

Racial Discrimination a Possible Health Risk



On a front-page article in the "Ideas" section of the *Sunday Globe*, July 15, there was this headline, "How Racism Hurts-Literally." *Boston Globe* journalist, Madeline Drexler, wrote about scientific research done over a number of years on the effect of how racism affects the long-term health of its victims. It is a long article, but in part were these words, "Viewing racial discrimination as a health risk could open the door to understanding how other climates of chronic mistreatment or fear seep into the body – why, for instance, pregnant women in California with Arabic names were suddenly more likely than any other group to deliver low birth-weight babies in the six months after 9/11. Most striking, researchers note, is how consistent the findings have been across a wide range of studies. The task now, they say, is to discover why."

You may ask what this has to do with the gospel of Jesus Christ. Well, one of the things that Jesus did was to commission his disciples to heal the sick and set the captives free. The gospel has to do with

bringing wholeness, and if we know that certain structures in our social system literally affect the bodily health of those who must live with discrimination, then we who are called to follow Jesus must work for healing by dealing with the cause of illness. God's love for every individual demands us to be a part of healing by working to eliminate the causes of illness. Recent Supreme Court decisions seem to shortchange that process in American society. The ongoing work of creating a just society for each and every minority group is not finished and, for the Christian, it must be seen as a part of God's Mission to bring good news by addressing those things that need changing. I have saved the article and would be glad to copy it for anyone who would like to read it in its entirety. Maybe you have read it. There is a lot of discussion about health care now. This is a good and necessary discussion-with its consequent debate-to have, because the Greek word for salvation, "sozo," is also the word for healing and is part of God's restoration of the brokenness and sickness in individuals and society.

God is challenging us in exciting ways. Jesus stands among us as the saviour who is also the healer because of God's ultimate will to restore all things in his beloved Son.

Faithfully in Christ,

Alan B. MacKillop
Priest in Residence

Gospel of John Bible Study Resumes

Commentary by the late Archbishop William Temple

The Tuesday morning Bible study on the Gospel of John, which began a year ago, will resume on September 18, 2007 at 11:00 a.m. Fr. Alan will be attending a Diocesan Clergy Day on September 11. He also decided not to begin the Bible class right after Labor Day.

It is a study of John's Gospel, using the commentary of the late Archbishop of Canterbury, William Temple (d. 1944). It is an excellent basis for understanding the fourth gospel. "We have only completed six of 21 chapters, so we are not rushing through this magnificent gospel," Fr. Alan recently stated. "We'd like to invite any and all persons interested in joining us."

The class has traditionally met each Tuesday in Fr. Alan's office in the Parish Hall. However, as the class continues to grow in attendees, there may be a future necessity to move to larger quarters. All present and future students are invited to submit suggestions on their preference of location and day of the week.

Apple Pies a Fall Tradition

Apple Pie Day, 2007

By Peggy Braat

Apples are ripening on the trees and we once again think: Apple Pies! We will have our traditional day of fun and friendship on Monday, October 22, 2007, 9:00 a.m. to 2:00 p.m. at St. Andrew's Parish Hall.

We hope to make 60 to 70 pies to sell frozen to raise funds for St. Andrew's Parish. There will be jobs for all--novice or old hand--and we need YOU. Please come! Please put the date on your calendars, now. More details and sign-up sheets will soon be available.

Married Couples Explore Relationships

Couples gain better knowledge, understanding, acceptance

An Episcopal Marriage Encounter Weekend begins on Friday at 8:00 p.m. and ends about 4:30 p.m. on Sunday. It's a working weekend, where the couples listen to sessions presented by a clergy couple and a lay couple. The sharings are centered around their personal experiences and are designed to inspire the attending couples to look at themselves as individuals, at their marriage relationship, their relationship with God and the world around them. After most of the sessions, attending couples discuss the topic presented in the privacy of their own room. The purpose of the weekend is for a husband and wife to develop a better knowledge, understanding and acceptance of each other through the use of a communication technique which is taught on the weekend.

The weekend is presented from an Episcopal perspective, but the opportunities of the weekend go far beyond the boundaries of any one faith expression.

Friday, September 28 to Sunday, September 30, 2007

Greenwich, New York (near Albany)
To participate, contact John & Nancy Caims,
Albany contact couple.
Telephone: 1-518-584-3092 or email:
albanyme@nycap.rr.com.

Friday, October 26 to Sunday, October 28, 2007

Meriden, Connecticut (between Hartford and New Haven)
To participate, contact Bill & Lee Gill,
Connecticut contact couple.
Telephone: 1-203-888-2043 or email:
bnlctme@aol.com.

Registration fee: \$45.00 per couple. To read more information: www.episcopahme.com

By Catherine Koronis Wheatley

My Early Recollections of St. Andrew's

The Church: Center of Life



Catherine Koronis Wheatley

It seems that I am one of the oldest living parishioners at St. Andrew's and as such have been asked to write about my childhood days there.

My siblings and I were baptized in the Greek Orthodox Church in Lowell. When I was about 6 or 7, the priest there told my parents that I should go to Sunday School at the nearest church near our home in Ayer. A retired missionary couple from St. Andrew's sent their daughter to us to invite me to attend Sunday School, and I was in a class with 6 other girls and a wonderful teacher.

One day, the teacher told us the story about the Good Samaritan, followed by suggestions of different careers we could have one day to help others in need. When she spoke of nursing, I knew then that I should become a nurse. Altogether, four of us in the class became nurses.

We were more active in the church then because we did not have sports, television, computers, etc. St. Andrew's became the center of our lives. As we grew older, my siblings, Andrew, Mary and George were more active, especially during Lent. Some of the activities we participated in were: singing in the choir and joining surrounding church choirs at St. Anne's with the collection of mite boxes; the Christmas Pageant; summer vacation church school picnics on Groton School property and in New Hampshire near a lake; gathering together with other Sunday School classes and choirs at Forge Village Mission Church, now St. Mark's in Westford.

Sullivan Family Baptism July 15, 2007



Gillian Elizabeth Melville and Eton Charles Julian Melville, daughter and son of James and Ashley Melville; Aiden Davis Ryan, son of Kinnon and Sherry Ann Ryan. The newly baptized are the grandchildren of Marta and Brian Sullivan.

Heartfelt Thanks From the Choir

We have ordered twenty chairs for the chancel to be delivered this fall. Nineteen chairs have been donated in memory of, or thanksgiving for, loved ones. The twentieth chair will be dedicated to the service and spiritual leadership of Fr. Alan.

We thank everyone for their generosity and support of the choir. We are blessed with a strong and growing Music Ministry at St. Andrew's. The choir returns to the chancel in September to add its voice to the pool of musical talent.

On behalf of the choir: Thank You, Everyone!

Holiday Craft Fair

A planning meeting for the Holiday Craft Fair will be held on Monday, September 10th at 7:00 p.m. at the home of Mary Medeiros, 8 McDowell Street, Ayer. All are welcome - please come if you are interested in helping.

This is an annual parish event that should involve everyone in one way or another. We need you! Please contact, Mary Medeiros: 978-772-3195; Sue Hildreth: 978-456-9553; Barbara Kamb: 978-486-4360.

Foyer Group Off to a Great Start

Parishioners Gather to Make New Friends and Deepen Relationships With Those They Have Known for Years

By Erica Scattergood

Editor's Note: In French, the word "foyer" means "hearth". In English it more commonly refers to an entrance where guests are welcomed into a family's home. Coincidentally, both interpretations apply to a gathering of new and old friends in a warm and welcoming environment.

Things are off to a great start for the Foyer Groups. Many people have already signed up, and we've always got room for more! We'll plan to meet all together on "Rally Sunday," September 9, as a large group, then break into the smaller groups that will meet for the first three months of September, October and November. The groups will be formed to ensure that there is a good mix of backgrounds, ages and interests.

While we have a good list of suggestions for activities that groups might consider, it will ultimately be up to each group to decide what they'd like to do. There are quite a few local publications that provide information about special events, such as concerts, lectures, art exhibits, etc. I'll try to get some of these into the bulletins each week. Prior to the September kickoff, I will be contacting everyone to find out some more personal data (food or pet allergies, physical limitations, and other preferences), but below are some possible ideas.

Shared Meals: brunch, lunch, tea or a meal in the form of potluck dinners, picnics, and barbecues. Meeting in a restaurant would be an alternative to having a foyer member host the group at his/her home. This could be an easy first meeting where everyone relaxes.

Wine and Cheese or Dessert and Coffee: coupling these with a concert, movie, or talk at a local historical society could be a good way to socialize. Even Home Depot offers "how to" demonstrations that people might enjoy; perhaps we could learn to paint faux finishes that could be used with Habitat

for Humanity. And throughout the year, places like the Groton School offer wonderful exhibits in areas such as photography, sculpture, etc., which are free to the public.

Physical Activities: take a walk on a conservation trail, stroll on a bicycle path, play miniature golf, bowl, examine the stars, go dancing or go bird watching, paddle a canoe, or even garden together.

Take a Trip: especially in the fall; this is a wonderful area for short day trips to places like a zoo, historic houses, a seasonal fair, or even the beach in the off season. Take in an antique show, get your noses pierced, or visit a tattoo parlour. See a sugarhouse, or any of the wonderful museums in the area. Many of these last ideas are free with passes available at our local libraries.

Entertain at Home: have people in for an old-fashioned time while you play board or parlour games, plan a cheese tasting, swap cookies, watch a sporting event, or even trim a tree with homemade ornaments.

Please send me your suggestions and/or bring them to the meeting on September 9. I look forward to hearing from you.

Hymns for Thought

The Dentist's Hymn: Crown Him With Many Crowns

The Weatherman's Hymn: There Shall Be Showers of Blessing

The Contractor's Hymn: The Church's One Foundation

The Tailor's Hymn: Holy, Holy, Holy

The Golfer's Hymn: There is a Green Hill Far Away

The Politician's Hymn: Standing on the Promises

The Optometrist's Hymn: Open My Eyes That I Might See

The IRS Agent's Hymn: I Surrender All

The Gossip's Hymn: Pass It On

The Electrician's Hymn: Send the Light

The Shopper's Hymn: Sweet By and By

The Realtor's Hymn: I've Got a Mansion Just Over the Hilltop

The Pilot's Hymn: I'll fly Away

The Paramedic's Hymn: Revive Us Again

The Judge's Hymn: Almost Persuaded

Rally Day is More Than Just “Sunday School Begins Again”

Closing the Generation Gap Through Christ

The American Heritage Dictionary cites six meanings for the word, rally; among those definitions is “to call together for a common purpose.” Rally Day affords that occasion. It is a time to be together as a congregational family, to encourage, inspire, and renew our children’s faith in Christ.

The overall objective is to engage children in a wonderful, nurturing Christian atmosphere, where creativity and hands-on activities peak their interest, beginning the awareness and formation of a solid foundation in Christianity. It is a unique opportunity to bridge the generation gap through Christian education. Learning and experiencing Bible stories and lessons is a wonderful means for children to come together in discussion and, for a moment in time, embrace the eternal love of Jesus.

September 9 is “Rally Day,” a long-used term for the Sunday when Church School resumes and the life of the congregation gets back into full swing. St. Andrew’s will again have Sunday services at 8:00 a.m. and 10:00 a.m. After each service, as you enjoy a cup of coffee, register your children for Church School and have a look at the displays of each of the ministry commissions and find your interest in helping with one of them.

Backpack Drive the Most Successful

The 2007 Loaves and Fishes backpack drive was the most successful collection since the program began. St. Andrew’s donated ten backpacks filled with supplies for this year’s local high school students.

The high school dropout rate nationwide is currently at almost 30 percent. St. Andrew’s donation, along with those of local businesses and churches, will make it possible for kids from the surrounding towns to attend high school this fall with the

necessary supplies. Thank you all for your generous contributions and participation in helping each student served by Loaves and Fishes start off the 2007-2008 year with a new backpack.

Teaching Staff Welcomes New Members

There is lots of good news from the Sunday School and Nursery at the start of this new school year.

Last year’s teaching staff of Nancy Barringer, Jeanne Cassin, John Ferrillo, Russ Harris, and Yvette Nasworthy is welcoming new faces. They are Blanche Foss, Linda Kaferle, Kim Lindo and Margaret Politis. Blanche and Linda have professional teaching experience. Blanche will be joining Nancy and Russ in the Upper Elementary class while Linda, Kim and Margaret will be in Godly Play. Godly Play will probably expand into the second classroom that has been closed for a few years, since there are more students that age and, now, the extra teachers for it.

Our babies and toddlers will be cared for under the supervision of Erin Pueschel this year. Our most recent nursery supervisor, Kim Lindo, is moving across the hall to help with Godly Play. Caelan Taylor, our paid high school caregiver, will be returning. Offers of help for one Sunday a month for either Nursery or Sunday School are gratefully accepted at any time of the year. Please see the adult in charge of the job you are interested in to volunteer.

Besides teaching staff moving around, there is going to be a literal move for the Nursery. It is very likely that the entire Nursery will be moved to the first floor of the Rectory. The living room area will be painted and furnished as a Nursery with lavatory available. The entrance will be created opposite the entrance most used by the congregation. Both nursery caregivers and parents have been anxious for a solution to keep our youngest parishioners within close reach of parents in a secure but easily accessible area.

We hope this renovation will be completed as quickly as possible. Volunteers for painting, hanging curtains, and moving furniture are needed.

♦TEACHING Page 5

◆ **TEACHING**

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Registration will take place on "Rally Day," September 9, after each service. Enclosed in this newsletter is a registration form, which will also be available on our website to fill in and email. Registration forms may also be available in the Peabody Room. Dick Dabrowski and Carolyn Smith have developed our new registration forms, for which we are grateful. If there are any questions, please contact co-supervisors, Yvette Nasworthy or Nancy Barringer.

Diocesan Workshops

A Resource Day for Congregational Development

This is a day of workshops for lay leaders and clergy. Topics include: evangelism and church growth, parish business systems, spirituality and leadership, formation of adults in discipleship, stewardship, communications, environmental stewardship, ministry with children and families and more. The cost, including lunch, is \$20 if you register before September 8 2007 and \$25 if you register afterwards. You can register on-line at www.diomass.org, click on the Resource Day icon on the home page. September 18 is the deadline for registration.

Vestry Nominations

By Fr. Alan B. MacKillop

The question was raised with me about the possibility of members of the congregation being able to suggest names to the Nominating Committee for Vestry positions. Normally, there are three positions that come open each year, but sometimes there is an unexpired term that may be filled at Annual Meeting. While the date for Annual Meeting (usually late January or early February) and the formation of a Nominating Committee have not taken place, I believe it is perfectly reasonable for members of the congregation to bring names to the committee. I believe

that the person should be approached first to see about willingness to serve, and I am now asking for evidence of baptism. If a person has a record of Confirmation or being received into the Episcopal Church, that also would be helpful. A form will be created for this purpose in the October X-Press, but you can be thinking about this in the meantime.

Membership in the Episcopal Church begins with Holy Baptism which, of course, makes one a member of the larger Communion of Saints, the Church in heaven and on earth. Confirmation by a bishop is a normal step for adult membership in the church. Persons having been confirmed by bishops of the Roman Catholic, Old Catholic, and Eastern Orthodox churches are "Received." Letters of Transfer are supposed to be received or sent from other Episcopal parishes, but we have been a bit lax in recent years in following through on this. Episcopalians who have been away from the church for many years are invited to reaffirm their baptismal vows at times of Confirmation.

A Word of Thanks

Former XPress Editor Retires

After fourteen years of editing the XPress newsletter, Anne Cahill has decided to move on, but the parish is grateful for her devoted service. Her tireless efforts are greatly appreciated by the entire congregation. Thank you, Anne, for getting the XPress out month after month over all of those years.

Sue Ulsch has kindly consented to become the new editor. We thank her for taking on this important job of communication in the life of the parish. Having written more than 500 press releases for television, radio, and print for the local, national and international press, she will also assist in preparing news releases for the parish.

If you are planning an event that is noteworthy, be sure to contact her. She will help by putting together a press release, including photographs, for the local print media. Email: susanm217@aol.com.

Vestry Meeting Highlights – June, July 2007

By Linda Kaferle

Priest-in-Residence Report: Had a very successful Outreach Fair on Sunday, June 10th, and would like to make it a yearly event; Gail White, our missionary from Spain, gave the sermon. Showed the inspiring film, *The Hidden Life*, on June 12th about the Sisters of St. Mary. Sunday School Recognition Day scheduled for June 17th. Marsha Hoecker's institution as rector of Trinity Chapel took place June 10th. Summer schedule to begin June 24th through Labor Day. Anne Cahill resigned as editor of X-Press after 14 years – many thanks to Anne for all her time and talent; Sue Ulsch to take over as editor. There is a need to move ahead with plans to divide the space of the rectory into a rentable apartment and room for the Sunday nursery (see Warden's Report below).

Mission: As discussed at a recent tri-parish meeting, demographics show that 70% of people in Ayer are not affiliated with any church; therefore, there is work to be done "in our own backyard".

Warden's Report: Rectory ideas explored. Splitting the house into a one or two bedroom rentable apartment; using the additional space for church offices (allowing the potential for renting the Parish Hall during the weekdays), a bedroom for Fr. Alan to use in those rare times due to a late meeting or bad weather that he may stay overnight, and space for Sunday School nursery that would be easily accessible from the church. In addition, Dwight reported on a meeting he and Jeanne Cassin had with Seven Hills regarding the possibility of renting the rectory to them to be used as a group house for mentally challenged adults. Seven Hills has no need for a building in Ayer at this time, and the fact that it is not handicap

accessible, precludes its use. Another possible outreach use would be to become Section 8 Certified which would allow us to rent to lower income families but still receive the full rental amount (subsidized by the State). Received quotes from two companies to insulate both the Rectory and Parish Hall to bring heating costs down. Russ will sign the church up with Interfaith Power and Light in order to request an energy audit and investigate buying our fuel through its cooperative. Rectory Sub-Committee (Judy Adams, Jeanne Cassin, Russ Harris, Dwight Harshbarger, Linda Kaferle, Jim Western) to investigate further and report back to Vestry.

Treasurer's Report: 2008 diocesan assessment reduced by approximately \$5,000 due to the change of assessing income to assessing expenses, as well as a change to the diocesan formula. Audit team (George Miller, Phil Welton, Yvette Nasworthy) to review diocesan audit procedure. Budget is "in the black" at mid-year point. Increase of investment income of approximately \$20,000 since January.

Christian Formation Commission Report: Sunday School registration scheduled for September 9th. Possible solutions discussed regarding placement of 4-6 year old children after Godly Play has ended each Sunday and whose parents are singing in the choir – possibly extend Godly Play for the entire service; use Godly Play room as a second nursery. New Sunday School volunteers include Linda Kaferle in Godly Plan and Blanche Foss in Upper Elementary and Middle School. Erin Pueschal taking over the nursery for Kim Lindo (thanks to all!). Anyone who can volunteer just one Sunday a month would make a world of difference.

Communications Commission Report: Communications Commission asked how much money is in the budget for advertising – Sue Hildreth said approximately \$100 per quarter plus postage money in our account at the

post office. The Commission plans to send a postcard to parishioners prior to Sunday School registration.

Membership Commission Report:

Awaiting quote for three signs: freestanding church sign (which would replace the sign on the church given by Barbara and John Kamb which is difficult to read from a distance), Parish Hall sign, and campus sign).

Outreach Commission Report:

Commission voted to support The Esperanza School (who attended the Outreach Fair)

Parish Life Commission Report:

Marilyn Guest reported there is a need to improve communications between Parish Life and the rest of the commissions which was made evident during the Outreach Fair. There is also a need for the men of the parish to help set-up and breakdown tables for any Parish Life event. Dwight suggested a checklist be devised showing the different responsibilities for the function and who is assigned to each. Lastly, there is a need for people who use the kitchen appliances in the Parish Hall (coffee pots, in particular) to clean and return all parts to their proper place.

Stewardship Commission: Working on a church calendar. Lizzie Malone and Sue have made a preliminary cut of pictures to be used.

Tri-Parish Committee: \$284 raised at the Tri-Parish Ascension Thursday Service given to Harris Camp. Four or five canoe groups signed up for Friday's canoeing trip. Common Cathedral on Boston Common planned for September 9th – looking for a coordinator from each of the three churches. Planning a book study group. Investigating the possibility of a U2 Eucharist next spring. Planning three tri-parish services: Blessing of the Animals at the end of September, Quiet Day during Lent (spiritual reading every hour), Ascension Day Service. Looked at demographic data gathered at last meeting and found the Asian American

community (especially Korean) to be the fastest growing. Dick Dabrowski suggested looking for an Episcopal Korean-speaking priest to hold a service at St. Andrew's on a Sunday afternoon.

Old Business – Vestry Retreat:

Marsha Hoecker did a splendid job leading the Vestry at its June 16th retreat. The record of the Vestry discussion is available upon request from Linda Kaferle.

Access Ramp:

Jim Western distributed Manny Lindo's sketches for the ramp and asked for the Vestry's input. Discussed making it more aesthetically pleasing by adding balusters and changing the orientation of the ramp. Jim will contact Manny. Jim reported that the contractor would like to supply the materials. Jim agreed to draw up a list of materials to be given to Mary Medieros so she can talk to Moore's Lumber about the possibility of getting discounted materials.

New Business: Request from Michael Smith to approve the purchase of 20 chairs and kneelers to be used by the choir at a total cost of \$5,190. Parishioners will be given the chance to donate a chair (costing \$260). Any additional money needed will come out of Bertha Dorn's bequest. Michael would like to dedicate them on All Saints Sunday. The Vestry voted to authorize the purchase.

Choir Chair Purchase Update: 10 of the 20 chairs have been pledged to date. One chair will be given in thanksgiving for Fr. Alan's ministry – all parishioners are welcome to contribute. The old pews will be kept and used as needed. Many thanks to Nicola Barlow for all her work on this project.

Vestry Covenant: Formulated by Dick Dabrowski from the record he kept at the retreat. Motion approved to accept the covenant as written.

St. Andrew's Episcopal Church is a welcoming congregation, serving Ayer, Devens, Groton, Harvard, Littleton, and Shirley, Massachusetts.

St. Andrew's Episcopal Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2. 8:00 AM HE II	3. Labor Day Office Closed	4. 7:00-9:00 PM Parents Helping Parents 7:00 PM Membership Meeting	5. 12:00 PM Holy Eucharist with Healing Prayers	6. 12:20 PM St. Andrew's Weavers 7:00-10:00 PM AA	7.	8.
9. 8:00 AM HE I 10:00 AM HE II Rally Day (following both services) 2 PM Boston Common Cathedral Svc.	10. 9:30 AM Bible Study 3:30-5:30 PM Girl Scouts 7:00 PM Holiday Fair Meeting	11. 7:00-9:00 PM Parents Helping Parents	12. 12:00 PM Holy Eucharist with Healing Prayers 6:30-8:00 PM Boy Scouts 7:00 PM Vestry Meeting	13. 12:20 PM St. Andrew's Weavers 7:00-10:00 PM AA	14.	15
16. 8:00 AM HE I 10:00 AM HE II	17. 9:30 AM Bible Study 3:30-5:30 PM Girl Scouts 6:30-8:00 PM Boy Scout Leaders	18. 11:00 AM Gospel of John Class 7:00-9:00 PM Parents Helping Parents	19. 12:00 PM Holy Eucharist with Healing Prayers The St. Andrew's Xpress Deadline	20. 12:20 PM St. Andrew's Weavers 7:00-10:00 PM AA	21.	22.
23. 8:00 AM HE I 10:00 AM HE II	24. 9:30 AM Bible Study 3:30-5:30 PM Girl Scouts	25. 11:00 AM Gospel of John Class 7:00-9:00 PM Parents Helping Parents	26. 12:00 PM Holy Eucharist with Healing Prayers	27. 12:20 PM St. Andrew's Weavers 7:00-10:00 PM AA	28.	29.
30. 8:00 AM HE I 10:00 AM HE II	<p>Office Hours: 8:00 AM to 12:00 PM – Mon., Wed., Thu., Fri. and 12:00 PM to 2:00 PM – Tue. The St. Andrew's Xpress submission information: Send submissions to: staayer@verizon.net or drop them off at the Church Office during office hours or the Peabody Room on Sundays. Please include contact information on all submissions. Next issue: October 2007 Deadline: September 19, 2007</p>					

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The St. Andrew's Xpress is a monthly newsletter for the St. Andrew's parish family and friends. Comments, suggestions, and photographs are welcome. If you no longer wish to receive the newsletter, please check the box.



St. Andrew's Episcopal Church website: <http://www.standrewsayer.org>.