

SOUNDINGS

Vol. XI, No. 8

St. Christopher's Episcopal Church of Chatham, Massachusetts

August, 2015

A Tale of Two Wolves

Over the course of my recent reading, I have repeatedly tripped over the following anonymous story:

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?" The old Cherokee

simply replied, "The one you feed."
(*Positivity*, Barbara L. Fredrickson)



The Rev. Brian W. McGurk
Rector

The insights and wisdom of this story are applicable to individuals as well as to groups of people. They also apply to churches.

Negativity is toxic to the life of a church. I think we have all witnessed churches or other organizations where unchecked negativity continually feeds the "evil wolf" and breeds community-damaging thoughts, emotions, and actions. The apostle Paul wrote at length about the negativity that had infected the church in Corinth and its dire consequences.

Negativity is damaging because it narrows and constrains our experience of the world, the well-being of our communities and the depth of our relationships. It slams shut the doors of our hearts, minds and souls to the experiences of joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. And, most importantly, it can shut out the mystery of God's unconditional love, given to us in Jesus Christ. Negativity locks grace out of our lives.

Yet, negativity is a part of life. We cannot deny negativity, but

we must not feed or empower it, nor wallow in it. It can be an opportunity to change what is broken and learn from it. It can lead us to positivity and openness.

In contrast, positivity reigns wherever positive thoughts and emotions like love, joy, and gratitude touch and open our hearts. Churches need *positive* people with hearts and minds open to the love of Christ. This transformational process of sanctification is what makes us more inclusive, creative, giving, peaceful, joyful, faithful, gracious, hopeful, loving, and what theologian Paul Tillich termed "new creations" in Christ.

*Negativity...
locks grace out
of our lives.*

Saying "Be positive." is helpful and well-intentioned. But saying "Be open," as in "Be open to the love of Christ which is in you and all around you," is transformational.

Let's not fuel the wolf of evil; instead, let us nurture the image of Christ that lives and dwells deep inside each one of us.

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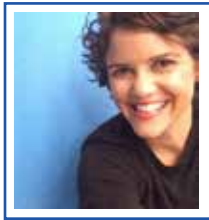
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St. Christopher's Welcomes the World



Natalie Finstad
Parish Intern

On June 24, St. Christopher's worked together with leaders in the Chatham community to welcome approximately

60 young adults to the Cape. As many of you know, the J1 visa program creates an opportunity for people to live and work in the U.S. for a short period of time. Each summer, Chatham hosts hundreds of workers who have come to enjoy our beaches and beautiful weather.

This year, the St. Christopher's community answered God's call to "welcome the stranger" by jointly, with Chatham Bars Inn and the Chatham United Methodist Church, hosting a barbecue at Oyster Pond. This was an opportunity for visitors to get to know one another and their hosts. My heart was warmed by the way people took the time to listen to stories and share about themselves. We had fifteen members who volunteered to help Bob Braman grill. Many thanks

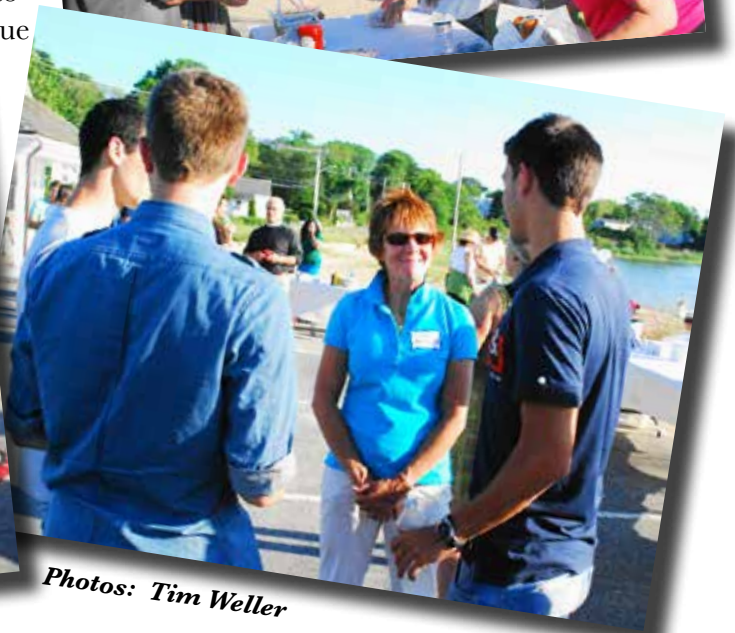


to Bob for overseeing this. Also, a huge thank you to everyone who donated locks. We collected over 75 locks, which are being given to guests so that they feel safe parking their bike on the Cape.

We all face the temptation to keep a distance from visitors when they clog our streets and take up our tables at favorite restaurants; but the church's warm welcome did the opposite—we drew them near. In so doing we not only reminded the visitors that they were loved and welcomed; we also had the chance to be impacted by their stories.

A few of our members came up to me after the barbecue

and commented on how they wished J1 visitors had better living or working conditions. This is something others on the Cape are talking about, and I'm happy to say that St. Christopher's will participate in forming a group of people that continues to work to give all of our guests safe and enjoyable experiences in Chatham. If you'd like to be involved in these conversations, please contact me at nefinstad@gmail.com.



Photos: Tim Weller



Gallery Circle Announced at Opening of The Work of Our Hands Exhibit

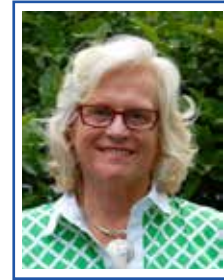
A summer exhibit, *The Work of Our Hands: Artists and Friends of St. Christopher's*, opened June 26 with 36 artists participating and well over 100 people viewing the art. This show was not juried, but was designed to seek out how the congregation is engaged in the making of arts and crafts. To everyone's delight, the caliber of the show was very high.

A wide variety of media was represented. The artists included several painters working in oil, watercolor and acrylic, a number of photographers,

two woodworkers, collage and found-object artists, a ceramist, three quilt makers, a poet who framed his writing, and a musician whose score was framed.

I also announced a new initiative on behalf of the Art Committee: *The Gallery Circle*. This has been put in place as a way to identify those in the congregation and community who have a particular interest in the gallery and its offerings. The only requirement to join the circle is showing enthusiasm and support for the gallery and all of its offerings. Participation forms are available in The Gallery as well as at www.StChristophersChatham.org.

It is hoped that many will find



Sandra Bowden
Curator
The Gallery at
St. Christopher's

new friends and shared interests from more fully knowing about each other's interests and talents. Furthermore, it is hoped that the

artists and craftspeople of the congregation will be encouraged in their future endeavors—possibly anticipating the next *Work of Our Hands* in a couple of years.



Clockwise starting left: The Rev. Gail Smith poses with her quilt depicting the days of creation; reception attendees discussing the works in the lower level; Jane Harris and Peggy Davis enjoying the exhibit; Peg Falconer posing in front of her painting, which is on permanent display in the church library.



Bishop Gates to Visit St. Christopher's



The Right Rev. Alan M. Gates, bishop of the Diocese of Massachusetts, will serve as preacher and celebrant at St. Christopher's on Sunday, August 16, at 10 am. There will be a chat with the Bishop after the service, in the Parish Hall. There will be no 8 am service or Glimpse of the Gospel. In 2014, Bishop Gates was ordained as the 16th bishop of the Diocese of Massachusetts.

He is a Massachusetts native and graduate of Middlebury College. He worked as a Russian language translator, researcher, and intelligence analyst for the U.S. Department of Defense, including a tour of duty at the State Department. He then earned a Master of Divinity from the Episcopal Divinity School in Cambridge, Mass., and was ordained to the priesthood in 1988.

He has served several congregations in Massachusetts, Illinois, and Ohio. He and his spouse, Patricia J. Harvey, have two adult sons.

Choir School at St. Christopher's



Maury A. Castro
*Organist &
Choirmaster*

A year ago, we were just beginning to consider the idea of a chorister program at St. Christopher's. Twelve quick months later, we find ourselves with a committed, gifted, skilled, and enthusiastic group of singers, all of whom have received certification from the Royal School of Church Music!

The benefits of this program are manifold, and every child who could possibly participate should be receiving the gift of music. *Do you know a child who loves to sing?* Rehearsals begin Tuesday, September 15, and will now begin at 3:45 pm (and end at 5:15 pm) to better accommodate Chatham and Harwich school schedules.



The Holy Land Awaits!

The Reverend Whitney Burr, retired Rector of St. Christopher's, wishes to invite members and friends of the congregation to participate in a life-transforming journey to the Holy Land, March 29–April 9, 2016 (with an optional extension to Petra in Jordan, April 9–12). Visit and explore this fascinating area of the world where biblical stories will come alive and take on a new depth for your own spiritual journey.

Tour leaders include Heather Putnam, past leader of five Christian pilgrimages, and the Rev.

Whitney Burr. The tour will also be accompanied by the rector and associate rector of St. Michael's Parish, Milton, the Rev. Hall Kirkham and the Rev. Dr. Joyce Caggiano, respectively.

The tour will engage the services and expertise of Mejdi Tours, sole tour operator of National Geographic Expeditions to the Holy Land. For complete information, you may find a brochure at the front desk of the church, visit mejditours.com/open-tour/a-sacred-journey, or call Heather at 617-513-0881.

St. Christopher's Charity Golf Tournament

**Monday, September 28, 2015
at Eastward Ho!**

**Registration 11:30
Shotgun Start 12:30
Putting Contest 4:30**

Reception (cash bar) and prizes awarded 5:30

**\$250 per golfer (includes all fees, reception, and gift)
Foursomes play two best balls.**

**Play one of *Golf Magazine's*
top 100 courses in the U.S.**

508.945.2832

www.stchristopherschatham.org/golf

This event by courtesy of a sponsoring member of Eastward Ho!, a private golf club.

Auction & Clambake a Rollicking Success!



How do we measure the success of the auction? Number of tickets sold? Auction income? Certainly these are critical aspects of that measurement, and at 184 attendees and approximately \$23,000 raised, this would certainly qualify as a success.

Yet it would be a mistake to ignore as equally valuable metrics the joy, sense

of community, and unqualified love for St. Christopher's that was felt from start to finish. By these standards, the auction was an "immeasurable" success.

Bottomless thanks go to all of the volunteers who made the auction a reality, especially the co-chairs, Peter and Linda Hughes, and David Smith.

And yes, "#142" won that bid!

Highlights of the July Vestry Meeting

Organ Project: Organist & Choirmaster Maury A. Castro presented the sketches and plans for Vestry review of a new instrument to be built by Dobson Pipe Organ Builders.

Together With Africans: The Vestry approved a fundraising honor card that will allow anyone to give a gift to Together With Africans in honor of a special person or occasion.

Youth Room: There had been

a question concerning Authorization for Usage Limitations on the youth room following the remodeling of the church. It was reported that state testing was completed and all concerns are now finalized with the Department of Environmental Protection. The room is safe to use, and always has been.

Procurement Policy: The Vestry discussed and approved a sound procurement policy for church use.

Dale Alger, Clerk

Pulse of the Parish

Marriage

Peyton Jones & Frank Congiu
July 11, 2015

Baptisms

MacLane Barnes Thomas
July 5, 2015

Lochlan William Deem
July 17, 2015

St. Christopher's Episcopal Church

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Rick Franklin
Manager, Gift Shop

Ted and Martha Miller
Managers, Food Pantry

Dennis Johnson, Maureen
Vokey, Lynn Van Dine, and
Tim Weller,
Soundings copy editors.

August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>I came that they may have life, and have it abundantly.</i> ~ John 10:10						
2 8 Holy Eucharist 9-10 Gospel Glimpse 10 Choral Eucharist & Baptism 10 SummerSpirit 11 Fellowship	3	4 9 Morning Prayer 9-9:55 Staff Meeting 7 Hymnals Sound	5 10 Centering Prayer 7 Adult Choir	6 10 Women's AA 7:00 Cape Harmony	7 5 Holiday Night Grill	8
9 8 Holy Eucharist 9-10 Gospel Glimpse 10 Choral Eucharist & Baptism 10 SummerSpirit 11 Fellowship & Personal Prog. Forum	10 9-11:30 Stephen Ministry Training	11 9 Morning Prayer 9-9:55 Staff Meeting 4 Pastoral Care 7 Hymnals Sound	12 10 Centering Prayer & Holy Eucharist 10:45 Spiritual Formation 4 Resource Groups 7 Adult Choir	13 10 Women's AA	14 5 Holiday Night Grill	15
16 10 Focal Choral Eucharist with Bishop Gates 11 Fellowship and Chat with Bishop Gates	17 9-11:30 Stephen Ministry Training	18 9 Morning Prayer 9-9:55 Staff Meeting 7 Hymnals Sound	19 10 Centering Prayer 7 Adult Choir	20 10 Women's AA 10:30 Liturgy Music & Worship	21 5 Holiday Night Grill	22
23 8 EE 9-10 Gospel Glimpse 10 Choral Eucharist & Baptism 10 SummerSpirit 11 Fellowship & Catholic Soc. Forum	24 9-11:30 Stephen Ministry Training	25 9 Morning Prayer 9-9:55 Staff Meeting	26 10 Centering Prayer 10:30 Holy Eucharist & Healing ☩ Lenten Communion NO Adult Choir	27 10 Women's AA	28	29 7 Hymnals Sound
30 8 Holy Eucharist 9-10 Gospel Glimpse 10 Choral Eucharist 11 Fellowship	31 9-11:30 Stephen Ministry Training					

Saint Christopher's Episcopal
625 Main Street
Chatham, Massachusetts 02633



August, 2015

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All Smiles at the Newcomers Reception



At 5 pm on Sunday, June 28, the Rector, the Newcomers Committee, and the Vestry hosted a delightful reception for all summer-resident members and new members of the congregation. This event, held in The Gallery, was beautifully complemented with hors d'oeuvres and beverages. Rector Brian McGurk led the greetings and everyone briefly introduced themselves. All newcomers received a loaf of communion-type bread made by Pat Cass.