

THE SPIRE

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St. Paul's On The Hill Episcopal Church
40 Ganung Drive Ossining, New York 10562



WHAT I DID ON MY SUMMER VACATION

“Rituals... are about transformation. The rituals ...are as elaborate as they are because we associate the ritual with a major life passage...with transformation.”

—Abraham Varghese

This summer brought with it some important thresholds. A wedding, a funeral, and a major move. All these moments were important enough to leave pictures in my mind.

The first was the wedding of a couple of old family friends. My former “boss” and his life partner of twenty two years, Maxwell, “tied the knot” with a simple but elegant wedding weekend in Siconset, Nantucket. About twenty of us (family and friends) gathered on the far end of the Island to join the entire ‘Sconset family of parishioners in wishing the couple joy and good luck in the years to come. The church was packed with two hundred plus witnesses, each of whom was honored to be there. The thing that made this wedding unusual and especially uplifting is that twenty two years ago, when Carr and Maxwell met, none of us could have imagined a day in which a clergyman and a male doctor would not only be legally married in a grand social affair but would also have that occasion recorded in the *New York Times*! As the Chapel filled with the shining summer crowd and the grooms entered in matching white dinner jackets, I could not help but feel encouraged about a world where such a basic change of acceptance IS POSSIBLE.

My second event of the summer was not uplifting in the same way. A very close friend lost her mother right around the time of the wedding. She was in North Carolina sort of cleaning up the bits of her Mother’s life when I asked if I might not come down to join her. Normally, the death of an elderly parent would not be a momentous event but in her case, this was the fifth death in her family in the past nine years. When I arrived, she had a lot to do as I stood by bearing witness to the passing of an era. But, as is often the case, even in the midst of loss and uncertainty she and I found time for frivolous things like a movie. Let me tell you without reservation that *Captain Underpants* is a terrible film that was just the thing to lighten our hearts at that moment. And although our reason for being together was deeply sad, our enjoyment of each other’s company was deeply satisfying. When I left my friend several days after arriving, I could not help but feel encouraged that forty-plus years of friendship could make two people so important to one another.

Finally, this August, my son Andrew moved in anticipation of starting grad school at Parsons in NYC. As most of you may remember, Andy had been married about four years ago. Sadly, that relationship did not stand the test of the couple’s return to the U.S. from China. But this spring, Andy applied to school and got a substantial scholarship which made attendance at a design program possible. So, late in August, the Madison family helped Andy to move to Brooklyn (which is where his father and I lived the first year of our marriage.) And I could not help but feel encouraged that sometimes this world will allow its children new beginnings.

Over all it has been a strange and wonderful summer. Not frivolously happy but grounded in joy...in the understanding that God has been present with people whom I love and that all will be well. Life is littered with thresholds...with life passages. I hope that yours will be as mine, moments which leave a sense of encouragement and peace.

Cooper+

Altar Guild - Small Group Looks To Expand!

REPOSTING

A short note to the men and women of St. Paul's:

HELP!

We are looking for a few good men, and, of course, women, to join the altar guild. It is a wonderful group of women (currently) who change over the altar, set up for communion, and do the altar flowers (Rubrum's) for a month at a time. We work in teams of two, which makes it easier! There is always help available and there are only two meetings per year!

Please consider joining! Please see me, or any other altar guild member. Members are: Jo, Julie, Bev, Sue, Fran, Kyoko and Margie.
Thank you.

Melanie



Graham and Jo at the 'teach in' at Trinity where Graham bought their hats at the "Families for Justice March" on September 6, 2017. The marchers were treated to a warm foot bath in Epsom Salts and treats to eat for their trek on toward Peekskill. Thanks to all who helped make this a wonderful stop for the marchers.

A quote from Jay Sidebotham's Monday Matters 8-28-17

One of the letters to John at the end of the New Testament pointedly asks: "How can you say you love God who you can't see when you fail to love your neighbor who you can see." Maybe that means if we're struggling to figure out what it means to love God, a place to start is by showing love to those around us.

If it ain't about love, it ain't about God
Presiding Bishop Michael Curry



ST. PAUL'S YOUTH MUSIC PROGRAM

What: Register now for St. Paul's after-school Youth Music Program, which provides small group music lessons for children (between the ages of 4 and 17) in

***SINGING**

***RUDIMENTAL and HAND DRUMS**

***GUITAR**

The program serves young people from the community as a whole and does not include religious content.

When: Monday, Oct. 16 – Friday, Dec. 8, Fridays and Mondays, 3 PM to 5 PM

Where: St. Paul's on the Hill's Parish Hall, 40 Ganung Drive, Ossining, NY 10562

Information:

COST: \$50 per family per 10-week session.

CLICK HERE to download a registration form: <http://tinyurl.com/Fall2017YMPReg>

Contact: Call St. Paul's on the Hill's Church Office at [914 941-6627](tel:9149416627) (between 10 AM and 2PM, Mon.

Thurs.).

Email: stpaulsganung@gmail.com

Registration form:

<http://tinyurl.com/Fall2017YMPReg>

Dear Friends,

I write to you on this beautiful, sunny Labor Day...finding it hard to believe that for all practical purposes, the summer is over. We return to our more routine lives after enjoying those unique gifts only summer can bring. Welcome back!

Here at St. Paul's we again begin our usual Sunday schedule. You will be so pleased to see and walk on the new safe and beautiful walks...and through the new doors that take you into our church! Many thanks to all that participated in the planning, funding, and overseeing of this good work, particularly Roger Rowe and John Houghtaling. You guys are the best!

Last, but certainly not least, I must say that having joint services with our sister church Trinity over the summer was lovely. Shared community in prayer and hospitality was much enjoyed and appreciated!

The Stewardship Campaign will begin in Oct. and continue into Nov. We look forward to everyone's participation. There will be more stewardship messages to come, of course! Thank you in advance for your pledge and commitment to supporting our St. Paul's. We are blessed...

A nominating committee is soon to be formed. We are to fill a few three year terms for the vestry. Also, we are to nominate a warden for a two year term. Again, we will keep you posted.

The Renewal Works Committee will be meeting to resume its work begun in the spring. There will be a presentation to the congregation within the next few months.

Now, a touch of wonderment! I am sitting on my porch looking at the golden rod blooming in my yard. As a child I was told that golden rod was a weed (not good!). It grew along the highways and in uncared for places. In my yard now, these "weeds" are tall, regal, and golden. I did not plant them. They appeared a few years ago, and I was not up to removing them. Now they return plentifully and beautifully each summer along my fence. I think there is a message here for me? Nature is in charge and don't be too quick to label something before you get to know it! This is a lovely time of year...

From Our Warden, Continued:

**"The breezes taste
Of apple peel.
The air is full
Of smells to feel-
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze."**

- John Updike, *September*

Love to all, Julie



Photos by Kyoko Kageyama of repast for Welcoming Sunday provided by Mo. Cooper and Peter Madison. We also had the blessing of the new sidewalks, grass, steps, and special thanks to John Houghtaling and Roger Rowe for the new doors and keeping the work on track. The grounds and doors are so beautiful. Thank you.

From Mark Monroe and the Garden: Mustard Seed Garden 2017

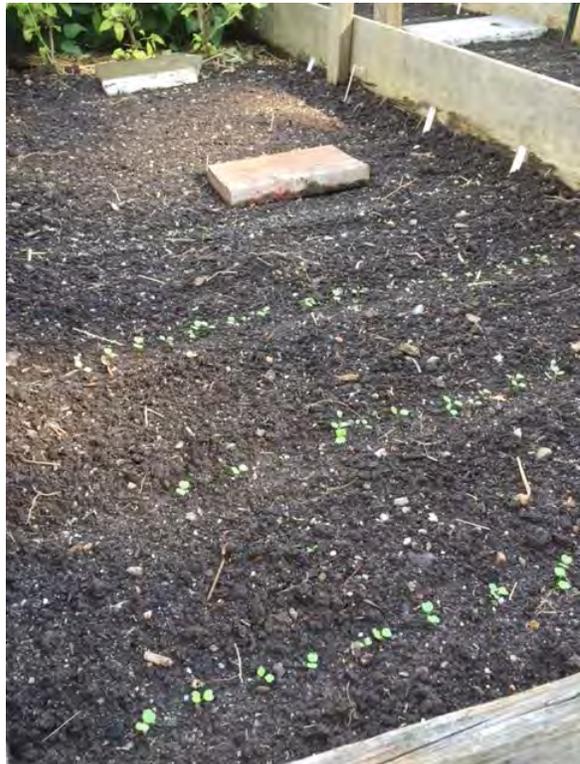
The Mustard Seed Garden, located at St. Paul's, has had another good summer of providing fresh vegetables to the Ossining Children's Center – with help from our Trinity partners as well. Volunteers Jo McGrath, Terri Roman, Graham Gulian, Peter Madison and Mark Monroe pitched in to plant, weed, grow and deliver the produce. We tried some new things this year including sweet corn, Swiss chard, lettuce and herbs – with success, mostly! An early September planting of fall greens has popped up quickly, thanks to timely rain, and we'll see how they fare as the days grow shorter. It's gratifying to drop off the goods at the Children's Center and see how much they're appreciated.

There are 10-12 lbs. of tomatoes, a couple heads of lettuce, a dozen red peppers, a big bunch of Swiss chard, a big bunch of cilantro, and a small bunch of basil. We also have a few giant but good-looking green beans that aren't shown here. I'll deliver in the morning along with 10-12 cucumbers from my own garden.

Also, timely rains and our water-holding soil have germinated fall plantings very quickly! We pulled out the cornstalks after they were done producing and planted lots of lettuce plus a little arugula, chard and pak choi. It's all off to a good start.

Thanks everyone for your help!

Mark M.



STEWARDSHIP

Stewardship season is upon us. This year or stewardship chair is Margery Barnes. She and I will be arranging to meet with discussion groups in order to turn all our thoughts toward this important topic. In a way, it will be an opportunity to count our blessings and also to share our thoughts with one another.

The small groups will be gathered by interests. So she and I will join Buildings And Grounds committee for one meeting say, and then visit a Lantern Shop Lunch for another. Of course, we will post a schedule of all the meetings so that if you wish, you can participate in any one.

We are looking forward to spending time with you and to hearing what your thoughts and recollections may be. Someone once said " Stewardship is all that I do with all that I have after I say I believe." What is your stewardship experience?

Faithfully,
Cooper + (in partnership with Margery)



THE LANTERN GIFT SHOP

Here we go again! The Lantern Gift Shop will officially re-open for business on Saturday, September 16th with extended hours of 10-3.

Marti and Sue went to the NYC Gift Show on August 21st to select new merchandise for the shop. Every box that arrives brings carefully selected surprises that will be revealed over the coming months. A new card order has already arrived and is in place.

The "ladies" continued to meet on summer Thursdays until August when we took a little break. We worked to organize the shop as well as our attic work space, work on Fall publicity tasks and started our craft work for the Christmas sale. Next, we will be cleaning the shop, marking down some items, adding some new merchandise, and getting the word out so we will be ready for September 16th. Regular Saturday shop hours of 10-1 will begin on September 23.

Coming up quickly will be the annual all parish fundraiser "Christmas Is Coming". This will take place on Saturday, November 11. If this date is not on your calendar yet, please be sure to note it now. Since this is the major fundraiser for St. Paul's, it is important that we all work toward a successful day. More information will be coming.

The preparation for "Five Fabulous Gift Baskets" drawing is underway. The "wish lists" will soon be posted in the Parish Hall and tickets for you to sell will follow in early October.

We are always looking for shopping bags with handles and small card size bags as well as bubble wrap and tissue paper to recycle. We hope you save these things for us. We do not need plastic grocery bags.

We hope everyone has had wonderful, relaxing and restful summer. Soon we will gather together again and we hope we will see you at the shop!!!

The Lantern Shop Committee





Be it ever so humble there's no place like home... Home; sweet, sweet home. There's no place like home... There's no place like home...

Remember the story of Dorothy Gail, the little girl who felt stifled at home and dreamt of more colorful and wider places... Who then went to the Land of Oz where she found a technicolor and wider world but then found she wished also to feel the rootedness and comfort of the home she had left?

Remember how, at the end of her tale, it seemed that she would be left behind in the wonderful wide world of Oz without the anchoring roots of home—left behind always to be a beloved visitor in a strange land? And then how she was reminded by Glenda, the good witch, that she had the power in herself to create home, a wide and colorful home? I think that *The Wizard of Oz* is a very wise tale. It puts its finger on a common human truth...

Often, very often, our concept of home—safety—family—begins in a narrow and safe place.

And our challenge as we travel through life is to develop eyes to see home and to develop skills to build a colorful and wide home wherever we may go. Because family can be good and family can be safe but at some point, family must be enlarged so that we may grow.

In today's reading from the Gospel of Luke, Jesus speaks to his disciples. There they sit, assembled on a flat place, a plain. They are the faithful ones (not the needy crowds who so often follow Jesus) but rather they are those who are seeking a world that is more colorful, wider, and yet rooted in the home.

These disciples have been told in the past "do unto others as you would have them do unto you." But now that narrow and safe place feels a bit restrictive to them. And so, Jesus describes for them a wider region of safety.

"Love your enemies," he tells them. "Be merciful." "Do not judge." "Forgive." And "Give." It is a different, new, risky type of love which Jesus outlines.

No more "tit for tat." If you want a wider, more colorful world, he tells them, stick your neck out... Take a risk, love more widely.

How many kinds – shapes – colors of love are there in the world?

You know, according to the *Washington Post* in 2013, the Inuit people actually do have 50 words for snow.

And we have only one word for love.

Now the Greeks were a little better than we. They had (as you probably know) three words for love, which described it in ever widening circles. The first is *Eros*, the word for passionate (or perhaps hormonal) love. It is that "Id"-driven "I want" kind of feeling. I am beginning to think it is where we start as babies. "I want food, I want to be dry, I want to be picked up."

Next is *Philia*, which describes our love for those near and dear, like family and friends. This is the comfortable and reciprocal place of love.

Finally, there is *Agapon*, which is a form of love guided by the will. It is a wider, more colorful, riskier place of love, which can cause pain both to the lover and those who care for her. Because... If one practices *Agapon*, she has decided that no matter what the object of her love does, she will only allow herself to desire that one's highest good.

The one who preaches *Agapon* is vulnerable. So when Jesus tells his disciples to-love their enemies, be merciful, not to judge, to forgive, and to give, he is recommending this will-driven unconditional and risky course of love, *Agapon*.

Jesus is offering his disciples an opportunity to widen their narrow and safe starting place of reciprocal feeling and home so that they may construct a wider and more colorful place to call home. Because family can be good and family can be safe, but, at some point, family must be enlarged.

It reminds me, actually, of a conversation which Carr and I had about 15 years ago. At the time I was his curate (assistant) at Grace Church in Newark and that year he and Maxwell were taking a flight out of Kennedy to go someplace or another.

Now being a good curate, I volunteered to take them to the airport. So Carr and I drove together to the rectory, a mile or so from the church, in order to pick up Maxwell. As we approached their rather nice neighborhood, a young, slim, dark-haired male jogger ran past us on the sidewalk. "Hmmm, he's family," said Carr. Now, I didn't think much about that comment at first, or even when we pulled into the driveway and got out of the car. But, after a while, it began to niggle at me, "How did he know?" I wondered. "How could Carr tell that that guy was family?"

So I looked at Carr and said "How did you know that man was in the Mafia?" "What?!" Carr asked me. "The jogger, how did you know he was Mafia?" Well! Carr burst out laughing "No, he's family, he's gay... Not in the Mafia, Cooper!" It was a learning/a broadening of my world and a little glimpse into his. Family meant gay... Family meant safe.

Our challenge as we head through life is to develop eyes to see home and to develop skills to build a home wherever we go, because family may be good and family may be safe but at some point family must enlarge in order for us to grow.

And Jesus tells us that the road to a wider, more colorful, yet rooted family place lies in the preaching of *Agapon*, unconditional love of not just friends but also our enemies. Not just the safe ones, but also the scary ones.



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Basic Self-Defense Technique Review – Upstander Classes

Self-defense is everything we do to protect and take care of ourselves. Anyone can do self-defense. You don't have to be physically strong, fast or experienced.

Self-defense includes trusting your instincts, avoiding danger by running away, fighting back using verbal and physical skills, understanding prevention and safety strategies, and finding support and healing after an attack.

Being conscious of our general health and well-being is also a part of self-defense. Through self-defense, you will develop the confidence to decide what is best for you, and make choices based on your needs and safety.

Safety Yell: Let the yell come from your belly (instead of your throat). Yelling alone can scare an attacker; it takes up space, summons up our adrenaline, and attracts attention. You can also use your voice assertively in a normal tone. When using words assertively, think about making statements or commands rather than asking questions.

Eyes and Body Language: Use both to express an assertive image. Keeping your body relaxed and ready helps you to get your techniques out. Use your eyes to take in information about your surroundings. Discover what body postures feel “strong” to you. Try to appear calm even as you take in your surroundings visually. Keep hands open and at the stomach level of the person you are dealing with. Avoid pointing or putting hands in the face of the person you are dealing with.

Boxer's block: Hold both arms vertically, in an L-shape. Forearms should block the top of your head to just below your chin with the insides of the arms facing the body. Elbows should be a little lower than your shoulders. Imagine your elbows are heavy; keep them pointed at the ground. Legs should be bent and open enough for you to feel grounded in your stance.

Front Kick: Pick up back foot, and bring it by the knee of your standing leg. Then extend it out to your target (knee or shin) and pull it right back. Pull your toes back and strike with the ball of the foot (toes pulled back and ankle extended) or the heel (flexed foot).

Foot Stomp: Lift up your foot and drop heel down on the top of the opponent's foot.

Wrist Grabs: Work against the weakest part of the grab: where the thumb and fingers meet. Make a tight fist. Step in bringing your elbow and hip together. Make a small circle against the thumb while keeping your elbow close to your body. (Circle as if rolling down an old fashion car windows.) Remember you can kick to the attacker's shin or stomp on their foot first to loosen the grip.



The Mighty M's!



Chacene



Brandon &
Doreyl



Tyler



Mark & Sue

Are Preparing for the Walt Disney World® Half Marathon – January 6, 2018
Help us fund cures for cancer along with the Leukemia & Lymphoma Society

Fundraising:

- Chinese Banquet, \$100 pp
 - October 7
 - November 11
- Dim Sum Class and Dinner, October 21: \$60 pp
- \$10 Raffle to win a \$2000 Travel Voucher
- Donate (see weblink below or email us for information)

Please support the Mighty M's quest to find cures for cancer. Every dollar benefits patients and their families...LLS has invested more than \$20 million in the recently approved CAR-T Immunotherapy since 1998;

<https://www.cbsnews.com/news/car-t-leukemia-cancer-gene-therapy-fda/>

Thank you in advance.

Donate: <http://pages.teamintraining.org/ctwhv/wdw18/TheMightyMs>



SEPTEMBER BIRTHDAYS

9/01 WILLIAM HUNT
9/02 CATHERINE CUCURULLO
9/03 HELEN KAMP
9/05 CHRISTINA BROCCHI
TYLER MOY
9/12 JACK DAVIS
9/16 DAVID HOLTON
ROB MCGUIRE
9/21 ELAINE BLAIR
9/24 DARRYL MOY
9/27 PHELPS KIP
9/28 BRANDON MOY
9/30 BETTY ANN FRANK
PATRICK MONROE
AMY MONROE
MARILYN BARNES

SEPTEMBER ANNIVERSARIES

9/04 BEA & BOB GORMLEY
9/14 SUSAN & MARK MONROE
9/16 SUSAN & ROBERT BROCCHI
9/25 BARBARA & ROLAND ROSE

SEPTEMBER BAPTISMS

9/19 PATRICIA P. CAVALIERI
AUDREY ROWE
GEORGIE DOCKER
9/26 EVELYN MARIE STECKMEISTER