

May - August 2018



## From the Rector:

A parishioner forwarded an email newsletter today in which the following appeared:

*"I recently moderated a panel on aging... The organizers titled my session "If You Rest, You Rust," and I understood their approach. Some members of the panel spoke about the importance of activity, travel, lifelong learning, and other elements of "positive aging," which means different things to different people. It all reminded me of a comment by psychologist James Hillman (The Force of Character and the Lasting Life):*

*"We live in a hyperactive society. Anything less than mania counts as depression."*

I so resonated with this paragraph – especially as summer approaches because summer has traditionally been a time to relax and slow down, to take a breather. But now, summers are getting to be as busy as the rest of the year.

Contrary to the title given to this woman's talk, "if you rest, you will NOT rust." We don't just need to get enough sleep each night (as important as that is). We also need to get enough rest – rest from worry, rest from rushing around trying to get everything on our "to do" list checked off, rest from always having to be productive in the world's eyes.

Jesus said, *"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."* (Matthew 11:28-30)

Is there a way that you can set aside time to "not do"? Can you create and protect space in your schedule to just rest? Can you take Jesus up on his offer and explore what it would mean to go to him to get rest?

I hope and pray that, together as a parish, we can model an alternative to society's hyperactivity. I pray that as a parish, we will focus on offering and receiving that refreshment from Christ and that we can take the time to really listen to each other's stories and, in so doing, be Jesus' way to offer refreshment. If you have any ideas about this or would just like to talk further, please let me know.

I wish you peace and rest,

The Rev. Nancy Vogele, Rector



## Mother's Day and Father's Day reflections

On Sunday, May 13<sup>th</sup> at both services, three women will speak on how their faith influences their being moms/grandmas. We are grateful that Abby Mathewson, Lynn Reed, and Deb Haines will speak and look forward to what they will share.

We will also have Father's Day Reflections on Sunday, June 17<sup>th</sup> at the 9am service.

This is something new that we are trying and we sincerely hope that it will bless us all and help us think about our faith in new ways.

## Golf Tournament

We are seeking any that may be interested in participating in the Sunday Driver's Golf Tournament. No date has been set yet. Please contact Eric Battey [ebattey61@comcast.net](mailto:ebattey61@comcast.net) if interested.

## The Clothing Center Volunteer Luncheon ~ Saturday, May 19 12:30-2pm

The Vestry will be hosting a luncheon for all those that have volunteered over the past year at the Community Clothing Center. Please RSVP to Joan Alayne by May 12 at [joan.alayne.stevens@gmail.com](mailto:joan.alayne.stevens@gmail.com)

## Calling All Parish Program Leaders – Calendar Day is Wednesday May 23 at 5:30pm.

It helps us plan the year ahead. If you are a program leader, please either submit probable event/program dates for next year to Kelly Kennerson in writing, or join us in person for our Calendar Day caucus. There are a number of events, religious Holy Days and programs that take place over the course of the program year at St. Matthew's. By looking ahead and making sure they get on the parish calendar we can be sure our members and interested parties checking our web site have accurate information with which to make their own plans. Program leaders wishing to meet in person are asked to gather in the Parish House. Those submitting probable dates in writing are asked to do so before May 21.

## Outreach Yard and Bake Sale - Saturday June 2



Bring your really good 'stuff' to the Outreach trailer, bake up a storm, or volunteer a couple hours between 6am and 2 pm. Mark the date for great bargains on all kinds of stuff at St. Matthew's Episcopal Church. Every year we receive a literal truckload of treasure to display on our church lawn alongside delicious baked goods and grilled breakfast and lunch items. It all goes for our Outreach Ministry to help neighbors in need. Our Outreach Committee is a dedicated group serving the critical needs of numerous neighbors in partnership with helping organizations to see to it that basic food, shelter and personal needs are met. **Volunteers are needed to help on Saturday morning between 6 -9 am, 9am-Noon, and Noon-2pm (or as your schedule allows). Folks will help set up, then supervise tables, greet customers and old friends, and to help with the food table and grill.** A sign-up sheet will be available at Coffee Hour weeks prior to the event. It's a good day for a great cause.

**Bling Thing** The Outreach Committee of St. Matthew's is accepting donations of jewelry for its jewelry table at the upcoming Yard Sale. As you are doing your spring cleaning and picking out things to donate to the Yard Sale, please consider giving your jewelry box a once over. Your unwanted "bling" can brighten someone else's day and bring some money to the church for its Outreach efforts. Parishioners are invited to donate items they no longer use. These might include: necklaces, bracelets, earrings, pins and broaches, and watches. Fine jewelry as well as costume jewelry is welcome. Even broken chains are fine since they might contain gold or silver that can be sold for market value. Jewelry parts such as focal pieces not on chains are acceptable as well. You can also drop off unwanted or unused jewelry to the Parish House during open hours. Thank you for your generosity now and always.

**Granite State Organizing Project (GSOP)** will hold its annual Micah Dinner on Sat., June 2nd, 6pm at Holy Cross Manor 357 Island Pond Rd, Manchester. It is a great way to relax and enjoy dinner. The dinner is also a wonderful way to learn more about what GSOP actually does & who its members are. **St. Matthew's has a table for eight reserved. If you are interested in attending, please see Rev. Nancy.**

## Mass on The Grass - Sunday, June 3 at 10am



We will gather at the Clark's Residence to worship outside together, sing together and celebrate those that have served our worship ministry. Join us as we thank our Acolytes, Readers, Prayers, Readers, Ushers, Altar Guild, Sr. Choir and Jr. Choir. Bring a chair or blanket. Immediately following we will continue with a picnic. Feel free to bring meat for the grill and a dish to share and bathing suits and towels for those who wish to swim!

**Clark's Residence: 6 Bedford Rd. New Boston NH**  
**Contact the office or Angie with any questions.**

Directions: Take Route 13 to New Boston, turn left before the gas station, go to the top of the hill and you are there. Please park in the field, not along the road.

---

**God bless graduating high school seniors:** Stephen Battey, Allison Buckless, Bridget Kennerson, Meredith Osburn, William Peterson, Eryn Pierce, Abby Poisson - "May God watch over your going out and coming in from this time forth, for evermore." Psalm 121

**Baccalaureate Service: Sunday, June 10th, 7pm.** The Goffstown Clergy Association Baccalaureate Service is open to all seniors, their families and friends and will be held in the Goffstown High School Theatre. It includes a variety of readings, music and messages from members of the senior class and the Goffstown Clergy Association, as well as the Senior Slide Show. An opportunity to mingle and share refreshments will follow the Baccalaureate service.

---

### **Thank you, Sr. Choir and Jr. Choir!**

*O sing to the Lord a new song; sing to the Lord, all the earth.  
Sing to the Lord, bless his name; tell of his salvation from day to day. (Psalm 96:1-2)*

Our choirs do so much to enhance our weekly worship. In addition to singing an anthem each week, they provide musical and liturgical leadership that helps the rest of the congregation participate more fully and more confidently. Thank you, choirs! And thank you Josh Desrochers for your fine leadership and to Deb Haines, Lauren Tennett and Abby Matthewson for your leadership with the Jr. Choir.

### **"Thank you" to our Parish Breakfast folks**

Thank you Roger and Brenda Fortier, John Reed, Nancy Duval, Dennis Tennett, Jeff Stevens, Rosemarie Fry and Mark Battey! You make us great breakfasts each month during the school year and we love you for it! Your efforts create wonderful fellowship amongst our parishioners, helping us grow in our love and affection for one another! We will miss the parish breakfasts this summer but you all deserve a good rest! And we await eagerly when the parish breakfast resumes on Sunday, October 21st!!!

## Thanksgiving for St. Matt's Sunday School Teachers and Greeters

Scripture says, "Train children in the right way, and when old, they will not stray." (Proverbs 22:6)

As our Sunday School program for the school year draws to a close, we wanted to make sure to say a huge "Thank You!" to all who ministered as teachers or greeters this year to help our children learn and live into "the right way" – the loving way – God's way.

Our teachers gave of themselves by preparing lessons, always being ready to be flexible in order to meet the needs of our children, and always kinds and loving to all. Thank you: Melanie Sherwood, Mark Stuenkel, Lauren Tennett, Happy Beale, Jenn Gilliland, Linda Clark, Dianne Macon, Christina Dickey, and Lynn Reed.

We also want to thank our Greeters who welcome children to the Parish House for their classes: Nancy Nichols, Joanne Wells, Brenda Fortier, Kelly Kennerson, Angie Battey, and Joan Alayne Stevens (who also coordinated the Greeter Schedule). Thank you for your ministry!

Lastly, we cannot express our deep thanks (but will try!) to Melanie Sherwood and Jenn Gilliland as our Sunday School Coordinators. We are all blessed by your ministry. Thank you.

## Sunday School celebration on June 10<sup>th</sup> – the SECOND Sunday in June this year.

The regular Sunday School program year will be ending Jun 10 with our Sunday School celebration. Kids are encouraged to wear clothes they can get dirty. We will be planting flowers and using sidewalk chalk to help make St. Matts more welcoming. During coffee hour, there will be ice cream sundaes!

**From July 15 – August 12 we will offer kids an inter-age (PreK-9<sup>th</sup> grade) program interpreting the parables of Jesus through the witty cartoons of Holy Moly.** If the weather is nice, the class may go out to the garden for part of the time. We hope to get 2 adults or 1 adult and 1 teen helper for each class. If you would like to be a primary teacher or assistant for any of these Sundays, please contact Melanie Sherwood ([mksherwood@comcast.net](mailto:mksherwood@comcast.net)) or Jenn Gilliland ([jennifertetreault@comcast.net](mailto:jennifertetreault@comcast.net)). If you can't help during the summer, we are also recruiting teachers and greeters for the next school year. We would love to have you be part of the Sunday School team!"

God bless Jenn Gilliland & Melanie Sherwood for great leadership; and God bless our terrific teachers!



***9 am Worship this summer will begin June 17. Summer worship is less formal with the choirs having the summer off and programs on summer break until September. Coffee Hour will continue weekly. From July 15- August 12 we will offer kids an inter-age (PreK-9<sup>th</sup> grade) program explaining the parables of Jesus.***



## Photographers needed for church events

We would love to gather good photos of our life together in order to put together a slide show at Annual Meeting. But we need folks to take pics for that. Do you like taking photos (even just on your smart phone)? We are especially interested in photos from Mass on the Grass, coffee hour, social events, CCC volunteers, Sunday School celebration with the kids planting flowers, etc. If interested, please talk to Rev Nancy. Thank you.

## **Confirmation and Reception for youth and adults – Joining the Episcopal Church**

Bishop Rob's next visitation to St. Matthew's will be on Sunday, March 31<sup>st</sup>, 2019. At that time, in addition to just being with the people of St. Matt's and leading worship, he will also confirm and receive any youth and adults into the Episcopal Church who have prepared for this. Are you interested in exploring your faith as it is lived out within the Episcopal Church? Then please sign up for one of two classes:

**For our youth:** Do you have a teenager who is confirmation age (at least 12 years old) and is open to exploring his or her faith more deeply? Please encourage them to sign up for Confirmation classes which will begin next September and go the entire school year.

**For adults:** There will be a class in early 2019 for anyone interested in learning more about the Episcopal Church – whether or not they intend to be received when the bishop visits us on March 31<sup>st</sup>. All are welcome – even those of us already Episcopalians! It's always good to keep learning about our church.

So, if you are interested or if your young person is, PLEASE LET ME KNOW NOW so that I can properly plan for both classes. Sending me an email is best. Thanks.

Peace, Rev. Nancy  
rector@stmattsepiscopa.org



### **ATTENTION TO DETAIL**

Attention to detail  
comes with growing older.  
Things that once were done unconsciously  
now take conscious effort.  
This is a wondrous benefit.  
A slower walking pace reveals songbirds  
never seen before.  
A slower working pace reveals opportunities  
never explored before.  
A slower living pace reveals beauty  
never experienced before.

We are slowing down  
but waking up.  
We are producing less,  
but learning more.  
We are doing less,  
and experiencing more.

From William Martin, [The Sage's Tao Te Ching: Ancient Advice for the Second Half of Life.](#)

### **Goffstown Insight Meditation Group will continue through Summer**

Goffstown Insight holds Tuesday evening group sitting meditation sessions in the Buddhist Insight (Vipassana) tradition. Sessions are held in St. Matthew's Parish House from 7-8:30pm (except July 4).

We are a fledgling group and invite everyone from beginners to experienced meditators to join us. We aim to support each other and develop our practice. While the focus is on Buddhist sitting meditation, no allegiances are involved and all are welcome.

The session format is: 30 minutes sitting meditation; 10 minutes walking meditation; 30 minutes listening to a recorded talk; 20 minutes discussion.

Further information, please visit <http://goffstowninsight.org>

**Summer Softball** – stay tuned. The women have been moved to Concord and we are not sure if the program can continue. We'll be sure to make announcements in the Parish Notes and during church.

**Summer Note-** Regular summer office hours are Tuesday & Thursday 9:30-1:30 beginning June 19. Rev. Nancy's days off through October are Friday and Saturday (except for when there are special parish events). If there is a crisis or emergency please contact Rev. Nancy Voegel ([rector@stmattsepiscopal.org](mailto:rector@stmattsepiscopal.org) or 802-738-9087) or Senior Warden Angela Battey ([finelyorganized@msn.com](mailto:finelyorganized@msn.com)) The office email ([office@stmattsepiscopal.org](mailto:office@stmattsepiscopal.org)) and phone 497-2003 will also be monitored periodically. Thank you.

**Stewardship - “All things come of thee, O Lord. And of thine own have we given thee.”**  
The vestry would like to remind you to keep St. Matthew's in mind this summer. Due to increased travel, summer is often a time of decreased Sunday attendance and decreased pledge donations. In a typical year, the vestry is able to weather this ebb in donations without too much trouble. This year has seen a decrease in overall pledges; so, it will be more difficult than in past years to get through the summer months. An extra effort by everybody to stay current with their yearly pledges will be greatly appreciated by the vestry. Thank you.

### **September Preview:**

Sept. 2 – Last 9am service

Sept. 9 – Return to 8 & 10 worship, Sunday School registration, and “Blessing of Backpacks” at 10am

Sept. 16 – Sunday School resumes (Note – Parish Breakfast resumes in October)

Sept. 23 – St. Matthew's Day with a progressive coffee hour in the Parish House with church memorabilia on display.

St. Matthew's exists by the grace of God to seek and serve the sacred in all people, loving our neighbor as ourselves. To that end, our clergy, elected leaders and staff are available to you for the asking. Please feel free to contact us for help, advice, guidance, or to offer your assistance. Office hours Tues and Thursday morning or by appointment call: 497-2003 or email: [office@stmattsepiscopal.org](mailto:office@stmattsepiscopal.org) Office Administrator: Kelly Kennerson Website: [www.stmattsepiscopal.org](http://www.stmattsepiscopal.org)



St. Matthew's Episcopal Church

7 N. Mast Street

Goffstown, N.H. 03045