferguson	Gelene Lewis	John Doughty
Rebecca Livengood	Hal Brown, III	Walley Francis
Laurie Sanderson	James Pecoy	Barry Pickard
John Shaffer	William Pitcher	Marilyn Sharron

Staff

The Right Reverend Gladstone B. Adams III, Bishop of CNY
The Very Reverend G. Thomas Luck, Dean & Rector
The Reverend Canon Deacon Jane A. Luck, Canon Pastor
James L. Potts - Canon Musician, Jeanne Avery – Family Ministries
Ellen Grapensteter - Accounting Assistant,
Jonathan Howell – Office Coordinator
John Pizzi – Sexton,

Choir Section Leaders

Soprano – Nora Fleming,
Alto– Shannon Garvey,
Tenor– Jonathan Howell,
Bass– Eric Johnson

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The Last First Friday of the Year
Is the Last Friday of May.

May 30th

6pm Social Hour

7pm Dinner is Served

Price \$10 adults, \$5 children, \$0 under 5

Bring your own Place Setting

Bring your own Beverage

Menu: Chicken Teriaki, Star Spangled Rice, Spring Salad with
Artichokes, Rolls, butter, Carrot Soufle for dessert.



The Saint Paul's Cathedral Courier

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Worshipping God, Learning
Compassion, Building Community.