



Apples and Heifers

This fall, the members of St. Paul's Youth Group have had a great time, in various venues, getting ready for a Thanksgiving fundraiser to raise money for a special field trip on the first weekend in May. The trip will be to the Heifer International Learning Center at Overlook Farm in Massachusetts. Many of these young people were introduced to Heifer International in the basement of St.

Karin Davis, who downstairs, Valentine cards for that has long Gateway weekend participate in this involvement with future service follow.



Paul's a long time ago when teaches the Grades 3-5 class organized them to make an annual February fundraiser benefited Heifer. The Global that the Youth Group will year will further their Heifer, and prepare them for activity that we hope will

The three-day promises an based on a discussion of cultural similarities within the global community and aimed at a deeper appreciation for cultural diversity. From the Heifer brochure: "They will enter the

Global Gateway experience exploration of cultural identity

(Continued on page 3, see Youth Group))

Inside

| | |
|----------------------|---|
| Ken Poppe | 2 |
| Alternative Giving | 3 |
| Deacons' Corner | 4 |
| Art Shows | 5 |
| O Antiphons | 5 |
| Buddhism Class | 6 |
| Flower Memorials | 7 |
| 20s-30s | 7 |
| Christian Initiation | 7 |
| Cathedral Arts | 7 |
| God's Economy | 8 |
| Calendar | 9 |
| Annual Meeting | 9 |
| Seniors | 9 |

Services at St. Paul's Advent through Epiphany

Sundays in Advent: 8:00, 9:00, 11:00 am
 November 28 - Advent I
 December 5 - Advent II
 December 12 - Advent III
 5:00 pm O Antiphons
 December 19 - Advent IV

Christmas Eve
 Friday, December 24
 4:00 pm - Holy Eucharist & Pageant
 9:30 pm - Carols and Music
 10:00 pm - Holy Eucharist

Christmas Day
 Saturday, December 25
 10:00 am - Holy Eucharist

Christmas I
 Sunday, December 26
 10:00 am - Lessons & Carols

Christmas II
 Sunday, January 2
 8:00 am - Holy Eucharist
 10:00 am - Holy Eucharist

Epiphany
 Thursday, January 6
 6:00 pm - Holy Eucharist, Potluck & Undecorating



From the Dean and Rector

Ken Poppe

A sign caught my eye the other day when I was walking from the Cathedral Nave through the South Porch to the Commons Room on the way to my office: "A Postcard from Al Belluche." Last January Al Belluche began a yearlong deployment in Afghanistan with the Vermont National Guard. We sent him off with our prayers and love. We have been praying for him ever since as we have for other soldiers we know personally. This fall, the Church School sent some care boxes to Afghanistan. In addition, our Church School teachers Carol Moran-Brown and Jen DeBedout have been very intentional and constant in connecting with Kate, Nate and Will in wonderful ways. It is hard for me even to begin to imagine what their boys must be going through, not to mention Kate and Al. They have been in our thoughts for almost a year.

The postcard has a Kabul fruit vendor on one side and this message on the other. "Hi Jen and Carol and the St. Paul's Community. Greetings from Afghanistan. Thank you for the boxes of baked goods and notes. All the folks around me enjoyed them too. And more importantly, thank you for all the support you have given to my family – a smiling face and warm environment at church means a lot to me and the boys. I can feel the prayers and good wishes half way around the world. Looking forward to being home soon. Peace, Al Belluche." We, too, look forward to Al's return.

Advent means "coming" in the sense of the coming, the incarnation, the enfleshing of the Christ in our world and the coming of the "new age" the scriptures never tire talking about. It is a season of anticipation. Surely the Belluche

family is experiencing the Nativity Cycle of the Church's year acutely. The Church and the love of a local Christian community can play a crucial connecting role in making all of this real, a connection that is felt "half way around the world." I hope all of us can find personal ways to anticipate this "coming," the embodying of the divine into the human.

This symbol of two doves perched on the rim of a chalice is the image we use for the Cathedral's Meditation Center. The World Community for Christian Meditation picked up this multi-cultural symbol from a fifth century mosaic in a church in Ravenna, Italy, that had once been an imperial tomb, a very rich symbol of many dimensions known in Greek and Roman art with Phoenician roots. It depicts the two-fold movement of divine embodying the human, two motions, two actions in response to our experience of the sacred.



The two birds suggest two contemplative in each of us.

Martha and Mary as two

actions of each person with spiritual depth. It has been described this way: "There is an essential harmony between Being and Action. God is pure activity. Pure stillness is not inactive. It is harmonized energy that has reached its highest and destined goal, and in this harmony the power and meaning of all movement is contained. Meditation is the realization of Being, of pure action. It cannot be a merely passive state because what is both energetic and still is, at the highest point of action, energy – incandescent consciousness."

On November 14 when we began "Charting Our Path Together," I suggested that our search is for sustainability and balance, our aspiration for the future and our letting go

(Continued on page 7, see From the Dean)

Staff

Bishop

The Rt. Rev. Thomas C. Ely
tely@dioceseofvermont.org
802-863-3431

Dean and Rector

The Very Rev. Kenneth W. Poppe
kpoppe@stpaulscathedralvt.org
802-864-0471 extension 17

Archdeacon

The Venerable Catherine H. Cooke
ccooke@stpaulscathedralvt.org
extension 80

Deacon

The Rev. Stan Baker
sbaker@stpaulscathedralvt.org
extension 16

Canon Precentor

Canon Mark A. De W. Howe
mhowe@stpaulscathedralvt.org
extension 15

Administrator

Sarah Gallagher
sarahg@stpaulscathedralvt.org
extension 10

Treasurer

Gerry Davis
MAC319@aol.com
878-2109

Sexton

Anthony Galas
ajgalas@stpaulscathedralvt.org
extension 81

Outreach / Social Justice Cluster

He already has *everything!* What to do? Alternative Gift Giving ideas

So what *do* you give to that special someone who has everything?? Well, the Outreach/Social Justice Cluster has the perfect answer to your dilemma! On Sunday, December, 5, 13 and 19, a member of the Cluster will be at the Christmas Alternative Gift Giving table in the cathedral lobby. Three Vermont organizations (listed below) will be represented which would be grateful receivers of your gift. A card notifying your friend or loved one about your gift will be given to you at the time you make your donation. This year we are asking that for each card you request that you make at least a \$20.00 donation. Checks are made in the name of the organization to which you give and each donation to which you contribute. (What! There is no one at the table to help you? Seek out Rick Robinson, or give him a call at (802)863-5687.)

The Joint Urban Ministry Project (JUMP)

Given the present state of our economy, we are seeing more new people coming to JUMP than ever before, and most of the twenty-six faith communities that contribute to JUMP are giving less. Therefore we are not able to help them as much as we have in the past because our resources are so stretched. People coming to JUMP are able to get bags of food as well as vouchers for food, laundry detergent, bus transportation vouchers or gasoline, personnel hygiene articles diapers and baby food. Once a year, clients are able to receive help with utilities.

Some members from St. Paul's are regular volunteers at JUMP. Other members help supply toothpaste and toothbrushes throughout the year and each September food bags are collected to be distributed in October – thank you to all who help with both of these endeavors. We are also grateful to Gadue's Dry Cleaning for supplying JUMP with the laundry detergent we give to our clients. Your continued support of the help JUMP offers to those in need in the greater Burlington area is greatly appreciated. Because our funds are so limited, we are very grateful for any contribution you offer Alternative Gift Giving this Christmas. For more information, go to: <http://www.jumpvt.org/>

(Continued on page 8, see Giving)

(Continued from page 1)

Youth Group

Village to experience daily life in a different culture. While experiencing this foreign culture, participants will engage in activities about population distribution, nutritional needs and deficiencies, the impact of hunger on daily activities, and the work involved in obtaining food. Participants will explore and discuss feelings and ideas created by this experience. Those feelings and ideas will motivate participants to take action.”

To fund this trip, the Youth have made ready-to-bake and incredibly scrumptious apple crisps. From scratch! They started this process at Shelburne Orchards on a gorgeous Sunday in September when they picked eight huge bags of Cortland apples (and climbed trees, and ran around, and ate cider donuts). They then headed over to Marti Churchill's house where they made an unholy mess peeled, cored, chopped, and bagged apples that would go in the freezer until it was time to turn them into the crisps. Then on Sunday, November 7, they cut butter into flour, sugar, and oats and assembled the crisps, all 28 of them, in the St. Paul's kitchen. It was all they could do not to eat them raw!

Back into the freezers they went, ready for pickup on November 21 by all those blessed parishioners who order them (\$15.00 each) on November 14. (If you didn't order one, but are interested, you can email Lisa.Schnell@uvm.edu --no promises, but if there are any left, you just might get lucky.) Watch this space in the spring for news and photos from the Heifer trip! And thanks to everyone at St. Paul's who is so wonderfully supportive of our Youth Group! 🐾



Deacons' Corner

Integrity Vermont busy throughout Diocese

Stan Baker

The last Saturday of September brought an Integrity Eucharist to Vermont. The Rt. Rev. Gene Robinson, Bishop of NH, delivered the homily and our own Bishop Ely presided. This Eucharist was held to celebrate the reincarnation of Integrity Vermont, or as Bishop Robinson said, "Integrity 2.0." The Integrity Vermont steering committee concurs with Bishop Robinson that the job of Integrity 2.0 is to spread the good news about the Diocese of Vermont as an inclusive and welcoming church and to create a diocesan presence for LBGTA parishioners.

One of the projects of Integrity Vermont this year is to help more parishes in Vermont become Believe Out Loud Parishes. Already designated as Believe Out Loud parishes are: St. Andrews, St. Johnsbury; St. Michael's, Brattleboro; Christ Church, Montpelier; St. Peter's, Bennington, and The Cathedral Church of St. Paul. Integrity Vermont had a wonderful presence at Diocesan Convention with a beautiful table with information on Integrity Vermont and on Believe Out Loud, as well as on inclusive church issues. The rainbow ribbons provided by Judith McManis were a very popular item and seen on the lapels of many convention delegates. At the table was the recently adopted statement by the Cathedral Church of St. Paul Vestry (see below) that other parishes were delighted to have as a template. To join the Integrity Vermont email list, please contact Peter Frechette at peterinburlington@yahoo.com.

Upcoming Integrity events

- Christmas party at CCSP on December 5 at 4:00
- Valentine's Eucharist and gathering at Holy Trinity, Swanton on February 13 at 4:00
- May retreat at Christ Church, Montpelier

(Continued on page 8, see Cathedral Statement)

VIA continues work for healthcare reform

Catherine Cooke

Vermont Interfaith Action (VIA) has been working on issues of healthcare reform for several years in conjunction with the work PICO (People Improving Communities through Organization), our national affiliate, has been doing nationwide. We have had some actions around this work, and yes we are still at it. The Health Care legislation passed by Congress still hangs in the balance since most changes are to be implemented in 2014. The VIA health care group met with a representative from Senator Sanders office this week., He feels that the implementation of the legislation could be difficult and he recommends that those who favor healthcare reform will have to continue to be strong advocates.

I have written before about the Vermont Ecumenical Council statement on healthcare and I think it bears repeating: *For Christians the assertion that accessible, affordable, and equitable health care for all is a moral imperative rooted in Scripture and in our history.* The Hebrew Scripture repeatedly emphasizes that God executes justice for the oppressed, and surely a person without affordable, accessible and equitable healthcare is oppressed in this country. We remember what Micah the prophet said, *What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*" (6:8). Our continual advocacy for healthcare for all people is to do justice. In the gospels, Jesus' ministry gives witness to this justice for healthcare in many examples of healing.

Not long ago, The Rt. Rev Richard Harries, a retired Bishop of the Church in England, said, "I certainly do not think that religion has a monopoly on morality. But it is very unfortunate that secular and religious voices so often now seem to oppose one another. The task of creating a public ethos to frame, under gird and suffuse our public and social life, is an urgent one. This does not mean religious believers putting aside their deepest convictions. It means drawing on them to contribute to and support the values which are crucial to every one of us." Certainly healthcare is one of those values crucial to every one.

The Vermont legislators are strong proponents of healthcare reform that will benefit every one, they deserve your thank you. If you have family or friends in places where legislators are not so receptive to change write to them and tell your stories and ask them to pass them a long to their legislators. 📧

Episcopal Church Visual Arts of Vermont and St. Paul's Art Shows

Fall Art Show a Great Success!

Judith McManis and Ernie Hathaway

The most recent version of a Parishioner Art Show at St. Paul's in several years ("Sharing Our Spirit - A Community Celebration in Art") was a real success on several fronts. The wonderfully varied and interesting participant/contributors shared everything from mechanical devices to abstract art from their own hand and everything else imaginable! The stories were great, a true 'sharing with family' - the St. Paul's Family - and let the rest of us glimpse some of what feeds our souls. Those who viewed the exhibit, walking around with the stories in hand to read as they 'encountered' each piece, had literally dozens of wonderful things to say. The most heard response was: "Thank You". Next was: "I have 'such and such' that would have fit into this dialogue nicely." Not to worry, we will do this again - maybe with a different focus, a different reason for being. We KNOW there are lots of good stories out there!

2011 Art Exhibit Plans Well Under Way

Several Art Shows are 'on the books' as it were for 2011. Final plans are emerging for an interesting exhibit during Epiphany (a very long season this year) of the work of Sister Marion Honors. You can get a preview by going to her website: www.marionchonorscsj.com Thanks to the hard work of Sylvia Knight and Bob Wright who have volunteered for significant transport duties, it is hoped we will both have a great exhibit and get to meet the artist herself at a special presentation in January (pray for clear roads!)

Art Out of the Box

The next ECVA-VT Show is going to be more than a little 'out of the box' - literally! Plans are in the works for having the exhibit actually take place in at least two venues (St. Paul's, Burlington and Immanuel, Bellows Falls) and perhaps a third site (negotiations under way). The show will switch locations during the time it is 'up' so that Episcopalians from all over the diocese can participate in - and view - the exhibit without having to drive to the moon to do so! The theme will be announced shortly...

Liturgical Art Additions

Most of you have noticed by now that we have new, coordinated, Ambo (that's the portable lectern) Falls (another Episcopal word for a variation in pulpit-falls used by many denominations). Diane Nancekivell STRONGLY SUGGESTED we needed them and blessed the first one on her last Sunday with us as Interim Dean. ALL the needed Falls are now finished and will appear as the Church Year moves along. ☺

The Great O Antiphons of Advent

Mark Howe

On Sunday, December 12 at 5:00 pm, the ninth annual Advent service of the Great O Antiphons will be sung in the Nave. Similar to a service of Lessons and Carols, this liturgy draws on musical sources old and new to help illuminate the biblical readings that prophesy the coming of Jesus. The Cathedral's Adult Choir and Canterbury Ensemble will sing, and the spectacular Advent banners that Judith McManis designed and created in 2003 will lend their colors and textures to the readings and music.

Together, the two choirs will sing a new setting of the *O Antiphons*, which I composed over the summer to accommodate the combination of adult and youthful voices. Other Advent music will include chant, hymns, and anthems. Plan to come to this popular liturgy, and bring a friend. ☺



Formation Cluster

Buddhism, Buddha enthusiastically studied*Rachael Comeau*

Approximately 25 people gathered this fall at St. Paul's for a four week program entitled "Encountering Buddhism" presented by Kevin Trainor, a St. Paul's member and Associate Professor and Chair in the Department of Religion at the University of Vermont. The main text for the class "Buddhism: A Very Short Introduction" by Damien Keown provided a common foundation for discussion and Kevin supplemented this book with additional sacred readings and commentaries each week. I'm providing a short synopsis here – with profound apologies to Kevin and the other participants, because a) I'm sure I've gotten some things wrong and b) this in no way captures the diversity and richness of the actual discussion!

The first week we got to know the historical Buddha. Although not much is known with certainty, it is thought that the Buddha (an honorific title meaning "awakened one") was born into a noble family and lived sometime around 566-486 BC. The most important events in his life are considered to be his birth, enlightenment, first sermon and death. According to sacred canons based on oral traditions, he left his life of self-indulgence at the age of 29 to struggle with a new life of renunciation and extreme austerity. Finding none of the peace he sought at either of these extremes, he came to see that the "middle way" - a life of moderation – was the most productive. Once he reached this realization, he rapidly progressed through meditation to the state of complete awakening he sought. He then spent the next 45 years teaching so that others would know how to attain enlightenment and died around the age of 80.

The second week's discussion and learning was built around the two main schools of Buddhist teaching, known as Theravada and Mahayana. (This distinction is similar to Catholic and Protestant in western Christianity or Shiite and Sunni in Islam.) Found primarily in Sri Lanka, Burma and Thailand, Theravada is commonly translated as "Doctrine of the Elders" and is the more conservative school today. Mahayana (the "Great Vehicle") is a sort of Buddhist reform movement found today in the countries of Tibet, China and Japan as well as the region of Central Asia. There are many



doctrinal differences between the two groups (far too many to discuss here) but the Keown book has a good discussion!

The third week was a discussion of Buddhist practice, which although significantly less sacramental than traditional Christianity is still quite ritualistic in modern practice. Kevin had many gorgeous pictures from his summer's sabbatical in Sri Lanka, which showed examples of how art, flowers and incense are used in Buddhist rituals. Much of these honors the

Buddha while at the same time serve to remind Buddhist practitioners of the folly of sensual attachments. For example, lotus blossoms are brought to show honor to the Buddha while at the same time a traditional prayer acknowledges that the flowers will fade just as all that we hold onto will eventually fade. This week also introduced a key property of Buddhist teaching – that of mindfulness.

Mindfulness is the practice of keeping the mind properly grounded in the present – always seeking enlightenment but not being distracted by the idea of enlightenment itself or by the many distractions on the way to enlightenment.


In week number four, our centering text was a chapter from Paul Knitter's book (Oxford: One world Publication, 2009) "Without Buddha I Could Not Be a Christian." In it, Knitter defines practice as all the things people do to maintain, nurture and give growth to their spiritual lives. As Christians, we feel we must stay connected to Jesus' experience to make sure the energy of this experience grows into our own lives. For us, this centers on the practice of prayer, both liturgical and personal. For Buddhists, this centers around the practice of meditation as practiced with the right effort, right mindfulness, and right concentration. Knitter borrows the Buddhist idea of making use of silence – and their extensive training in how to use it – to inform his increasingly silent method of prayer. Through meditation, he invites Mystery to speak to him and experiences God in a way that was denied to him in traditional Christian methodologies. In short, he uses Buddhist means to experience a Christian end.

Many thanks to the Adult Education team for organizing this series – especially the nibbles at the end – and to Kevin for his thoughtful and knowledgeable leadership. 🙏

Christian Initiation Program - 2011

Through its Christian Initiation Program (CIP), St. Paul's offers a time and a place for adults of whatever background to reflect on their faith, to examine their spiritual journeys, to deepen their commitment to Christ and the Church. Through weekly meetings for prayer and study, through reading and reflection and through liturgical participation during Lent, Holy Week and the Great Vigil of Easter, participants prepare to take the next step in their Christian lives. That next step may be Baptism or Confirmation. Or it may be Reception into the Church or a Re-Affirmation of the Baptismal Vows.

This year's CIP is scheduled to meet for about an hour and a half weekly on Sunday afternoons from February 13 to May 22. Breaks will be scheduled to coincide with school vacations.

If you are interested in participating or if you simply want to know more about the program, please contact the coordinator, Henry Maciejewski at 802-655-3830 or unclehankml@yahoo.com. 

Continued from page 2


From the Dean

of the past? Amazingly new directions will emerge when we are bold enough to chase away the "usual suspects," what we have always done. What is it time to let go of? What new mission is it time to grab hold? Sustainable. Balanced. Bold. Vital. Life-changing. We have reduced our staff. We have shrunk our budget. We are awfully busy. What will new vitality in mission and ministry look like for us? What difference will such vitality bring to this city and our diocese?

An early Christian spiritual master suggested that we put love into practice when we remove the weeds of our lives and remove obstacles. To have a full-flowered garden we remove the weeds then God's presence "springs up." Right effort is to weed not plant. It's a very Advent kind of an idea.


Yours in Christ,
Ken Poppe

Cathedral Arts


The Cathedral Arts Fall/Winter concert series concludes in January with Robert DeCormier directing Counterpoint in a program entitled Four Centuries of Song on January 9 at 3:00 pm. Tickets are \$15, seniors/students \$10, ages 15 and younger free with ticketed adult. The Repast Baroque Ensemble of New York presents Mythologies on January 14 at 7:30 pm. Tickets are \$18, seniors/students \$15, ages 15 and younger free with ticketed adult. The final 12-1 concert will be on January 11, featuring Young Vermont Artists. 



20s-30s Group Holiday Gathering


The 20s/30s group will have their Annual Christmas gathering on Saturday, December 11, at 4:00 pm at Jennifer and Josh Hanson's home. If you're interested in attending, please contact Jennifer at jenniferwhanson@gmail.com. 

Christmas flower memorials ...

Each year St. Paul's Flower Guild decorates the church and parishioners are invited to give to the Flower Guild in honor and memory of loved ones. Names of those to be remembered, together with a check made out to St. Paul's Flower Guild, should be in the office by Tuesday, December 14, to be included in the Christmas bulletins. 



... and flower delivery to the sick, homebound

After the Christmas services we send out the flowers that decorate the church to the sick and homebound parishioners of the congregation and ask for volunteers to deliver them. There will be a sign-up sheet on the narthex table. If you sign-up, Deacon Catherine Cooke will give you the name or names of people to whom you will deliver. You would then take the flowers after the late Christmas Eve service, the Christmas morning service, or following the 10 o'clock service on the 26th. 

Working with God's Economy

Earth's atmosphere contains CO₂ at about 388 parts per million (increasing). We need to reduce CO₂ to 350 parts per million in the atmosphere in order for Earth to be hospitable for humans and other life in the near future.

In October, twenty members of St. Paul's indicated ways in which they conserve Earth's energy in daily activities: 9 walk and 4 bicycle to work, church or to do errands; 16 combine several errands in 1 car trip; 7 take public transportation or have their children ride a school bus; 9 grow food at home; 14 buy locally grown food; 16 replace old light bulbs with compact fluorescent bulbs; 20 do recycling and/or composting; 16 draw curtains or blinds to reduce AC or heating; 9 keep AC/heater filters clean; 8 hang clothes out to dry. These are thoughtful, caring ways in which everyone can help God's whole creation in climate crisis.

The 178th Diocesan Convention conserved Earth's resources in several ways. To reduce paper use, texts of hymns,

prayers and convention documents were projected onto screens (not entirely successfully--yet). Recycling stations were available around the church to help attendees separate paper, cans and bottles, and compostables from trash. Chittenden Solid Waste District loaned us containers to help with this task, and applauded our efforts in reducing trash when we returned their containers.

Why are recycling and composting important? Recycling cans and bottles reduces energy needed to make new products and conserves Earth's remaining

(Continued on page 8, see God's Economy)

(Continued from page 4)

Cathedral Statement

Integrity statement adopted by the CCSP Vestry on
October 12, 2010

Whereas: The Cathedral Church of St. Paul is a Christian faith community that affirms that every person has worth as a unique creation made in the image of God. We recognize, celebrate and give thanks for the many diverse gifts of God among us, and we believe that all acts of exclusion are inconsistent with Christ's teaching. Further, as a faith community, we take seriously our mission of inclusion, and we delight in extending a welcome to our faith community to all to join in worship and full membership regardless of race, age, gender, culture, sexual orientation, or economic status. In addition we believe that through our diversity, all can grow and practice a unity of faith that transcends our differences. We commit to model a community of faith and spirit that works toward openness and understanding, offering justice, healing and wholeness of life for all people.

Be it resolved that the Vestry of The Cathedral Church of St. Paul, Burlington, Vermont, supports the work and mission of the newly formed Integrity Vermont group, and we declare ourselves to be an Open and Affirming Congregation of The Episcopal Church in the Diocese of Vermont. Our Cathedral mission statement proclaims: *This Cathedral will be a place of sanctuary, healing, inclusion, challenge and compassion.* We embrace the mission of Integrity Vermont, which likewise proclaims: *Integrity Vermont celebrates and witnesses to the Episcopal Church and the LGBT Community God's embracing love, working for full inclusion in all the sacraments. We strive to be a place of sanctuary, healing, inclusion, transformation, justice and compassion.* 🕊

(Continued from page 3)

Giving

Children Affected by HIV/AIDS (CHABHA)

CHABHA is a 501(c)3 organization in Vermont that raises awareness in the United States about the plight of children in Africa affected by HIV/AIDS and supports Community based project in Namibia, South Africa and Rwanda. CHABHA responds to locally identified needs of community-initiated programs in sub-Saharan Africa that work with orphans and other children. You can learn more about CHABHA at www.chabha.org.

Camp Agape Vermont, Inc.

The mission of Camp Agape is to provide a free week of camp for children who have experienced the incarceration of a parent. CAV is one of about twenty similar camps around the United States which are co-sponsored by Episcopal, United Methodist and United Church of Christ judicatories. In Vermont, more than fifty people volunteer their time services before and during the camp sessions at Covenant Hills Christian Camp in Cabot, VT. For more information, go to: <http://campagapevermont.org> 🕊

St. Paul's Weekly Calendar

Sunday

8:00 am Holy Eucharist, Rite I
 9:00 am Holy Eucharist, EOW
 10:00 am Church School
 11:00 am Holy Eucharist, Rite II

Monday - CLOSED

12 noon AA

Tuesday

12 noon AA
 3:00 pm Treble Choirs
 5:00 pm Evening Prayer
 5:45 pm Refugee Ministry (1st, 2nd, 4th)
 7:00 pm Christian Meditation

Wednesday

7:00 am Bible Study
 10:30 am Christian Meditation
 12 noon AA
 12:15 pm Holy Eucharist w/healing
 1:30 pm Staff Meeting
 5:00 pm Education for Ministry
 7:00 pm Canterbury Ensemble

Thursday

12:30 pm Weight Watchers
 3:00 pm Treble Choir
 4:00 pm NAMI
 7:30 pm Adult Choir

Friday

7:15 am Christian Meditation

Saturday - CLOSED

(Continued from page 8)

God's Economy

resources. Keeping compostable materials out of landfills reduces emission of methane gas (a potent global warming gas). Saving materials for compost returns it to the local economy for use in local food production and garden economies.

Oikos is a Greek word for "household" or "economy", and a root for the word "ecumenical". We can think of the economy as how we live as part of God's household or Creation. Our everyday actions, living attentively, indicate our role in God's sacred household or economy, the Earth.

Watch for a special art exhibit in mid-January and February that will speak to our role in God's Creation.

The Annual meeting is coming!

Wasn't the Annual meeting just last month? Could it really have been almost a year ago that we gathered to hear how our community was doing and how we planned to move forward?

This year's Annual meeting will be on January 23 following the ONE 9:00 am service.

Committee reports to be included in the 2010 Annual Report should be submitted to Sarah Gallagher by Epiphany, Thursday, January 6, so that the report can be assembled, printed and ready for distribution on January 16. 🛎

Senior luncheons and get-togethers

Seniors are invited to bring a sandwich to the December 7th 12 to 1 concert with the Catamount Singers and come after the concert to the Commons Room for punch, cookies and conversation with friends.

The next Senior Eucharist and Luncheon is being planned for February 9th. Let us hope for good weather! 🛎

Do you need a ride to church?

If you need a ride to church on Sunday, contact Sarah Gallagher at the church office (864-0471) to be put on the list for Benway's Taxi. Once on the list, you can call Benway's to arrange for service when you need a ride. 🛎

Pastoral Care Reminder

Please remember if you are homebound with illness or hospitalized for illness or surgery to let the church know. The Health Information Portability and Accountability Act (HIPAA) regulations do not allow the hospital to notify the church directly. The clergy and/or pastoral care would like to be able to visit you and add your name to the prayer list. 🛎

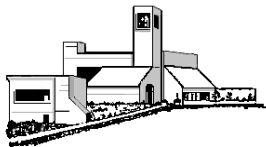
Sylvia Knight, Earth Care Ministry Coordinator

plainsong

The Cathedral Church of St. Paul
2 Cherry Street
Burlington, VT 05401

Return Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 9
BURLINGTON, VT



**Deadline for the next issue Friday, February 25. Please send submissions to:
Ann Ely: Mockingbird1953@gmail.com and Sarah Gallagher: Sarahg@stpaulscathedralvt.org
or deliver to church office**