



St. David's Episcopal Church

OCTOBER DOVETALE

2023

MISSION STATEMENT:

As disciples of Jesus Christ, we are called to love and serve God and community, committing ourselves to lives of joyful worship, prayer, and the teaching of Scripture.

LIFELONG CHRISTIAN FORMATION:

This issue of the Dovetale is chock full of things happening. And it's quite a range of things, all of which are really wonderful. But what particularly struck me as I looked through the October calendar are our various formation opportunities.

We offer two Bible studies every week (not counting the Bible Study at the prison). A discussion group meets roughly every other week. We have begun watching and chatting about the series "The Chosen". Confirmation classes are starting up. Sunday School is up and running. The women's book group is meeting. And so on.....

Formation is more than study, of course. Virtually everything we do is intended to help us grow in our relationship with Christ and in our ability to love God and neighbor. That includes worship, service, and fellowship events. All of it is Christian formation in one way or another.

But coming together with brothers and sisters to discuss Scripture and our lives in Christ has been a fundamental part of my own Christian journey. Learning more about what the Bible teaches, hearing from each other about our struggles and joys and insights, wrestling with questions that gnaw at us—these are all valuable ways to draw closer to God. When you are with people you enjoy, it's fun, too!

I encourage you to be involved as you are able. We are never too old to learn. And with God, there is literally an infinite amount to know!

One last point: our goal is not so much to know about God as it is to know God personally, to be in relationship to God. But learning about God is one of the ways we can know God more deeply. And that is both our calling and our invitation as God's beloved children.

In Christ's name.

Fr. Harvey

SAINT DAVID'S CALENDAR: by Fr. Harvey

You can now find every event scheduled at Saint David's, as well as every Saint David's event scheduled other places, on the calendar on our webpage. Take a look at it if you haven't already done so (<https://www.stdavidsagawam.org/calendar.html>). It's impressive! To add something to the calendar, please first check if the space and time you want are open. Then email our calendar keepers at saintdavidsMA@gmail.com to make your request. It will be official when you hear back from them.

FRIDAY EVENTS: by Fr. Harvey

On Fridays we have a Healing Eucharist at noon, Bible Study at 1:00, and Contemplative Prayer at 2:30. All three are in person, but you can also join the last two by Zoom. All three will meet every Friday in October. Please join us!

HEALING PRAYERS: by Fr. Harvey

We continue offering individual healing prayers after the 10:00 service most Sundays, but our format has changed. Instead of appointing a particular person to offer healing prayers each Sunday, any member of the healing team is potentially available any week. The current members are Sue O'Hare, Jim Shields, and Deacon Terry. If you are interested in receiving healing prayers, please let one of them know. Please let me know if you are interested in possibly joining the Team. If so, we can offer training. I believe the members of the Team would agree that offering healing prayers for someone is a powerful, spiritual experience.

FRANCISCAN FELLOWSHIP MEETING: by Fr. Harvey

Saint Francis Day is October 4th, which falls on a Wednesday this year. That Saturday, we will host the annual Saint Francis Day Celebration for the New England Fellowship of Third Order Franciscans. Mostly this is just to let you know what is happening. But contact me or Terry Hurlbut if you would like to learn more about the Franciscans or about this event.

CHURCH WITHOUT WALLS: by Fr. Harvey

Our September Church without Walls was smaller than usual. I think we had just three people. But the service went well, and it was good to have a chance to chat casually with the participants for a few minutes before and after. We had plenty of meals, so we gave each of them a couple, and left the remainder with Bob.

Our October service and meal is coming right up—Sunday, October 1! Thanks, as always, to the dedicated people who prepare the meals!!

MEN'S BIBLE STUDY: by Fr. Harvey

The Men's Bible Study continues to meet in person virtually every Monday at 7:00, now with a zoom option. If you would like to join them, please contact me and I'll give you the Zoom link. Thanks!

FLOWERS AND THE ALTAR CANDLE: by Fr. Harvey

Most weeks, the flowers and/or the altar candles are given to the glory of God and in honor of someone important to us. If you would like to remember, honor, or give thanks for someone, please complete the form (available in the narthex), attach a check for the relevant amount, and return it to the office or put it in the collection plate.

Dominoes!!

The group gathers at Saint David's on the second and fourth Wednesdays of the month at 6:00 to play a couple of games, share a few laughs, and probably enjoy some yummy goodies. Please join the fun. If you don't know how to play, people will teach you—it's easy!

SAFE CHURCH TRAININGS

The Rev. Tanya Wallace, our Diocesan Safe Church Officer, will be leading Safe Church training on the following date via Zoom:

Sunday, October 22, 2-5:00 p.m., Volunteers

Saint David's will be billed for your registration. Please sign up early. Registration closes one week prior to the training date.

SUNDAY SCHOOL: by Fr. Harvey

We're trying something a little different this year. Our practice has been to rotate teachers each week, which has worked well but sometimes been a little disjointed. This year, the teachers have agreed to lead Sunday School for three weeks in a row in order to give the kids some continuity. On the remaining Sundays in each month (the 4th and, when relevant, 5th), the kids will stay in Church. For more information, please see Deacon Terry.

This month, we're doing something special on the last Sunday of the month (10/29). We're inviting the kids to come in costume, dressed as their favorite biblical character. We have plenty of costumes for anyone who would like to borrow one.

CONFIRMATION CLASSES: by Fr. Harvey

The Bishop makes a formal visitation to Saint David's every other year. He'll next be with us on Sunday, February 11 at the 10:00 service. Among the joys of his visits are confirmations and receptions into the Episcopal Church.

To get ready, we are offering Confirmation Classes this Fall, probably on Sundays after the 10:00 service, beginning on October 15 at 11:30. It looks like we should have a good group, with adults and teenagers. If you are interested in more information or joining the classes, please let me know. Teens should be at least sixteen by the time the Bishop comes, although exceptions can be made for interested younger children. Folks who don't need to be confirmed or received but would like to learn more about their faith and our Church are also welcome!

THE JOHN O'HARE VETERANS LUNCHESES: by Fr. Harvey

In September, we didn't offer our regular meal. Instead the Lion's gave area Veterans coupons for a free meal at the Big E. We're back at it this month. As always, the lunch will be on the first Tuesday on the month (10/3), beginning at 11:30. All veterans eat free. Everyone else is welcome to come help.

NEW ALTAR! by Fr. Harvey

We're getting a new altar! It will be in loving memory of Ted Kopyscinski, Herb Carpenter, and Bob Hudson, a little bigger than the one we're using now and a little smaller than our previous one, and matching the color of our wooden altar rails. Carol Fabrycki has approved it on behalf of the altar guild, and Bev Lawson is handling the negotiations. I don't know when it will arrive, but when it does, we'll dedicate it with appropriate pomp and circumstance!

INDIGENOUS PEOPLE'S DAY; by Fr. Harvey

On Monday, October 9, Episcopalians and friends from across the Diocese will gather at All Saints, Worcester to celebrate Indigenous People's Day. The day will include a panel discussion, free lunch, and a worship service. All are welcome! See me for more information.

SACRED GROUND OPPORTUNITY: by Fr. Harvey

Sacred Ground is a film and book based discussion series around issues of racism and Beloved Community. A couple of years ago, we teamed up with Saint Andrew's, Longmeadow to participate in a couple of Sacred Ground Circles, and I believe all those who participated would agree that it was a powerful and illuminating experience. The Beloved Community Commission of our Diocese is setting up a Zoom circle for interested people. There will also be supplementary sessions for those who have already participated in the 10-session series. Please see me for more information about either.

WOMEN'S BOOK GROUP:

The Women's Book Group will meet on Sunday, October 22 at 11:15 in the Community Room to discuss *Midnight Library* by Matt Haig. All women are welcome, even if you haven't finished the book. For more information, please see Linda Seabury.

PRAYER SHAWL MINISTRY:

The group will gather for their first October meeting on Sunday, October 1 at 11:15 in the Community Room. People of all skill levels are welcome! For more information, please contact Beth Kronlund.

FUND RAISER FOR THE PARISH CUPBOARD:

This benefit features music by RUST and a chicken, ziti, and meatball supper, with costumes optional. It's Friday, October 20 beginning at 6:00 at the Dante Club. Tickets are \$20, which includes a \$5.00 donation. To reserve your tickets, please call the Parish Cupboard at 413-734-7969. For more information, see Susan Amabile.

NORM'S BIRTHDAY BASH:

Norm Lefebvre is turning 80! To celebrate, Barbara is hosting a lunch on Sunday, October 8 beginning at 11:30. All are welcome, but please let her know you are coming by signing up on the sheet at the back of the Church.

Happy Birthday, Norm!!

THE CHOSEN: by Fr. Harvey

The Chosen is an ongoing series telling the story of Jesus and his disciples available for free on YouTube. The series aims to stay close to Scripture as much as possible, while also offering a considerably expanded back-story for the disciples and many of the people healed by Jesus. The result is a fresh telling of the story. So far the series has run three seasons of something like eight episodes each, with four more seasons to come. By the time you read this, a group of us will have gathered to watch the first episode together and then talk about it. If there is interest, we'll keep it going. The current plan is to gather on Tuesdays at 6:00 in the Community Room.

ST. DAVID'S IS NOW FAMOUS FOR THESE 3 AUTHORS!



BOOKS BY SAINT DAVID'S AUTHORS:

Three people from Saint David's have published books in the last month(!): Domenic Ciannella, *To Dance with Grief: Following the Rhythms and Motions of Mourning*; Scott Seabury, *She Keeled Over into the Liver Pate!*; and Megan Amrich, *Show Up and Bring Coffee: How to Support Your Friends with Disabled Children*. Please join me in congratulating all three! I have read and recommend all three. You can borrow any of them from me. I also plan to put copies of all three in our library soon.

Several have read Fr. Seabury's Book of Humor. He needs to write a volume II.

Fr. Domenic many of us just found out that you have a book out also, and we will be reading it.

Megan, I can't wait to read your book. I am sure it is VERY interesting reading.

HALLOWEEN; by Terry Hurlbut

Halloween is always a fun time of the year, for children and yes us adults as well. This year the Sunday School is doing it a little differently.

On October 29th at the 10 a.m. service children are invited to dress up as biblical characters. If a child needs a costume see Kim Kozlk as there are some available.

Jo said there might even be a surprise at Coffee hour for each child.

Any Adults that would like to be a bible character please do so as well!

CARE GIVERS MINISTRY

Led by Susan Amabile

Members: Pat Wolos and Gretchen Ziemba

Phone: 413-519-7854

We are committed to helping parishioners in their time of need:

Do you have errands to run and need a ride?

Such as pharmacy pickup, Groceries, Library.

Rides will be provided by parishioners or the Senior Center Van with advance notice.

Are you feeling ill or know someone who is?

Are you or someone you know housebound?

A snack or small meal or soup will be provided.

Anyone interested in helping with this ministry is welcome to join.

Please contact Sue at the above number.

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WORK DAY, OCTOBER 21, 9-2:

It's time for our Fall Clean-up! We'll begin work at 9:00, take a break around noon for a lunch (provided), and then wrap up by 2:00 at the latest. Please join us for all or part of the day! There will soon be a sign-up sheet in the narthex for participants, and another sheet for suggesting projects. For more information, see our fabulous Junior Warden, Bob Rendrick!

DIOCESAN CONVENTION: by Fr. Harvey

Diocesan Convention will be Saturday, October 28 at UMass. As always, there will be preparatory materials and events that give lots of information about what's happening around our Diocese. I'll provide more information as I have it, but let me know if you would particularly like to be kept informed. Thanks!



10/2 Michelle Torres
10/4 Mary Fleury
10/13 Norm Lefebvre

CREATION SEASON: by Fr. Harvey

We have a couple more events in our celebration of Creation Season. On Sunday, October 8, we'll bless animals at both services, with an appropriately-themed sermon. I'm thinking we won't invite live animals, at least not ones that roam free. We'll bless pictures, stuffed animals, etc. The following Saturday (10/14), we'll send a team to Pynchon Point to participate in the Source to Sea River Clean-up for the Connecticut River. Most teams did their clean-up already, but the Connecticut River Conservancy postponed this one until after the Big E. For more information, please see Jim Shields or Mary Moore.

CREATION CARE KIDS' CORNER:

SAINT FRANCIS OF ASSISI: by Mary Moore

By the time you read this, Creation Season as celebrated by the Episcopal Church, will be almost over. Every year, it starts on September 1st and ends on October 4th, the feast day of Saint Francis. Why Saint Francis? This is because, more than any other saint, he is associated with love of all of creation.

Saint Francis saw God's hand at work not only in every single living thing, but also in the non-living parts of nature - the sun, the moon, wind, and rain, for example. When Francis was alive in the 1100's to early 1200's, many people thought of humans as being separate from nature. They also thought that nature was something we had to control and something from which we could take as much as we wanted. Not Francis. He loved and appreciated every part of nature. It is said that small birds would land on him and eat right out of his hand. Given the love that Francis had for all creatures, it is no accident that a lot of churches bless pets and other animals on his feast day.

Activity: Think about something in nature that you really enjoy and appreciate, then give thanks for it.

TUESDAY CONVERSATIONS: by Fr. Harvey

A group of us meet roughly every other Tuesday at 4:15 on Zoom to discuss a chapter of Richard Rohr's *Things Hidden: Scripture as Spirituality*. It's a great book, and it's not too late to join us! As I write this article, the first October date is not set, but will probably be will be Tuesday the 10th, when we'll discuss chapter six. Please talk to me if you would like more information about the book or our sessions. We'd love to have you!

DIOCESAN RESOLUTION: by Fr. Harvey

As part of our ongoing work on Becoming Beloved Community, the Beloved Community Commission is sponsoring a resolution at Diocesan Convention called “A commitment to healing the legacy of slavery and racism through an act of atonement.” The resolution calls for members of our Diocese to research the degree to which we profited directly or indirectly from slavery and, assuming we did, to make recommendations to the 2024 Convention for appropriate atonement. If you are interested in seeing the resolution or would like to share your thoughts, please talk to me. Thanks!

NURSES CORNOR:

Many of us suffer from Insomnia. Harvard Medical School has published some very interesting information regarding sleep deprivation. I am lucky if I average 3 hours of sleep a night so, I am sharing some of the information with you.

Many things can interfere with sleep, ranging from anxiety to an unusual work schedule. People who have difficulty sleeping often discover that their daily routine holds the key to nighttime woes.

First-line strategies

Before we examine specific sleep problems, it makes sense to address some common enemies of sleep and tips for dealing with them.

- **Cut down on caffeine** drinkers may find it difficult to fall asleep. Once they drift off, their sleep is shorter and lighter
- **Stop smoking or chewing tobacco**
Nicotine is a central nervous system stimulant that can cause insomnia
- **Use alcohol cautiously**
Alcohol depresses the nervous system, so a nightcap can help some people fall asleep. However, the quality of this sleep is abnormal.
- **Be physically active**
Regular aerobic exercise like walking, running, or swimming provides three important sleep benefits: you fall asleep faster, attain a higher percentage of deep sleep, and awaken less often during the night. Exercise seems to be of particular benefit to older people. In one study, physically fit older men fell asleep in less than half the time it took for sedentary men, and they woke up less often during the night.
- **Stick to a regular schedule**
A regular sleep schedule keeps the circadian sleep/wake cycle synchronized. People with the most regular sleep habits report the fewest problems with insomnia and the least depression.

PLEASE RESPECT OTHERS:

If arriving after the 10 ‘o’clock service begins, please either enter down the side aisles or take a seat in the back row, as the service is being live streamed.

Also if you need to exit the service, please exit through one of the side doors, thus avoiding the cameras. We understand these activities are necessary but are disturbing to those speaking as well as our friends.

COFFEE HOUR: By Dina Joubert

Ellen Rendrick has been in charge of the Coffee Hour for several years and would like to rest. We are very grateful for her dedication for all these years, Ellen you have been wonderful and done an amazing job. Ellen chose me to carry on in her place. Ellen will still be around to support me with extra events, such as funerals or holiday coffee. If anyone would like to take a turn and give one of our ladies a break please see me. Thank you.

FROM ST. DAVID'S KITCHEN: by Bob Rendrick and Jo Joubert

Dinners will begin November 6, 2023. The menu will consist of:

Salad

Chicken Cordon Bleu

Potato wedges

Vegetable

Dessert (How does Apple Pie sound to everyone?)

We will be looking to “invite” our friends to help set up, serve and clean up.
Thanking EVERYONE IN ADVANCE.

APPLE PAN DOWDY

In baking pan 9x13

3 Cups tart apples, peeled and sliced

Sprinkle with 1/2 cup brown sugar

Sprinkle with 1/4 tsp nutmeg

Sprinkle with 1/4 tsp cinnamon

Cake Batter :

Sift into a large bowl:

1-1/2 cup flour

2 tsp baking powder

1/2 tsp salt

1/2 cup sugar

Mix together:

1 Egg well beaten

1/2 cup milk

1/2 cup butter

Stir into the flour mixture

Pour evenly over apples

Bake at 350 degrees for 30 minutes.

Awesome with a scoop of Ice Cream on Top

VESTRY NOTES OF 9/20 MEETING: by Mary Moore, Vestry Clerk

Attendance: Everyone! In person! 🧑🧑🧑 Woot! Woot!

Bible Study: Philippians - A now much older Paul, writing from prison, but still has some spunk left in him - good discussion.

Parishioner' Speak Time: Parishioner's are always welcome to attend the vestry meetings.

Treasurer's Report: We're still doing ok, but some bills from last spring that finally got here put us a teensy bit in the red. 📉💰

Rector's Report:

Our spirits are upbeat; everyone gets to speak and to be heard. 😊 -> 🙏 🌟🌟

Discretionary Fund - has taken a hit, but that's what it is there for after all! We will replenish it as needed. There but for the grace of God go you or I. 🙏

Grounds: Where can we put 2 plum trees so they don't make life miserable for those who mow the back 40?

St. Francis window: This is a saint who lights up a lot of lives at Saint David's. Now it's our turn to light him up.

"Alteration" : our new altar has been ordered; should be here in about 12 weeks. The old altar will be put in Sunday school room. Pray for no snow on the delivery day.

Happy news: Harvey's mom is donating Jesus, Mary, and Joseph figures for our crèche. Thank you Mrs. Hill.

Linda Paquette made and donated a beautiful wall hanging to St David's. She donated it for the raffle at the Holiday Bazaar, however it is so beautiful we all claimed it and you can see it over the entrance to the naïve. Thank you, Linda.

ST. DAVID'S ANNUAL HOLIDAY BAZAAR:

Planning a meeting for October 15th, directly following the 10 'o' clock service in the Community Room. Anyone is welcome to join us. Those who are in charge of areas of the Bazaar will be available to answer any questions or if anyone wishes to volunteer to help.

ORGANIZERS: Jo Joubert, Ellen Rendrick and Virginia Ventulett

Vendors—Jo Joubert

Advertising—Virginia Ventulett

Basket Raffle - Ellen Rendrick-Ellen Scott-Linda Paquette

Kitchen—Bob Rendrick

Deposits & Applications—Sue O'Hare

Lottery Raffle—Kim Kozlk

Tag Sale Table—Virginia Ventulett

50/50 Raffle—Beth Kronlundbc

Development table—Carol Fabrycki

Banker—Scott Seabury

Dinner Tickets—Lynn & John Litchfield

Gift Card for Raffle—Susan Amabile

Bake Sale Table—Valerie Clapp & Dixie Lauzon

Set up and clean up Bob Rendrick (set up 11/17)

We still have a couple of vendor spaces available IF anyone knows someone that is looking for a space. The cost of a **space** is \$30.00—one table and 2 chairs are provided with space. Vendors may bring their own table IF the wish. IF they want to bring their own table we must know on application. Vendors can set up at 8:00 a.m., Doors open to public at 9:00 a.m. and close at 3:00 p.m.

Lunch is available for a reasonable price.

OCTOBER CALENDAR

Our Weekly Events

Sunday: Services at 8:00 and 10:00; Sunday School at 10:00

Monday: Men's Bible study at 7:00

Wednesday: Choir Practice at 3:30

Friday: Healing Eucharist at 12:00

Bible Study at 1:00 (in person and Zoom)

Contemplative Prayer at 2:30 (in person and Zoom)

M-F: Compline at 8:00 PM (on Zoom)

T-F: Morning Prayer at 8:00 AM (on Facebook)

Our Special Events

Sunday, October 1: Prayer Shawl Ministry Meeting at 11:15

Sunday, October 1: Church without Walls at 12:00 at the Parish Cupboard

Monday, October 2: Prison Bible Study at the WCCC at 7:00

Tuesday, October 3: Veterans Lunch at 12:00

Wednesday, October 4: Prayer Shawl Ministry at 2:00

Sunday, October 8: Blessing of Animals at 8:00 and 10:00

Sunday, October 8: Norm's Birthday Bash at 11:30

Tuesday, October 10: Tuesday Discussion Group at 4:15 on Zoom

Tuesday, October 10: The Chosen Conversation at 6:00

Wednesday, October 11: Dominoes at 6:00

Sunday, October 15: Confirmation Classes begin at 11:30

Wednesday, October 18: Vestry at 7:00

Saturday, October 21: Fall Clean-up from 9:00-2:00 (lunch provided)

Sunday, October 22: Women's Book Group at 11:15

(Midnight Library by Matt Haig)

Tuesday October 24: Tuesday Discussion Group at 4:15 on Zoom (chapt 7)

Monday, October 23: Prison Bible Study at 7:00 at the WCCC

Wednesday, October 25: Dominoes at 6:00

Sunday, October 29: Halloween in Church at 10:00

(kids invited to dress up as biblical characters; costumes available)

Regular Rentals

Mondays from 6:30-8:30 PM: OA

Thursdays from 9:30-11:00 AM: OA

Saturdays from 7:00 to 9:00 PM: Al-Anon Meeting

Saturdays from 7:00 to 8:30 PM: Narcotics Anonymous

Other Events

Monday, 10/9: Indigenous Peoples Day, 10:30-3:00 at All Saints, Worcester

Saturday, October 14: River Clean-up at Pyncheon Point

Friday, 10/20: Benefit for the Parish Cupboard at 6:00 at the Dante Club (\$20)

Saturday, October 28: Diocesan Convention at UMass Convention Center

Saturday, October 28: Meal Packing at Saint Mark's, East Longmeadow



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