



# The Messenger

March 2019 | Volume X, Number 2

All Saints' Church • 51 Concord Street • Peterborough, NH 03458 • [allsaintsnh.org](http://allsaintsnh.org)

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Dear Parishioners,

It's early morning, before dawn, and I am about to begin my morning ritual of prayer and meditation. I am wrapped in my beautiful burgundy prayer shawl gifted to me by the women of the Knitting Ministry within a few weeks of starting my ministry at All Saints'. It's a bit worn four and a half years later, and much loved. The days are lengthening. Soon it will be Lent.

I have a strong morning ritual of prayer. I am better at this "praying thing" now that I am your rector, and for that I will be forever grateful. Sometimes I read the Daily Office or memorize a psalm or concentrate on intercessions. Other days, I read sermons from the brothers at SSJE or theological reflections from Thomas Merton, Richard Rohr or Henri Nouwen. I like to include poetry as well from Mary Oliver or Rumi or Countee Cullen. I also listen to meditative music.

During Lent, I concentrate on the practice of centering prayer which allows me to remember once again the Origin of all that exists and to place myself in its center, which knows no circumference – to listen deeply and to be held.

As sixteenth century mystic John of the Cross reminds us, "Silence is God's first language." Intellectually, I love this idea, though I must admit, I get impatient with silence. Yet, I don't want to be, so during Lent, I commit to a daily practice of morning sitting before my day begins, in stillness. No words. I like the way Cynthia Bourgeault describes centering prayer as "no one's business, not even your own; it is between your innermost being and God."

In my twenties, I engaged in Buddhist meditation, yet I never took to it; I kept criticizing myself for all my lapses. What I like about centering prayer is its invitation to move from "attention" of holding silence to the "intention" of seeking the depths of God's presence – the power of divine abundance which is beyond thoughts. To wait and to trust in the inner sanctuary of my essence, of our essence, where we "live and move and have our being."

I often wander away from the freedom of this stillness, into all my busy thoughts, but when I catch myself, it is with the joy of remembering that the power of prayer rests in turning back to a willing surrender. I am reordering, reorienting, and realigning, simply and quietly. I am returning into silence and God is there. I am being held in ways that defy words, yet gift me with the inner furniture of rest, of love, of forgiveness, of patience and of grace.

My prayer for you is that you find a Lenten practice that gives you time to be with God. May your Lent be filled with joy and reflection and wrapped, like in a prayer shawl, with the words of St. Paul: "I pray that you, being rooted and grounded in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled with the very nature of God" (*Ephesians* 3:17-19, NIV).

Blessings,

Jamie+

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# Jus' Prayin'

*Sandi Albom*

**O**n Monday afternoons and evenings I receive the gift of serving a community of adults in a residential addiction recovery community in Plymouth, NH as their spiritual director and chaplain. Much of my time there is spent simply being present and available for conversation. Often a person will ask to speak with me because their staff advisor has suggested it. The most common explanation for seeking time with “the chaplain lady” has to do with prayer – what it is, and most importantly, how to do it the “right” way. Considering that many of the folks I meet in this place are there after several attempts to find lives free of addiction to substances, they are truly concerned that if they are not praying correctly, it won’t work. Without exaggeration, developing a way of relating to a Higher Power is a matter of life and death.

When I was in seminary, I took a course with Brother David Vryhof from the Society of St. John the Evangelist, “Teaching Others to Pray.” To be honest, I had never felt very competent at prayer myself, often asking the same question I now hear on Monday nights in Plymouth – What is the right way to pray? If you have ever met Br. David, you know that he has the corner on patience and a gentle humor that sets one at ease. In each class session he offered, with graceful firmness, a challenge to us to pray in ways that manifested a hunger for a relationship with God.

What became clear as we studied and prayed together, was that the effort was not about me achieving some ideal connection with God, but to realize that God was always the one seeking me out for relationship. As Henri Nouwen once said, “*It might sound strange, but God wants to find me as much as, if not more than, I want to find God.*” As with any developing relationship, we must make the effort to get to know each other. And, as I point out to the people I spend time with on Monday nights, a relationship will not go very far unless we pick up the phone and call the other party from time to time. Any good relationship requires listening and talking, (definitely more of the listening, in my experience), taking risks (trusting) and divulging something of ourselves to the other person. This is the essence of prayer, us desiring God...the God that desires us.

Each week an Episcopal Eucharist with Healing Laying On of Hands is celebrated in this recovering community. After the service, we spend time together experiencing different ways of practicing prayer, inviting God to reveal Godself to us. We make and use prayer ropes together. We use art to lead us into conversation with our Higher Power. We engage scripture and other writings important in the recovering community via the practices of Lectio Divina and African Bible Study. We walk the labyrinth. We pray with the psalms, and we explore writing our own prayers. And yes, sometimes we sit in silence and practice centering prayer. We come to understand that we can spend time with God in many ways. It is the “all-right” way of prayer.

It is a blessed experience to witness a person relax and stop holding their breath as we talk about the possibility of seeking and building a relationship with the God of their understanding through the relationship of prayer. When we can let go of the pressure of having to be perfect in our efforts and simply sink into knowing that God is seeking us always, then, when we pray, we might find the relationship we have been desiring all along.

A final thought...Perhaps I am a bit prejudiced, but I believe that in our Book of Common Prayer we have some of the loveliest prayers ever written. I'd love to know what your favorites are and why.

*Sandi*

# Community Supper Ministry

Harriet DiCicco



**Heartfelt THANKS to our Sunday School students.**

Our Community Supper guests appreciated your pink paper heart decorations that were part of the table centerpieces. The tables looked so joyful during a month that can be so grey!

## Alma's Poem

### LENT

Turn off the news of the latest riot,  
Find a spot that is very quiet.  
Turn your thoughts to things divine,  
Keep them bright as morning sunshine.  
Then without hesitation  
Start a meditation.  
Remember the wonders God has done,  
Thank him for giving us his Son.  
This is time well-spent  
In the holy time of Lent.

*Love, Alma*

## ADULT CHRISTIAN EDUCATION

**Mindfulness, *An Introduction*** • Thanks to Deb DeCicco who led our January-February 6-week course, attended by 16 people from All Saints' and the wider community. Jon Kabat-Zinn defines mindfulness as "paying attention, on purpose, in the present moment, without judgement." Mindfulness is a holistic practice, involving the body, mind and spirit. We learned a variety of mindfulness meditation practices and emphasized the importance of daily practice. We discussed where stress comes from and how we recognize stress in our body, mind and heart. And we learned skills that will help us respond rather than react to events in our lives. Most importantly, we practiced using the sensation of the breath in the body to focus our attention in the present moment. Because that's all we really have – this moment.

### ► BOOK AND FILM DISCUSSION STARTS MARCH 12

## *The Shack* by William P. Young

*Louise Howlett & Paige Spaulding*

**Tuesdays, March 12 to April 2 • 6:30 to 7:30pm**

Our next book and film discussion will be led by Rev. Louise Howlett and Paige Spaulding. The novel shakes up traditional theology and wrestles faithfully with the questions of why God allows tragedy and where God is when we are in unspeakable pain. We'll meet in the Old Parish House on **Tuesdays, March 12 to April 2 from 6:30 to 7:30pm**. Consider joining us after Community Supper, which runs from 5:30 to 6:30!

**For more information and to sign up, contact Beth Healy (603) 209-5686.**

# The Hearts of The Children...

After Proverbs 15:11

We choose what we honor  
Love and esteem  
Pray God sees, our forgiver  
We never meant to be mean

We mistook for glory  
Power and grace  
One small vain assumption  
While put in charge of  
this place

Thus, let loose destruction  
Hellfire and woe  
Creations set before our  
Creator  
His healing power to show

Such great love and  
redemption  
Amazed now we know  
For set free inside our hearts  
His light will brightly glow

So that I yet remember  
Each night before my rest  
“...the hearts of the  
children...”  
Shall be forever blest

Andy Peterson

# The Parking Lot: Questions & Answers

Deborah Waldo

As we move through the winter, questions have arisen about the parking lot...

## Q: Where are we in this process?

A: We are going out to bid! What does that entail? The parking lot requires numerous contractors, including pavers and landscapers. We will gather bids to determine the best contractors for the optimum price.

## Q: The Capital Campaign Plan has many projects... why are we doing the parking lot first?

A: The parking lot was the first priority of the Capital Campaign. On our own, All Saints' had 27 parking places. We needed to expand in order to accommodate our current and future attendees. In order to expand, we had to present a detailed plan to the town and to numerous state agencies to receive their permission (permits) to proceed. Those permits are approaching their expiration dates. It is time to move forward with the project.

## Q: This parking lot seems quite elaborate. Why couldn't it be more basic?

A: The parking lot lies along the Contoocook River. In order to develop along the river, we must enhance the shoreline. Hence, our parking lot will include wild grasses and other plantings along the riverbank. To protect the river, the lot will include

a drainage system to capture and redirect oil and gas runoff from cars in the lot and on Route 202. The Town required that we include landscaping as a visual screen along the 'upper rim' of the lot and plantings around the lot as well.

## Q: When will the parking lot be built?

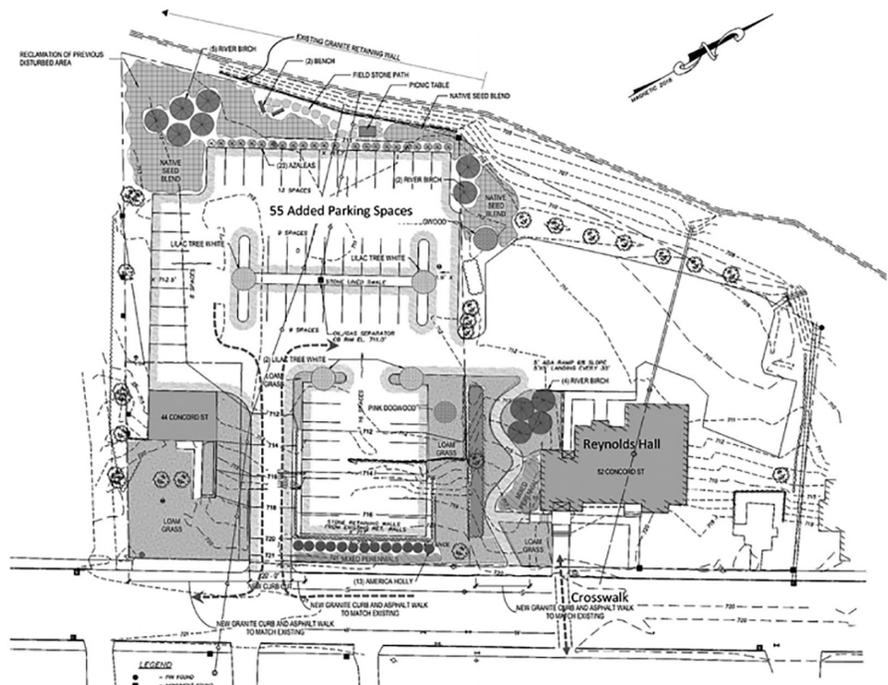
A: A specific timeline will be developed with the chosen contractor, and the goal is to complete the parking lot over the summer. There will be communication along the way regarding the selected contractor, the start date and what to expect as the work begins. The lot will provide 55 additional parking spaces.

## Q: Where may I view the plan?

A: Go to the All Saints' website [allsaintsnh.org](http://allsaintsnh.org)

1. Look under RESOURCES.
2. Go to the drop down menu on the right.
3. Select ALL SAINTS' HAPPENINGS. You will find "Another Look at the Parking Lot to Come."
4. Click CONTINUE READING and you will see the plan. To enlarge the view, click [HERE](#).

If you have further questions, contact vestry members Jack Calhoun at [jccfour@gmail.com](mailto:jccfour@gmail.com) or Greg Naudascher at [gregorynaudascher@gmail.com](mailto:gregorynaudascher@gmail.com).



# An Invitation for Lent

Ann Lammers

For the gift of this new day  
For waking again from the dreams of the night  
For our bodies strengthened and our minds renewed  
Thanks be to you, O God.

~ John Philip Newell, *Praying with the Earth*

**A**s we prepare to welcome the season of Lent, several of us at All Saints' are also preparing, once again, for the daily practice of Morning Prayer, beginning on Thursday, March 7, and ending on Maundy Thursday, April 18. During the six weeks of Lent, we will gather every weekday at 7:30am in the Lady Chapel for this brief, quiet, ancient service, led by laypeople. Morning Prayer is a deeply joyful way to start the day; yet it remains – who knows why? – something of a well-kept secret. We'd love to share the joy more widely. Will you join us this year?

**Collect for Guidance** (*Morning Prayer, Rite II*):

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not *forget* you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

(*The Book of Common Prayer*)

## March Saints' Days

Ward Bryant	03/01
Wayne Thomas	03/04
Gloria Schultz	03/04
Graham Parker	03/06
Rod Falby, Jr.	03/08
Susan Ernst	03/09
Susan Szydlo	03/09
Madelyn Morris	03/11
Ava VanHorn	03/14
Ronia Foecking	03/16
Dorothy Wagner	03/19
Emerson C. Sistare	03/20
Corey Field	03/25
Albert LaChance	03/28
Marc Smith	03/28
Jonathan Sistare	03/28
Lara Niemela	03/28
Ann Falby	03/31
Amy Miner	03/31

# Keeping You in Stitches

Gail Caron

**T**he Knitting Ministry's members are as varied as their stitches, ranging from beginners to experts; knitters to crocheters; prayer shawl makers to hat and mitten makers. What unites us is our calling to use the bounty from our hands to bring joy and comfort to those who need it – whether it is a warm hat, a soft shawl to wrap up in, or a cozy lap blanket to ward off the chill. All are infused with our prayers. Amid the joy and laughter (and fortified by the 8am breakfast bounty – thank you), some classic quips keep surfacing. *Can you identify the person from the quotable quote?* Yes, this is a quiz.

1. "Knitting keeps me from unraveling."
2. "I am old enough now I can pamper myself by wearing only handmade socks."
3. "I haven't been working on mine as much as I should have."
4. "I'll be there but I have to dust it off first."
5. "I have the needles and yarn, but my project has disappeared." Blame the cat!
6. "My mother's group is called *Knit 1, Pray 2*."
7. "My sister thought our shawls were so pretty they deserved their own photo shoot."

**Join us for a session! We meet the second Sunday of the month at 9am in the classroom in the Old Parish House.**

1. Nancy Drogys; 2. Betsy Chaitman; 3. Vance Finch; 4. Ann Conway; 5. Jonathan Green; 6. The Rev. Sandy; 7. Gail Caron; *smswv*



*We caught this shawl lounging around!*

## VIEW FROM THE BENCH

Jeffrey L. Fuller, *Organist & Choirmaster*

# CASTING OUT DEMONS

**I**ncreasingly over the past few years, I've been assisted at the organ console by demons. No matter how carefully I prepare music for a Sunday morning, there are times when the organ seems to have a mind of its own. For instance, there is the pedal stop that will be heard whether I've activated the tablet for that stop or not. There are two couplers (sometimes more) that operate on their own timetable. I may have activated the coupler tablet so that the pipes in the gallery will play in unison with the pipes behind the choir stalls (rather important for hymns or postludes), only to discover as my hands land on the keys that NO sound is coming out or that pipes are sounding, but an octave lower than they should be. Then, there are the pedals... a good portion of the center part of the pedal board will sound notes at the touch of a feather. The result is that two adjacent pitches sometimes sound simultaneously. There must be demons in the organ console!

The All Saints' Austin Organ (Opus 2651) will soon celebrate its 40th birthday. There is nothing wrong with the pipework (assuming it has been tuned), but the electrical switches and contacts in the organ console are reaching the end of their lives. They are just worn out. Parishioner Arthur Eldredge, who has served unofficially as organ curator for many years, and our organ technicians, Thad Outterbridge and Armando Furtado, have done yeomen's work cleaning, scraping, tightening, and sanding contacts and springs, and have done all that can be done with the current control system.

As part of capital campaign planning, we have sought proposals from organ builders to replace the current electro-magnetic control system in the organ console with a solid-state switching system. When the organ was installed, solid-state systems were in their infancy;

the Austin Organ Company's control system used a very reliable, albeit 19th century, technology. Switches and contacts came with a 30-year guarantee. For nearly two decades Austin Organ Company installations have been built with solid-state control systems. Even Austin doesn't use its old technology. A solid-state system eliminates electro-magnetic switches and most of the electrical wiring in the console, employing instead digital (computerized) switches and contacts to connect the console and the pipework via a fiber-optic cable. (The big firehose cable full of wires would go away.) Solid-state systems offer added benefits as well, the most significant of which is multiple levels of memory for the combination action (the numbered buttons below the keyboards that allow the organist to pre-set stop combinations) – anywhere from 100 to 1,000 simultaneous settings for each button.

When this campaign project is complete, the organ will not look differently nor sound differently, but it will be absolutely reliable, and the demons will have been cast out. It is not a glamorous project, but like maintaining a fine motorcar, it is a way of protecting a significant investment. The Austin organ at All Saints' was installed in 1980 at a cost of around \$80,000; installing the same instrument today would cost between \$850,000 and \$900,000. A new control system will ensure that we have this fine instrument to enhance our worship for many decades to come.

**Information Session:** If you have questions or want to know more, please plan to come over to the organ console following the 10:00am service on **March 10**. I will be available to answer questions, demonstrate some of the demons, and explain how a new control system would work.

# Our All Saints' Community

*Pam Everson, Vestry Member*

Rev. Jamie asked me recently what excites me about being an engaged member of All Saints'. If I had to choose one word to describe my 13-year experience it would be COMMUNITY. Our parish worships, prays, volunteers, sings, eats, works, meets, learns and communicates in community. Our parish community casts a wide net, from Juarez, Mexico to the Monadnock region of New Hampshire. We reach out beyond our church grounds, to partner with other faiths and organizations that feed the hungry and house and educate the homeless. We share what we have and what we believe with the larger area community by inviting all to worship and by gathering weekly to break bread with our neighbors.

If a member of our parish needs listening support, or help with food or transportation, we are there. If families are looking for a church that meets the needs of children, young and older, we are there – always listening and learning about what our community can provide now and in the future. If schools in the Monadnock area need healthy student snacks, we regularly collect the food and distribute according to need.

Our Vestry, Ministry members, and so many individual parish members, give generously of their time, talent and financial resources to support and continue to grow our community of faith.

It is my hope that we all feel loved and supported by our All Saints' Church family. I know I do. It continues to be a privilege for me to live in the midst of such a

vital community of the faithful and to volunteer, along with so many of you, to help our community grow and continue to reach out to those around us in need.

Our new Vestry Finance Committee is now meeting on a regular basis and the full Vestry was on retreat the weekend of February 22nd to further understand our fiduciary responsibilities. The Vestry will be sharing with the parish our strategic plans that came out of the retreat.

Please know that our Clergy and Vestry are open to new ideas that may further meet your needs and enrich our lives together. We encourage you to contact any one of us with your thoughts!

*Pam*

## SOMETHING NEW IS COMING!

### Second Sunday Church at Reynolds Hall

Starting on **Sunday, March 10th at 10:00am**, we will begin a new service offering, **Second Sunday Church**. At SSC we will bring our creative selves, children and adults alike, into an experience of God's Word and Holy Eucharist. Dress is casual and the atmosphere and activities will invite us to explore the Good News of Jesus Christ in new and exciting ways.

Rev. Sandi will be coordinating the service. If you are interested in helping out please touch base with her via email at [revsandi@allsaintsnh.org](mailto:revsandi@allsaintsnh.org).

So ya'll come, young and young at heart! Come to SSC and see what new thing God is doing at All Saints'!



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## Our Mission (What we do)

Our mission is to help people grow in their faith and trust in God by helping them recognize their God-given talents and to use them to serve God and their neighbor.

## Our Vision (Where we are going)

Our vision is to be a community in which God's love is experienced and shared.



# The Messenger

March 2019 | Volume X, Number 2

## SAVE THE DATE:

### Holy Saturday Quiet Day

April 20, 2019

9:45am to 1:00pm

*Following the 9:00am Service of the Crypt*

Take time. Sink into the in-between of this sacred day of waiting. A program will be led by Rev. Sandi, with time for both solitude and communal creativity.

A simple lunch will be included.

### Submissions are welcome!

All members and friends are invited to send articles, letters, poems or printable artwork to [deborahwaldo18@gmail.com](mailto:deborahwaldo18@gmail.com).

*The Messenger's* next submissions deadline for the April/May issue is

**Monday, March 11.**