

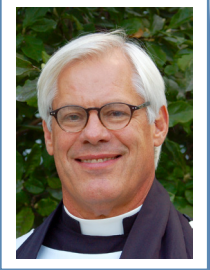
SOUNDINGS

Saint
Christopher's
Episcopal
Church



Autumn 2017

Life With Archie



**The Rev. Brian W.
McGurk**
Rector

I have a new habit and its name is Archie.

Archie is our new Australian Shepherd puppy, and he is a smart little guy. A *human* who accompanies one of Archie's canine friends said, "Soon enough Archie will be doing your taxes!" Now that is smart! To that end, we enrolled Archie in puppy school to develop good habits such as: "sit," "stay,"

"down," "come," "leave it," etc. And then there is my favorite command of all—used exclusively for those occasions when Archie is a being a pest and bad habits are stirring. "ARCHIE, THAT WILL DO!"

The saying goes, "You can't teach an old dog new tricks," or, similarly, "you can't teach an old dog new habits." Yet, Archie has done just that for me—an "old dog" so to speak! Likewise for Diane. Simply adding one, new, simple, daily habit—in this case, walking the dog—has resulted in many wonderful benefits. For all three of us! How, you may wonder? Well, Archie does not sleep in and neither do we. We rise before first light, "load-up" into our pick-up and head to the "dog park" (our euphemism for Kent's Point in Orleans) where Archie happily performs his daily habits and "dog" rituals—run, swim, sniff, chase, fetch, "anoint" a tree, wrestle with the big dogs, meet some humans, beg some treats, and countless other "dog" practices. This daily habit is joyful entertainment. It makes Archie's day. Ours' too.

Yet, we have been the ones most changed, and

even transformed, by this new habit.

This daily ritual has become a habit (an unconscious and automatic practice) and every day wonderful benefits accrue. For example, I rise early (which means I go to bed early and am physically rested). I have increased my amount of exercise (an extra hour of walking per day) and as a result am more fit. In addition, I enjoy the natural beauty of Cape Cod in a manner I previously had not—sunrises and sunsets over the water of Pleasant Bay; walks through the woods and along the beach; birds, boats,



marshes, etc. Along with this beauty comes silence, solitude, serenity, even inner relaxation and peace. I enjoy rich conversations with my wife over meaningful and important subjects, as well as mindless humor and laughter. (Some problem solving too!) And, of course, there is the amusement that comes from watching

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Stewardship Campaign in Full Swing!



Peter Hughes
Stewardship
Committee Chair

Our 2018 Stewardship Campaign kicked off on Sunday, September 24. Our theme is “Rooted in Prayer, Expressed in Compassion.” In preparation for the campaign you should have received our trifold stewardship brochure as well as your 2018 pledge card, both of which were mailed to each pledge family.

In 2017 we received pledges of \$516,000. The 2018 campaign has a goal of \$526,000. To achieve our goal and make up for pledge losses due to relocations and member passings, we need to attract new pledges and ask our existing pledge families to increase their commitment to support the 2018 operating budget.

As this issue of *Soundings* goes to print, we have just finished the fourth week of the campaign. To date 112 pledge families have committed \$350,971 to the 2018 campaign, which represents 67 percent of our goal. This is a great start but much work remains to be done. If you have yet to pledge we ask you to give prayerful and thoughtful consideration to what your church means to you and your family. We are a church

rooted in prayer and we regularly demonstrate our compassion both within our church and the community.

To track our progress the Sunday School children have made a tree with 53 leaves, which look like hands. Each hand represents \$10,000 in pledges. Unlike trees that drop their leaves in the Fall, we intend to add leaves as the campaign progresses.

I remind you that all pledges are confidential and the stewardship team is ready, willing and available to assist you in making your 2018 pledge. We look forward to a successful campaign and thank you in advance for supporting this important effort.



Together with Africans



A donation has been made in your honor to
TOGETHER WITH AFRICANS COMMITTEE

By: _____

MISSION

To raise awareness and funds for improving education and health in Africa, with an emphasis on children.

VISION

We envision a new generation of healthy, educated individuals able to make wise decisions for themselves and their country.



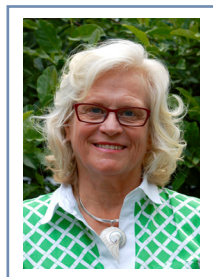
TOGETHER WITH AFRICANS
St. Christopher's Episcopal Church
625 Main Street, Chatham MA 02633

The Together with Africans Committee will be distributing Donor Cards before and after services on November 12, 19, 26, and December 3.

When making a contribution to the Together with Africans committee, donors may complete a donor card in memory or in honor of someone. These make a meaningful birthday or Christmas gift, which will not only help to educate a new generation of young Africans, but will answer the question of what to give to friends and family. It is a great way to make both the person who gives and the one who receives feel good.

Also, the NoteAbles choral ensemble will again offer their annual Christmas Holiday Concert at St. Christopher's Church. The event will be held on Friday, December 8, at 4:00 pm. This is the first of many events that make up the Chatham Christmas Stroll.

Our Church's Newest Icon



Sandra Bowden
Curator, The Gallery
at St. Christopher's

Icons have long been considered the special sacred art form of the Eastern Orthodox. In recent years, these "windows into heaven" have made an ecumenical move to Roman Catholic and Protestant communities. The St. Christopher's Church family has an icon of the Transfiguration by Russian Iconographer, Vladislav Andrejev, presented by Rector McGurk a few years ago. It will be joined in the sanctuary, now, by a second icon of the

Last Supper by Ulyana Tomkevych. This is a most generous gift from John Kohan who loaned us works from his Sacred Art Pilgrim Collection by Tomkevych and other Ukrainian Greek Catholic artists for the recent Four Women Icon-Makers of West Ukraine exhibition in The Gallery at St. Christopher's.

Tomkevych offers us a view of Christ's final meal with his disciples different from the traditional image of the Last Supper we all know from the Leonardo da Vinci painting. The vertical format of her tempera on wood panel painting emphasizes the position of Christ at the head of the table. Sacred historical time and eternity come together. The bread and wine Christ shares with the Twelve on the night of his betrayal appear in the form of the chalice and wafers distributed each Sunday in the Eucharist. There is an empty space for each of us at the lower end of the table. If you feel unworthy to join the meal, keep in mind that Judas is there on the left clutching his money bag!



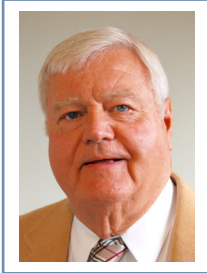
Finally, if you are enthusiastic about The Gallery and all of its offerings, consider joining the Gallery Circle! Contact me at sandrabowden@comcast.net.



John Kohan presents the Last Supper to Rector McGurk and Sandra Bowden



Fresh Ideas and Experiences



John M. Sargent
Senior Warden

Several of you may know that I have the pleasure of being a Trustee of the Cape Symphony. The orchestra has grown from a local orchestra to a very fine regional performer in the last ten years under the wonderful leadership of Jung-Ho Pak. I will take this opportunity to give it a shameless plug and urge you to give it a try if you

have not already done so. You won't be disappointed.

One of the main reasons for the Symphony's success is that Jung-Ho feels that he needs a varied program to attract a wide audience. We still play the traditional well-known classics, but weave them in with music from many other times, regions and genres. While we still get comments and requests for more of the classics, the result has been a growing audience and an expanded presence on Cape Cod.

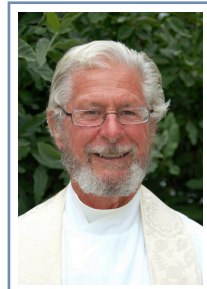
Get where I am going? Under the wonderful leadership of our Rector, St. Christopher's is trying to diversify our offerings to attract and maintain a



strong audience. We have Celtic Evensong, Choral Evensong, Morning Prayer, Contemplative Eucharist, and Contemplative Evening Prayer, all of which attract different audiences, many of whom we don't see at the Sunday services. In addition, we "mix up" the liturgy in the Sunday services to have some variety while being ever cognizant of trying to keep a good balance with the traditional. I confess that while leaning towards the traditional, I do love some of the New Zealand prayers.

In any case, your input is essential in this effort, so please let the Rector, Wardens or Vestry know your thoughts. And do try some of the other services. You'll find them refreshing, thought provoking, and enjoyable. Just like the Symphony, we need to keep our base while also having fresh ideas for a wide appeal.

Adult Study Series: The Gospel of Matthew



The Rev. Dr. John Martiner
Priest Associate

I would like to invite you to attend an adult study series that Betty and I will be leading from January 16 to February 13. The title of the series is *A Mosaic of Faith—Critical Readings from Matthew's Gospel*.

Think of it: we all have a story that informs and guides our life. We learned its various chapters as children; we tested it and molded it in new forms as we grew older. But, mysteriously, the story lives on deep in our spirit and informs what we hold as important, and how we evaluate events such as disappointments, aging and death.

Starting on Tuesday, January 16 at 10 am and continuing on five consecutive Tuesdays, Betty and I invite you to share our stories in relation to five accounts of faith in Matthew's Gospel. We will look in a critical, yet faithful way at our Christian

story emanating from Matthew's experience and perspective. We will start with the resurrection, then look at the birth narrative. That will be followed by an investigation of Jesus' radical teaching, parables and healings.

We ask that each participant have a Bible for every class. If you do not have one, there is a paperback version called *The Oxford Annotated Bible with Apocrypha* available from Amazon (\$24.95). We would prefer to use a modern translation such as the New English Bible or New Revised Standard version.

There will be a sign up form for this series at the receptionist's desk by mid-December and the deadline to sign up is January 10. Also, you can sign up by calling the church office.

It is our hope that many will set aside time to enjoy the fellowship of learning together. The holidays will be over; we may have to dodge a snowfall, but it can be a quiet time and one of opportunity. As with other courses that we have led, we will have a good time—and hopefully a time of blessing for all of us.

Reformation 500



Maury A. Castro
*Organist &
Choirmaster*

On October 22, The Evensong Choir joined forces with singers from around the Cape to present a Choral Evensong in commemoration of the 500th anniversary of the Reformation. This ecumenical event filled the church with singers and congregants from a wide variety of faith traditions, including Roman Catholic,

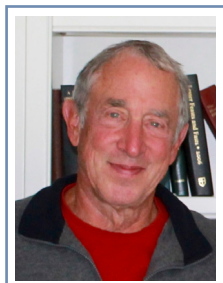
Jewish, Congregational, Unitarian, Quaker, and even a self-proclaimed "Heathen"! This event is one of scores of similar events taking place around the world. In a similar vein, I recently learned that the Choir of Merton College, Oxford, sang a service of choral evensong in St. Peter's Basilica at the Vatican in Rome on March 13 of this year. This was the first ever Anglican choral evensong to be celebrated in that space. The Anglican Centre in Rome stated that

"the gesture reflects the deepening bonds of affection and trust between the Anglican Communion and the Roman Catholic Church."

For me personally, all of this falls on the backdrop of the information I have been learning in the Rector's *Spirit of Anglicanism* course over the last few weeks. In particular, the guiding Anglican principle of the *Via Media*, the middle road or way between the Catholic faith tradition and the reforms of Protestantism. Put in my own words, the Anglican tradition cherishes the sacramental emphasis of Catholicism, and perhaps also its reliance on tradition and apostolic succession. At the same time, the Anglican tradition affirms the governing authority of the Bible, as carefully understood through the lenses of human reason and experience.

It seems to me that the strength of our tradition stems from the tensions found therein. There is a beauty and appeal because it so closely mirrors the ambiguities of everyday life.

Hurricane Harvey Relief



Larry Jobson
*Community
Outreach
Participant*

Shortly after Hurricane Harvey, ten churches in Harwich and Chatham rapidly formed a coalition to provide supplies to those in need in Houston. Supplies were collected, boxed and loaded into a large trailer (courtesy of Dan Meserve) in the space of 14 days. Dan took off with his trailer in tow on October 2 headed for Houston with 6500

pounds of supplies.

St Christopher's supplied over 120 cases of drinking water (some of which was too heavy to be loaded onto the trailer and as a result was donated to the Safe Harbor facility in Hyannis where St Christopher's has helped provide improved living spaces for the Safe Harbor residents). The overall effort was spearheaded by the First Congregational Church, Chatham. Bob Braman, Ted Miller and Larry Jobson got things rolling at St Christopher's and many parishioners supported their efforts through donations

toward the purchase of the drinking water.

A big shout-out goes to The Village Market in Chatham for giving us a great deal on the price of the water and helping to literally lug 2500 pounds of water out of their basement after their service elevator broke down on September 30. Numerous businesses pitched in with donations including RPM Carpets and Harwich Painting & Decorating (a.k.a. ACE Hardware). The effort shows what the church community can accomplish when a project is bigger than any one congregation can handle.



Volunteers packing items to place in trailer.

Golf Tournament Report



Dale Alger
Chair, Golf
Committee

St. Christopher's 7th annual golf tournament once again set new records for this year's charity, held on September 25 at the beautiful Eastward Ho! Country Club. We placed 92 sponsoring T-Signs over the entire course, which had 22 foursomes coming from all parts of the country. Nauset Marine supplied a boat for golfers to win by shooting a hole-in-one. While the final numbers are not yet available at the time of the writing of this article, it is anticipated that our net proceeds from this event will exceed \$16,000, for the church and its' outreach programs.

Following the 18 holes of golf, a challenging and fun putting contest was held in the afternoon with the winning prize donated by Chatham Candy Manor. Everyone had the opportunity to enjoy cocktails and hors d'oeuvres. The evening's events continued indoors with a reception with first-, second-, and third-place prizes awarded. Hilton Jervey won the 50-50 raffle, and generously donated his winning share back to St. Christopher's. Well done, Hilton!!!!

Thanks go to: all participants; Marie Williams and Shareen Davis for producing such creative t-signs; Sue Sargent, Betty Schiller the entirety of the registration and hospitality committee; and the Golf Committee: Bob Lynyak, John Otis, Randy Van Sickle, John Sargent, Pieter Schiller, and Ron Barnes.

Parish Statistics

Baptism

Caroline Babette Bechtel
October 15, 2017

Marriages

Katherine Rust & Greg Zike
September 23, 2017

Ashley Stites & Keith Sullivan
September 30, 2017

Kerry Burns & Brandon McVay
October 14, 2017

Death

Ann Kimball Smith
March 4, 2017

Faith Harvie
September 13, 2017

Transfers In

Hrant & Rita Russian
September 2017

Timothy R. Burroughs
October 2017

Lyndy Rogers
October 2017

Church e-mail list: If you are not on the church e-mail list and would like to be, please subscribe yourself at the bottom of the homepage of the church website, www.stchristopherschatham.org, or e-mail Maury A. Castro at mcastro@stchristopherschatham.org. By adding your address to the list, you will receive the weekly mid-week e-mail and periodic messages from the Rector.

Digital Soundings: All who are on the e-mail list receive *Soundings* electronically via the mid-week e-mail, and it is available on the website. If you would like to be taken off the print list, please contact Maury.

**Saint
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Episcopal
Church

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Chatham, MA 02633
508-945-2832
stchristopherschatham.org

The Rev. Brian W. McGurk
Rector

The Rev. Dr. John Martin
Priest Associate

Maury A. Castro
*Organist & Choirmaster;
Communications Director*

Haskell Thomson
Musician-in-Residence

Kerén Castro
*Director of Children,
Youth, and Families*

Jamie Chalker
Parish Administrator

Barbara Bush
Administrative Assistant

Ali Crockett
Facilities Manager

David Smith
Treasurer

Bridgette Renaud
Assistant Treasurer

Lou Augustin
Sexton

Priscilla Chick, R.N.
Parish Nurse

Judi Stella
Manager, Gift Shop

Sandra Bowden
Curator, The Gallery

Ted and Martha Miller
Managers, Food Pantry

**Lynn Van Dine
and Tim Weller,**
Soundings copy editors.

Life with Archie, continued

all sorts and conditions of dogs bounding around, wrestling with each other, with no purpose other than the sheer joy of it. We have met countless dogs and their accompanying “humans” (We have informally been initiated into the “dog-owners-sub-culture” which consists of nice, friendly, nurturing, pleasant people—a happy community of “mutt owners”!) ...So we got a dog, picked up one new daily habit—a dog walk or two a day and, voila!, many wonderful blessings. One small habit opened a floodgate of positive, life affirming encounters and experiences. I have discovered that walking Archie is a “keystone” habit.

In his book, *The Power of Habit*, author Charles Duhigg states: “Habits have the power to start a chain reaction, changing other habits as they move through an organization. Some habits, in other words, matter more than others in remaking ...lives. These are “keystone habits,” and they can influence how people work, eat, play, live, spend, and communicate. Keystone habits start a process that, over time, transforms everything.... The habits that matter most are those that, when they start, they shift, dislodge and remake other patterns.”

Keystone habits are effective because they produce “small wins.” “Once a small win has been accomplished forces are set in motion that factor another small win. Small wins fuel transformative changes by leveraging tiny advantages into patterns that convince people that bigger achievements are in reach.”

Something as simple as walking the dog initiates a flow of events that results in an entire process of

transformation!

The author adds, “Identifying keystone habits is tricky. To find them, you have to know where to look.” Prayer and worship can be powerful keystone habits that will change the contours of our outer lives and transform the depths of our inner souls. Walking with Christ opens our interior, deeper selves, affording God the opportunity to touch us with His grace; thus, conferring peace, centeredness, generosity, gratitude, a deepening of our consciousness and compassion, and an openness to what life has to offer.

Prayer and worship as a daily, spiritual practice and “keystone” habit leads to a direct encounter and experience with the mystery of Christ’s unconditional and divine love.

In his seminal treatment on ethics, *Nicomachean Ethics*, Aristotle wrote, “Virtue comes about as a result of habit...For the things we have to learn before we can do them, we learn by doing them.... We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.” Jesus simply said, “Follow me.” In other words, “do what I do” and become Christ-like.

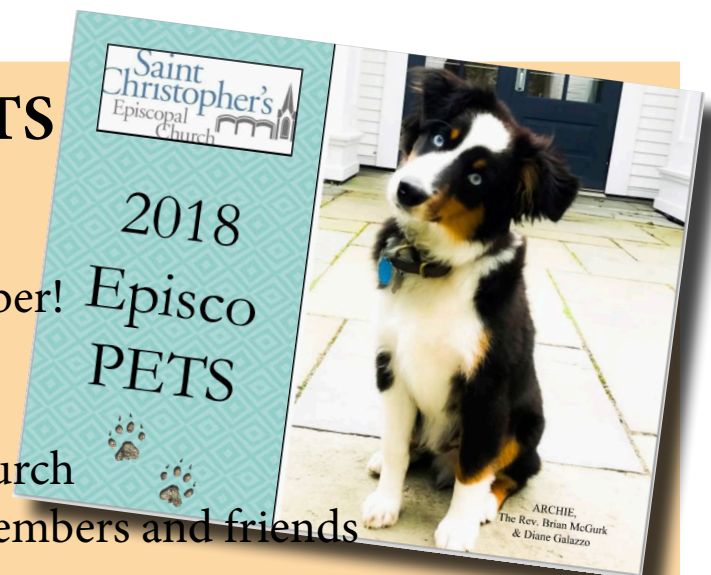
Following Jesus’ and Aristotle’s logic, we can become gracious, compassionate, and whole (holy) human beings by “doing,” or practicing, or engaging in regular, habitual prayer and worship.

The world needs our transformed lives. As this year rapidly winds down and we are on the cusp of a new one, let us make a walk with Christ *our* keystone habit.

Just ask Archie!

St. Christopher’s EpiscoPETS Wall Calendar

- Available for purchase mid-November!
- \$20
- Purchase at the church office
- Fundraiser for St. Christopher’s Church
- Featuring animal companions of members and friends





625 Main Street
Chatham, Massachusetts 02633

Autumn 2017

Non-Profit Organization

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Christmas Services

Sunday, Dec. 17, 10 am

A Service of Lessons and Carols & Christmas Brunch

Saturday, Dec. 23, 5 pm

Christmas Celtic Evensong and Communion

Christmas Eve (No Sunday am services)

Festal Choral Eucharist and Christmas Pageant, 3 pm

Festal Choral Eucharist, 5 pm

Contemplative Holy Eucharist with Organ and Harp, 10 pm

