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JULY/AUGUST 2006

Refreshing the Spirit

By Jim Warnke

"And on the seventh day God finished all the work that He had done, and He rested on the seventh day from all the work that He had done". Genesis Chapter 2 verse 2.

It's a long time since most of us Christians stopped being Sabbath keepers and became "church goers." It's a long time since most of us have come to believe that the work we do for the Lord is far superior to resting in the Lord. We spend much of our time trying to do good, and that's fine as far as it goes. Yet simply being at rest from our work, even our work in and for the Lord, seems pretty impossible for most of us.

Clergy routinely sign contracts to work six days a week, and both clergy and laity are judged and judge themselves, not by whether or not they live up to what they're supposed to do, but by how much extra they do. What passes for generosity on the surface is frequently no more than emotional and spiritual extortion. Nobody is happy, and God is not pleased.

Taking sabot time, I think, is the commandment that's broken even more than the one prohibiting adultery. In our eagerness to do for God and our neighbor, we need to recognize that one tenth of what God requires of us is that we take one seventh of our time for refreshment and renewal. In Judaism, the Sabbath day is marked by as complete an abstinence from work as possible. Sabbath time is what God requires, because it is what we need.

Refreshment takes place when we allow ourselves to retune to the rhythms of our bodies and not tune our bodies to an external rhythm. On a work day we do what the schedule requires and work until the task is finished. On a sabot day we do what we feel like doing and do it until the "doing feeling" ends. Then we stop. The same is true for refreshment that can be interspersed throughout our day. How? By simple attentiveness. I use a dial up computer for the internet. Instead of being frustrated by the pauses in changing screens and downloading, I use these moments for deep breathing, rest, and prayer. This is only an example, but it's how it works to not work every moment of every day.



We can also find spiritual refreshment in days of quiet and recollection. These can be in the retreats sponsored by St. Paul's during Advent and Lent or in spur of the moment "mental health days."

An important element of spiritual refreshment is the practice of silence and solitude. We live in a culture of noise. We're bombarded by it. "Talk" television and radio can be interesting but are usually mostly chatter that blocks out the underlying silence needed to nurture our souls. Being alone is not being lonely but being with one's self. Our fears of quiet and solitude can rob us of opportunities to experience ourselves and God's Presence.

But isn't all this self indulgent, you might ask? No. Spending time for spiritual refreshment is actually the opposite. Spending time with ourselves and by ourselves in God renews us for loving service and by its very nature is an act of faith.

So, keep some sabot time for yourself in God. Take quiet hours, days, week-ends, and weeks. Listen to the sounds of the birds. Take time to feel yourself in your body. Let God's love quiet your soul. Listen as God invites you to times of silence and solitude within the context of everyday living. As the psalmist says, "Be still and know that I am the Lord."

SPRINGTIME IN THE HIMALAYAS REFRESHING THE SPIRIT

Springtime in the Himalayas is not everyone's cup of tea, but my wife, Lolita, and I had the distinct pleasure of indulging in just that this year. We headed for the ancient northern 2000-foot Siwalik Hills after the plains of India became unbearably hot with day temperatures soaring into the high 90's and beyond. The newly created *Uttaranchal State*, recently elevated its main gateway to the Himalayas—Dehra Dun—to the status of a capital city, and it was from there that we taxied up by a dizzying, zigzagging road, which wound its way through magnificent mountainous terrain and deep valley gorges to the bracing cold of the Queen of Indian Hill Stations, Mussoorie. That picturesque town nestles - at its lowest! - 6,500 feet high in the so-called "foothills". For me, it was a kind of homecoming, a personal pilgrimage of sorts, as I was born there over seven decades earlier and remembered how welcoming it always was whenever I happened to visit it over the years. I also recalled from my last trip 3 years earlier that, of the two Anglican churches I had visited, namely, St. Paul's Church and Christ Church, the latter—which is a few years older—needed outside help in maintaining its facilities due to the rigors of the long, icy winters. In 2003, I am glad to say that I was able to help the senior Anglican vestryman in Mussoorie to contact the Episcopal Church headquarters in Manhattan for necessary funds. It took all of 18 months for the grant to come through, but I was delighted to find this year that in my absence the money had been put to good use in upgrading the grounds and buildings.

We arrived from Dehra Dun at the end of March during a gorgeous sunny spring day under a brilliant blue, cloudless sky, and our first stop was to check out St. Paul's. It is situated in the steep *Landour* section of Mussoorie that is 500 feet higher up than its sister Christ Church and at an elevation of 7,000 feet most likely deserves the sobriquet of being the "High Church" of Christendom in the sub-continent. It lies at a popular crossroad called *Char Dukan* (Four Shops) that has a striking view of the town below. A survey of the Church building satisfied me that all was well, and at this juncture it would be appropriate for me to give you a brief* historical background of St. Paul's. It was consecrated on Friday, May 1, 1840,



Saint Paul's,
Landour,
Church of
North India

by Daniel Wilson, Bishop of Calcutta; the good Bishop, believe it or not, had at that time Episcopal oversight of *both* Sydney, Australia, *and* Cape Town, South Africa—an enormous geographical "diocese" by any stretch of the imagination! The building then was quite different: the roof was thatch and lower than it is now; the main body was of the same size, but there was no choir, chancel or vestry as we now know them, nor was there the stained glass window we see over the altar today.

Just over the crest of the hill at Landour, we discovered an intimate north-facing forest lodge, where we ensconced ourselves for an unforgettable three days' stay as its only guests during the last week of the off-season. The Himalayan range is revered locally as the abode of divinity, and seen by us each morn from the bedroom window of our rustic suite, it refreshed our spirit and our faith in the Almighty. It was magnificent to behold, as the rising sun turned the vast panorama from delicate rosette to gold, gradually revealing each intricate facet of the towering snowy mountains in all their ethereal grandeur. They include the awe-inspiring 23,000-foot peaks of *Gangotri*, source of the mighty river Ganges, and *Kedarnath*, possibly the holiest pilgrimage site in India. Amen!

* *Historical Background Source:* Robert C. and Ellen S. Alter, May 1990.

Authors of St. Paul's Church (CNI): 150 Years—1840-1990

WHAT HYMNS WOULD YOU LIKE TO SING?

During the summer months, we can relax the ambition to make the hymns, "a part of the sermon". Are there hymns that you love to sing and that we **haven't sung** during the past year? Are there hymns that you love to sing that **we have** sung during the past year, and that you would love to sing more? **PLEASE LET YOUR WISHES KNOWN!** They're are 13 Sundays between now and the beginning of our "Homecoming" Sunday. Please let us know what hymns "**turn you on**"! We use two wonderful hymnals at St. Paul's: "Lift Every Voice and Sing" and "Hymnal 1982." Think about this and contact the parish office or the music office with you thoughts.

UNITED THANK OFFERING SPRING INGATHERING:

We are grateful and happy to report that the spring ingathering of the United Thank Offering at St. Paul's Church was \$585.00. This offering was sent to the diocesan ingathering at the Cathedral on Thursday, May 18th. God bless those who will benefit from these gifts, and may we continue to share in this ministry of thanksgiving for all the blessings of our lives.

 United Thank Offering

Dorothy Burns, UTO Coordinator

AROUND AND ABOUT ST. PAUL'S

- St. Paul's offers many opportunities for parishioners to socialize. Join us in fellowship for our coffee hour after the 10:30 services!

- Englewood Public Library will display the photographs of Sterne Slaven during the month of August. Sterne, a resident of Hoboken and Peg Slaven's elder son, was baptized and confirmed at St. Paul's. He hopes parishioners will stop by the library to see the show. There will be a reception on Friday, August 11th, from 5:30 to 7:00 p.m.

SPRING PLANTING

The children of St. Paul's and KolHaNeshamah once again joined together in a project. Last year they worked on a quilt which hangs on the wall in the Parish Hall; this year, they planted two lovely flower beds—one on the side of the Church; the other in front of the offices. These gardens were not only fun for the children but also serve as a continued reminder of the diversity present in the community at St. Paul's.



Summertime at St. Paul's



Hugh Hall and Loretta Daniels.



Lydia Kasper, John Herbert, and Joanne Mullings enjoy an al-fresco meal!



Jim Warnke, Bob Burr, and Cathy Dwight.



Cheryl & Gary Mason relax with Lionel Garrison.



Daniel Elivo, Peg Slaven, Ruth Herrick, & Heather Brown.



Lena Ford and Ruth Saitch.

BIRTHDAYS TO REMEMBER

July		August	
<i>Date</i>	<i>Name</i>	<i>Date</i>	<i>Name</i>
1	William Maltin	1	Afi Merritt
2	Charly Banks	1	Margaret Escher
2	Collin Duffus	1	Celestine Senior
3	Corneikia Bremer	2	Timothy Alger
3	Robin Fite	2	Yvette Bailey
3	Alicia Leon	3	John Campoli
3	James McLeod	4	Keijun Keitt
3	Bernice Nelson	5	Catherine Garrison
3	Fran Wilson	5	Mary Jane Poland
4	Theodore Dwight	6	Jeanine Byrd
5	Nicole DeSane	7	Amanda O'Neil
5	William Payne	8	Briamma Robinson
8	Brian Ibeabuchi	8	Sheena Stanislaus
8	Katherine LeMee	8	Elveta Spain
10	Chris Anderson	9	Christina Freeman
10	Hared Byrd	10	Deborah Cloud
11	Anne Downes	11	Derek Alger
11	Robert Lane, Jr.	11	Jeanette Daniels
11	Lorren Nemorin	12	April London
12	Cheryle Hill	13	Dorothy Bullough
12	George R. Hill	14	Gary Johnson
12	Bonnie Thorn	14	Geoffrey Moran
13	Charles Banks, Jr.	14	Henry Williams
13	Earl Crooks	15	Nat Nelson
13	Loretta Daniels	16	Gloria Huggins
13	Marguerite Moultrie	16	Dona Robertson
14	Kenneth Burr	17	Eric Berry
14	Joan Crooks	17	Julian Herbert
15	Charles Banks, Sr.	18	Charles Dietsch
15	Myrna Harrison	19	Michael Christenberry
15	Gabrielle Huggins	22	Morgan Lazar
15	Karen Near	25	The Rt. Rev. Jack Cronenberger
15	John S. Slaven	25	Kathleen Eversley
18	Jessica Bohola	25	William Hester
18	Clive Halstead	26	Dorothy Cooper
18	Caroline Morisseau	26	Laverne Prager
18	Ruth Saitch	27	Tariq Pachece
18	Adisa Yamusah	27	Caitlin Vinsonhaler
18	Amal Yamusah	28	John Bullough, Jr.
19	Howie Chin	28	Rachel DiGiovanni
19	Gary Mason	28	Julia Lamb
21	Deborah Dypko	28	Jamilya Mason
22	Teddy Bogert	28	Bruce Nelson
24	Christina Coleburn	29	Robin Daniels
25	Mineko Hinton	29	Erica Forbes
26	Yahaira Barrow	29	Joseph Hill
26	Wesley Dias	29	Alexis Jones
27	Dottie Burns	29	Jonas Slaven
28	Jared Hester	30	Janet Burr
		30	Deidre Matthews
		31	Sharon Fite



SPY MEMBERS GRADUATE

By Issie Cherevko

This year the SPY Group of St. Paul's has six members graduating high school and going on to college. They are: Hannah Lokko, April London, Michael Higgins, Elliot Rhodes, Elka Thomas, and Chris Gill.

I have had the opportunity to work with each of the individuals as a chaperone for SPY and when working with the acolytes. We have had good times, whether it was traveling down to Washington, DC, for the Acolyte Festival; participating in the 30-hour famine; at car washes; cooking and serving pancake breakfasts; or providing a smile while serving the homeless at the shelter in Hoboken. We have also visited nursing homes and cooked and cleaned for the Interreligious Family Shelter at St. Cecelia's.

In June, we recognized these individuals for their participation in all these SPY activities over the years when we presented them with a token of our appreciation for their willingness to help others.

REFLECTIONS—From the Rector

Ken Near

Two Vignettes:

1. I pledge to support the mission of this Parish Church! At our last vestry meeting a lively discussion was held concerning pledging units. The Vestry and I rejoice that for each of the past three years the total number of individuals who contribute to our program life by making financial gifts has gone up significantly. However, in a strange twist, the number of individuals who have actually made a recorded pledge has gone down. A discussion was held concerning whether or not we should publicly thank those who pledge and post the names of those who actually have a recorded pledge on file. This list could easily be updated every few weeks as more and more people record their pledge. It was NEVER the intention of the Vestry to post the amount that an individual pledges. That is confidential information, and we have NO INTENTION OF EVER violating that trust. However, some felt that it was important to post names so that we can be more transparent and publicly express our gratitude for those who stand in solidarity with us by pledging to support the mission of this parish and its witness of God's transformative love in this community. Others on the Vestry felt that this might be misunderstood and seen as a shaming of those who do not pledge. Ultimately, it was decided to wait until consensus emerged around this issue before we posted names. We'd very much like to hear your opinion about this. In the end—and we are in consensus here—we believe that it is vitally important for EVERY SINGLE parishioner to record a pledge. We realize that some are living with uncertainty in regards to jobs etc. Regardless of uncertainty, we encourage everyone to pledge. If your pledge must be very modest because of your life circumstance—WE UNDERSTAND THAT. Nevertheless, we want you to stand with us and publicly make a pledge. We encourage you to make a sacrificial pledge, too. Living sacrificially inevitably leads to more meaningful life. We of course would honor anyone who desired to be an anonymous supporter. We remind you that pledge cards are available on the tables in the foyer near the Chapel. Fill one out and place it in the offering basin on Sunday morning or leave it at the Church Office. Or, if you are not around the Church, you may just write a note and mail it to the Church Office. If you have already pledged—WE THANK YOU VERY MUCH!

2. Seeing God in Art: I recently went into the city and saw two wonderful art exhibits. Each exhibit was meaningful and powerful. Each exhibit touched me—deeply.

A retrospective of the work of Edvard Munch was recently held at MOMA on East 53rd Street. Many are, of course, aware of Munch's masterpiece "The Scream." One of the copies of this piece was recently stolen from a gallery in Oslo, Norway. "The Scream" is an expressionistic image of an individual with hands firmly clasped around the head. This is a silent scream that conveyed existential horror. But another Munch image (also called The Scream by Munch) haunts me far more and that is the image shown below. This image on the surface appears serene. But look closely and you notice that it conveys the silent horror that is lived in daily life. Artists like Munch call us to sensitivity.

Then, a few days ago, I made my way to the American Bible Society on Broadway near 61st Street to buy a Leather-bound edition of the NRSV Bible for my God-daughter Erica Haas who has prepared herself for the

Sacramental Rite of Confirmation. In 1998 the American Bible Society established a unique museum (The Museum of Biblical Art) with a large mandate: To better understand how the narratives and symbols of the Bible have influenced the history of art and visual culture. This museum is a wondrous treasure! Best of all—IT'S FREE! I encourage you to go there.

There was a recent show there that featured the work of Georges Rouault. The central theme of his "Miserere et Guerre" prints is suffering. Rouault did not entertain his view of suffering from a safe and comfortable distance. He was born in poverty and in the midst of war. Life for him was a constant struggle. But he was never overwhelmed. His prints cry out against brutality, exploitation, indifference and hypocrisy. In no way do they prettify misery. He saw suffering as redemptive. Rouault is controversial because he was convinced that suffering leads to God and to redemption and this—is a message of hope. Soo Yun Kang, who teaches art history at Chicago State University, concurs in the program notes for this exhibit and states, "It is hard for this generation, especially in America, to swallow this view. Americans do everything to avoid suffering. Look at people in third-world nations," she added. "That is where suffering is a way of life—and where Christianity is growing." My friends and companions—see God in the experience of art. See God in the face of those who suffer. Stand in solidarity with those who suffer. Go—live—stand in solidarity and LIVE!



The Scream by Edvard Munch



Our Savior Jesus Christ was a convict. In this image, "Are we not all Convicts" Rouault challenges each of us to stand in solidarity with those in prison.

The Rev. Kenneth M. Near, Rector
The Rev. James W. Warnke, Priest Associate
The Rev. Dr. Jill McNish, Priest Associate
The Rev. Jane Ellis, Deacon Associate

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MEMBER PROFILE: RUTH HERRICK

By Peg Slaven



On a beautiful May afternoon, I sat with Ruth Herrick in her den, sipping the best ice tea I've ever had (her mother-in-law's recipe), and talking with her about the ways that her life is connected to St. Paul's Church.

Ruth has served as president of the now defunct Women of St. Paul's, as co chair of the All Saints Fund, twice on the vestry, and on various committees, including the Heritage Fund. She led a group of women in a needlepoint project that resulted in the chapel altar rail kneelers. At present she's on one of the usher teams, and on most Sundays she transports three other parishioners to the ten-thirty service before she takes a pew or—on the weeks when her team is ushering—stations herself at an entrance to hand out bulletins.

Born in Englewood, she grew up on Maple Street. Her paternal grandfather, William Asbury Burdett, was an active member of St. Paul's and lived across the street from the church on Engle Street, back in the day before homes were replaced by restaurants, doctors' offices, and barber, cigar, and dress shops. When St. John's, the mission church, was established on Grand Avenue near the Leonia border, Mr. Burdett would attend the morning service at St. Paul's and bicycle in the evening to St. John's to conduct a service there. Both sets of Ruth's grandparents attended St. Paul's, as did her parents.

Ruth was confirmed and married at St. Paul's. She and her husband Anson, who passed away in 1989, raised four sons—Anson Boulton (called Bo), Gilbert (died in 1992), Lawrence, and John. All of the boys were baptized and three were confirmed at the church; two of her thirteen grandchildren were also baptized here.

Five generations have made a lasting contribution to the life of the church and established a connection that Ruth values—and one that St. Paul's is the richer for having.

FROM THE VESTRY

The Vestry—your lay leadership team—wants to keep you up-to-date on the wide variety of issues we are engaged with on your behalf.

Some of you may not realize the wide variety of issues that the Vestry becomes involved with in parish life. At our most recent Vestry meeting on Tuesday, May 17, 2006, for example, one of our members (Jacob Wood) who expressed a desire to pursue a vocation in ordained ministry received our support. A sub-committee of the Vestry has been meeting with Jacob and recommended to us that we support him as he moves from being an "aspirant" for Holy Orders to becoming a "postulant" for Holy Orders. Time was set aside to discuss and prepare the supporting documentation, so Jacob can be presented to the Bishop and the Commission on Ministry for this next step in the process for ordination. Two other parishioners are also in process toward ordination: Angie Rispoli and Joanne O'Neill.

The Treasurer's Report was received. We are happy to report that many new pledges have recently been received as the result of our mailing earlier this month. However, there are still many of you who have not yet pledged. We asked Ken to expand on this issue as part of his article in the *Messenger*. Also of note in the Treasurer's Report was the recent contribution of \$25,000.00 from the estate of Cynthia Wilson. According to her will, this contribution was to be dedicated to the *Heritage Campaign* which is a restricted capital fund for building use only. The Vestry honored her request on the use of these funds.

As you can imagine, we spent a great deal of time for preparation for our capital fund campaign. Plans are now being made to establish a *Discernment Committee*. Jim Warnke is contacting proposed members of the committee. This committee will be made up of parishioners who will gather input from every segment of the parish on the work that needs to be done. We will evaluate and prioritize those needs and make recommendations for your consideration. As soon as the names are confirmed, we'll get back to you.

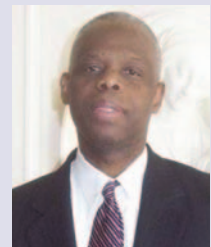
We are excited. The focus on handicap accessibility and commitment to improved plant functioning and appearance will only be significant when they reflect an expanding heart and more enlightened view of what it means to be "church." We are counting on all of you to support this effort. Some of this work has already begun. You realize this if you have been in the Chapel or have entered the Office Building through the North doors off the parking lot. The next time you are at St. Paul's; we invite you to walk around and see the other projects that already have been accomplished.

- Wheelchair ramp into the Office Wing
- Renovation of the bell tower
- New and refurbished windows in the hallway and Parish Hall

As the vestry—your lay leadership team—we remain dedicated to the good of this wonderful parish church!



Gary Mason, Warden



Collin Wolfe, Warden

MEET THE VESTRY



George Gill



Edith Sims



Jeff Johnson



Pam Abner



Patrick O'neil



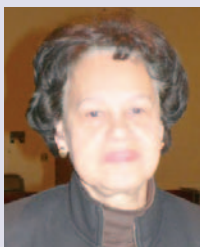
Issie Cherevko



Hewitt Jeter



Hugh Hull



Lena Ford

OUTREACH: Charity Clicks

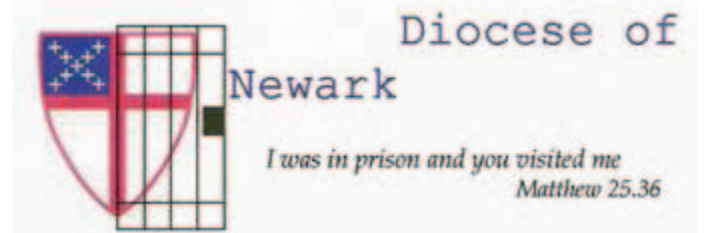
There is a family of web sites where, with the click of the mouse, you can make a free donation. *Free donation?* An oxymoron, you might say. Not at all. With a certain number of clicks, sponsors make the donation, and the charity profits. Some of these sites are:



www.thechildhealthsite.com
www.theliteracysite.com
www.thebreastcancersite.com
www.thehungersite.com
www.therainforestsitesite.com

If you click on one of the sites, there are links to the others. This is something that takes little effort and results in great benefit for others.

Betty MacLoone



Some spare time this summer?

Perhaps you have some time and desire to communicate with someone in prison. People in prison, like anyone else, appreciate knowing they are not forgotten. Many of them are VERY lonely. Many do not have family or friends who remain in touch. A word from a caring Christian may inspire or give hope to an individual and inspire them to work toward a more constructive future.

The Prison Committee of the Diocese of Newark has names and contacts of people who are asking for someone with whom they can share their faith journeys and life questions. To ensure safety, guidelines are provided to the volunteers and prisoners as to appropriate topics. Mail is ALWAYS returned via a P.O. Box for everyone's safety. Why not get started? Participate in the Diocesan-sponsored Prison Pen Pal Program—a great ministry of hope that is easily carried out at home. To find out how, please contact Paul Forste or Joanne O'Neill through the Parish Office: 201.568.3276