



St. Paul's approves 2011 fund raising plan

by Mark Johnson, Senior Warden

St. Paul's Vestry is excited to announce our new fundraising plan for 2011. Our goal is to continue to support the important work of organizations we believe in and reduce the amount of volunteer time it takes to achieve our outreach goals.

Last year, we had a terrific fundraising year -- despite the poor economy and some challenging health issues of our key volunteers. St. Paul's outreach budget is funded through annual pledges, grants, fundraising events and direct contributions from parishioners.

Together, we contributed almost \$30,000, primarily to four organizations. Most of these funds were given to the Joint Urban Ministry Project (JUMP) and Vermont Interfaith Action (VIA). Additional support was provided to Youth Build Vermont and Camp Agape.

During the year, the Vestry reviewed the effectiveness of our outreach fundraising efforts. We heard concerns about the number of fundraising events and the demands on our small group of hard-working volunteers. We also learned that many parishioners prefer to make direct financial contributions rather than attend a host of events.

In December, we were heartened by the success of a direct appeal to the St Paul's community to close the gap on our 2010 fund raising goals.

As a result, St. Paul's 2011 fundraising plan will focus on our two most popular fundraisers, the Silent Auction and the Wreath Project. We'll replace the Holiday Faire with two direct appeals for your financial support for JUMP, which had received the proceeds from the Holiday Faire. Here's a quick look at the calendar:

- In April, we'll ask you for your direct financial support for JUMP. Along with the second appeal later in the year, our goal is to raise a total of \$4,050 for

(Continued on page 5, see "Fundraising")

The adults at St. Paul's are not the only ones who work to support those less fortunate. See page 11 to learn what the middle school youth group has done to contribute to ERD!

Holy Week at St. Paul's

April 17 - Palm Sunday services: 8:00, 9:00 and 11:00 a.m.

April 18 - Monday - Taize Evening Prayer at 7:30 p.m.

April 19 - Tuesday - Clergy Day with Holy Eucharist at 12:00 noon, Blessing of Oils and Renewal of Ordination Vows.

April 20 - Wednesday - Holy Eucharist with prayers for healing at 12:15 p.m.; Tenebrae at 7:30 p.m.

April 21 - Maundy Thursday - Agape Meal and Eucharist at 6:30 p.m.

April 22 - Good Friday services at 12:15 and 7:30 p.m.

April 23 - Holy Saturday Liturgy at 8:00 a.m.; Great Vigil of Easter at 9:00 p.m.

April 24 - Easter Sunday services at 8:00, 9:00 and 11:00 a.m., with reception following.



Easter Flowers

St. Paul's Flower Guild has begun planning for Easter and welcomes your contributions in memory of loved ones. Checks should be made payable to St. Paul's Flower Guild and received in the office by Friday, April 15, together with the names of those to be remembered. Flowers are delivered to homebound parishioners after Easter services and a sign-up sheet will be on the narthex table if you're able to help with this ministry.

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From the Dean and Rector

Ken Poppe

“Go Easy on Yourself, a New Wave of Research Urges” (*The New York Times*, February 28, 2011). That news report on a new area of psychological research called self-compassion could transform our understanding of Lent.

The report said: “People who find it easy to be supportive and understanding to others, it turns out, often score surprisingly low on self-compassion tests, berating themselves for perceived failures like being overweight or not exercising. The research suggests that giving ourselves a break and accepting our imperfections may be the first step toward better health. People who score high on tests of self-compassion have less depression and anxiety, and tend to be happier and more optimistic. Preliminary data suggest that self-compassion can even influence how much we eat and may help some people lose weight. This idea does seem at odds with the advice dispensed by many doctors and self-help books, which suggest that willpower and self-discipline are the keys to better health.

The researcher, Kristin Neff, says self-compassion is not to be confused with self-indulgence or lower standards. “I found in my research that the biggest reason people aren’t more self-compassionate is that they are afraid they’ll become self-indulgent. They believe self-criticism is what keeps them in line. Most people have gotten it wrong because our culture says being hard on yourself is the way to be.” Imagine your reaction to a child struggling in school or eating too much junk food. Many parents would offer support, like tutoring or making an effort to find healthful foods the child will enjoy. But when adults find

themselves in a similar situation — struggling at work, or overeating and gaining weight — many fall into a cycle of self-criticism and negativity. That leaves them feeling even less motivated to change. “Self-compassion is really conducive to motivation,” Dr. Neff said. “With self-compassion, if you care about yourself, you do what’s healthy for you rather than what’s harmful to you.”

Dr. Neff suggests a set of exercises — like writing yourself a letter of support, just as you might to a friend you are concerned about. Listing your best and worst traits, reminding yourself that nobody is perfect and thinking of steps you might take to help you feel better about yourself are also recommended. Other exercises include meditation and compassion breaks.

Two gospel stories form bookends around Epiphany, the baptism and transfiguration of Jesus. Both narratives recount the same experience of God with these words: “This is my son, the one I love – I am fully approve of him.” God is pleased with us. God is happy with us. God approves of us. God accepts us. God loves us. God takes delight in us. We are God’s beloved. This Lent could be quite transforming for us if we let this teaching inspire us as we prepare for Easter’s joy. Go Easy on Yourself. Self-compassion. View yourself kindly. God is pleased with you. God is happy with you. God approves of you. God accepts you. God takes delight in you. You’re God’s beloved. This Lent why not work to try to develop self-compassion.

Yours in Christ,
Ken Poppe

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Deacons' Corner

Stan Baker

I write this message after one important event that took place last month and while two other events unfold: one of importance to St. Paul's, one of Diocesan importance and one of importance to The Episcopal Church. On Valentine's Day weekend, a group of Episcopalians from the Diocese traveled to Holy Trinity, Swanton to celebrate an Integrity Eucharist and enjoy a social time afterward. The Rev. Reid Farrell, rector of Holy Trinity, celebrated the Eucharist and I preached. Beautiful and rousing hymns were threaded through the service. We ended by singing *Lift Every Voice and Sing*, The African American "national anthem" that has also been received into the hearts of the LGBTQIA community. The words are printed at the end of this article. It is stirring and reminds us of the struggle for equality we face every day as a spirit-filled, freedom and justice-loving people. It is a song of courage and hope that exhorts us to turn our eyes on the future and not be deterred by any challenges or wounds of the past. In short, it reminds us that our institutions and practices are always evolving toward more inclusiveness and that this is part of God's plan, a blessing of grace.

At the service I preached about St. Aelred whom we were honoring. Aelred is the patron saint of Integrity USA, an abbot who practiced and taught love and close friendship to the monks around him. I also talked about David Kato of Uganda who was brutally beaten and murdered because of his homosexuality. One of the events that fueled the fire of hate in Uganda was the visit of Christian missionaries and proponents of "ex-gay ministries" who met with parliamentary leaders in Uganda and encouraged them to oppress homosexuality in their country. Everyone present was moved by the story of David Kato and the words of his friends. (My sermon is available on the CCSP website.) It reminded us that we, in our church and in our newly formed Integrity, must continue to work to change the practices of some parts of Christianity throughout the world. We cannot assume that rigid ideas represent God's truth. How do we change our church to make sure we are countering oppression?

At the end of this month I travel to Atlanta as a member of the Standing Commission on Liturgy and Music's Committee on Same Gender Blessing. This is important and formative work for the church that is built on decades of powerful and deep discussion in parishes, Dioceses, and at General Conventions about sexuality and homosexuality. The Episcopal Church, given time, has over and over again discerned the truth and spoken out with courage. I believe that we will be leaders once again in a truly inclusive Christian community. We need not fear change.

Creating liturgies for same gender blessing is an example of taking old and cherished sacramental traditions and

(Continued on page 6, Blessing)

Retirement from parish ministry planned

Catherine Cooke

In this year's annual report I announced my upcoming retirement from parish ministry at St. Paul's on August 14, 2011. I would like to elaborate on this announcement in my part of the Deacon's Corner.

For some time now it has been more difficult for me to meet the challenges presented by my Multiple Sclerosis and continue with those things I do as a deacon at St Paul's. After difficult discernment, I was brought to the decision that it is time for retirement. It needs to be remembered that when deacons are ordained to ministry, they are ordained for the diocese and serve for a season of ministry in a particular parish. My season of ministry at St. Paul's has been a long and fruitful one and one I cherish, and will always cherish. I am not resigning from the diaconate, for I have been ordained for life to the diaconate. My work now will continue in a more limited way with things I do in the community and diocese.

I hope that I have supported your various ministries over the years and encouraged you to enter into social justice/outreach work. I hope that you will raise up other deacons at St. Paul's and that all of us will support each other in being a diaconal community, a concept the church is continuing to work on. You have a wonderful deacon in my colleague, Stan Baker, to keep the icon of service before you.

After some time away I will return to worship at St. Paul's as a parishioner, probably in October and participate in activities as my energy allows.

Outreach/Social Justice Cluster

Born of Water-World Water Day

by Sylvia Knight, Earth Care Ministry Coordinator

On March 20, a line from John's Gospel caught my eye: "unless one is born of water and the Spirit, one cannot enter the Kingdom of God." (John 3:5)

Why did Jesus include water here? As God's Wisdom incarnate on Earth, perhaps Jesus wanted to remind us of our intimate relationship with water. As our bodies are about eight percent water, we are utterly dependent upon water for life. Our souls are nourished by water as well, a finite gift from God calling forth reverence and care.

World Water Day was established by the United Nations in 1992 and is supported by the World Council of Churches and National Council of Churches. The theme this year is *Water for Cities: Responding to the Urban Challenge*. St. Paul's will observe World Water Day this year on Sunday, March 20 with prayers and an informational display.

Our location in a city at the edge of a lake makes St. Paul's an urban riparian faith community, meaning, we are living on the bank of a stream or lake. Nearly all of St. Paul's members live within the watershed of Lake Champlain (area where all surface water drains into the lake), and many use water from Lake Champlain, either for essential needs or for recreation. Perhaps St. Paul's relationship with Cathedral Square Senior Housing could be considered anew in this context.

Many people dispose of old prescriptions through the sewage system. Lake advocates report that pharmaceuticals and other toxic substances are escaping water treatment systems and entering Lake Champlain. Their effects on the lake are not yet clear. It is also known that antimicrobial soaps are entering the lake which are toxic to fish, can interfere with hormonal functions in aquatic life, and may render antibiotics ineffective when we really need them.

Can we as a riparian faith community become a healing presence for the Lake, for Cathedral Square and for the City of Burlington? Lent might be a time to consider this question through Jesus' lens of being "born of water and the Spirit.

Formation Cluster

Christmas pageant continues with traditions, added firsts

While I know it is hard to believe, every year the children's Christmas Pageant presentation features a number of firsts. Of course we cling to certain traditions; the story is the same, three rehearsals on the three Saturday mornings that precede Christmas Eve are a given, and bedlam and excitement always are in abundant supply. Likewise,



children arrive on Christmas Eve never having attended a rehearsal and always find a part to play and parents joyfully contribute their time and talents to making the pageant a success. Speaking of parents provides a great segue to reveal one of this year's firsts. Due to some competing time demands, we often found ourselves short of kings during our rehearsals. Three parents, Andy Comeau, Bruce Campbell and Robert Smith, jumped right in, much to the delight of the children. Two other firsts occurred during the actual pageant. You may have noticed that the star of the pageant, Baby Jesus, was conspicuously absent until one of the children ran off stage to retrieve our doll.

Continued on page 6, "Pageant"

Episcopal Church Visual Arts of Vermont

ECVA-VT announces theme, changes for 2011 show

by Judith McManis and Ernie Hathaway

It's time to re-invent ECVA-VT - time for some new ideas! So, we're 'going on the road' as it were, having the show exhibited in at least two parishes (although we are hoping there will be three parishes) making it easy for even more talented Episcopal artists to be part of this great experience. And we are changing the dates of the show to June, July and August. Here's how it works: 1/3 of the show is mounted in each location for a month, then the whole thing rotates with a 'new' 1/3 of the show being exhibited in each location, rotating again for August. It is hoped that many more people will participate by entering their artwork and that even more people will be able to view the show each time it changes.

So far, St. Paul's Cathedral in Burlington will host part of the show, being joined by Immanuel, Bellows Falls. Each venue has an established Arts Ministry and is excited by this new venture. If a third location does not work out, we will simply do six weeks in each location. Artists will fill out the usual entry form (information will be in the ECVA-VT location on St. Paul's website or can be mailed to you if you don't do computer correspondence.) Works will be delivered to the location of the artist's choice - and picked up there at the end of the summer.

This year's theme is: "A Reverence for Trees". We all think of trees as living beings, part of God's vast creation, especially close to our hearts here in Vermont. But trees are even more: they are shelter, they are building material, they are toys and sporting equipment; they provide food; they are places of community (whether for birds & animals or when offering sign of a life-sustaining spring in the desert); they symbolize everlasting life (evergreens are often planted in cemeteries, for example); they have been cleared from the land and re-planted in the land (tree-planting ceremonies are often part of visioning a pleasant and profitable future); some trees live for thousands of years, speaking slowly and wisely of the comings and goings of human-kind; and wood from a tree was made into the Cross of the Crucifixion.



Please consider entering your artwork in this show. Review your existing pieces; think about creating something new. Talk to other artists, encouraging them to share their wisdom about trees. If you have questions or just want to chat about the show contact Judith McManis (laudata@mac.com or 802 951-9942) Ernie Hathaway (ernie@closetohomevt.com).

Fundraising *(Continued from page 1)*

JUMP. JUMP provides emergency financial and other assistance to those among us in greatest need. St Paul's is one of 26 religious organizations that fund JUMP and the assistance we provide is critical to serving their clients. JUMP is the largest recipient of financial support from our congregation. We also provide JUMP support through our outreach budget as well as through the Wreath Project. Last year, we provided more than \$18,000 in support.

- In May we'll hold the popular Silent Auction. Please contact St Paul's if you have items to contribute and attend the event where great bargains can be found. The Silent Auction supports the work of VIA and JUMP. St. Paul's raises \$5,000 through this event. VIA is comprised of eleven faith-based organizations and focuses on systemic changes that improve the lives of under-represented people in our community. Last year, we contributed \$5,500 to VIA and we plan to provide the same level of support this year.
- In July we'll bring back Heavenly Parking during the Burlington Fireworks, which last year raised more than \$500 for YouthBuild.
- In November, we will make our second special direct appeal to the congregation for JUMP.
- And in December don't forget to order your Holiday Wreath! Handmade - they look great at your home and make a great gift for friends and relatives outside Vermont.

Special thanks for the hard work of all volunteers, especially Carol Walters, Maureen Rees, and Rick Robinson. Thank you for your generosity and support for St. Paul's in action! Please feel free to be in touch with Mark Johnson (mark@gmavt.net, 658-7442) or any of the Vestry if you have thoughts about this plan you wish to share.

Pageant *(continued from page 4)*

At another point, the poor shepherds were literally struck mute, unable to unearth the line of script that would allow the story to continue. Allie Brown saved the day, providing some impromptu "direction", helping to shepherd those shepherds to their next part. Finally, with a cast approaching forty participants, we had our largest group ever.

Each year is different and those defining moments (where is Baby Jesus??) help to cement the memory of each individual pageant. The children are encouraged to view the pageant, and their parts in it, as their birthday present to Jesus. Year after year they shine, and one can't help but feel the love fill our hearts as we watch them share the story of Jesus' birth.

Blessings *(Continued from page 3)*

including more people in these core blessings of our church. When writing the report on pastoral supports in preparation for our work in Atlanta at the end of the month, I included the following: *We were impressed by clergy statements proclaiming that the relationships of same gender couples offer a sacramental witness to the Church and the world, and further that these relationships bring a gift of grace to the church, and to opposite gender couples, by modeling role equality. We were moved when we read the following from a rector: "Lack of recognition creates a sense of positive/joyful surprise when a couple receives from the church and community what straight couples take for granted, e.g., recognition of their engagement and their visibility as a couple."* These processes of change make the fabric of our church stronger.

I have been honored to be a member of our own planning group here at St. Paul's, *Charting our Path Together (COPT)*. We have done hard, thoughtful, and inspiring work on what it means to look at change in the larger church and change at St. Paul's. We have noticed the many and important changes that have already taken place in the last two years in: governance, worship, formation, and our justice and outreach work. Our plan is simply a way of recognizing the living waters of change that are already taking place and creating a vision of where these streams will lead us. I believe that our course will bring us to a future of courage, faith and continued hope. In some ways we have already done the "heavy lifting" as a congregation; now we get to engage in and enjoy the process of creative and thoughtful incremental change built on our strong foundations. Let us not fear change. We can rest assured that the core practices of our beloved Cathedral community will not be lost but instead

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ERD Ingathering

St. Paul's will have its annual ingathering for Episcopal Relief and Development on Sunday, March 13. ERD's programs are made possible by contributions from fellow Episcopalians like you. Its program of emergency relief, rehabilitation, and long-term development are geared to strengthen local communities in the United States and around the world, and to respond on your behalf in the name of Christ.

Last year on January 12, Haiti was rocked by a devastating earthquake. Since then, Episcopal Relief and Development has worked closely with the Diocese of Haiti, the largest diocese in the Episcopal church, to help meet the critical need for food, water and shelter and to develop and implement programs for long-term recovery and rebuilding.

Also the Diocese of Vermont's Global Reconciliation Committee, through its chair, the Rev. Lee Alison Crawford, presented a resolution to the January 2011 meeting of Diocesan Council that asks the Diocese to "accept the challenge to raise \$75,000" for the "Rebuild Our Church in Haiti" initiative. Look for more information about this initiative in the future.

ERD is also hard at work trying to help the Episcopal Church meet the Millennium Development Goals. In two successive General Conventions, the Episcopal Church committed itself to eliminating extreme global poverty by working through the Millennium Development Goals. The goals were developed by the leaders of the world's nations, in cooperation with the United Nations. We can start by devoting 0.7% of our personal, congregational, and diocesan incomes to meeting the Millennium Development Goals.

The Millennium Development Goals:

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria and other diseases
7. Ensure environmental stability
8. Develop a global partnership for development

As you can see there is a lot of work to be done. Please consider a generous contribution to ERD on Sunday March 13 to help with this work. For those of you who use envelopes there is an ERD envelope in your box of envelopes. If you don't use envelopes there are ERD envelopes on the table in the narthex. Please help ERD with God's work.

GENERAL INFORMATION:

APRIL 2

TRINITY CHURCH,
SHELBURNE,

APRIL 9

ST. MICHAEL'S
BRATTLEBORO

EXPO SCHEDULE

8:30 a.m. Registration,
Gathering, Hospitality

9:00 a.m. Worship

9:45 a.m. Workshops I

11:15 a.m. Workshops II

12:30 pm Lunch

(bring your own and help us have a "no waste event")

1:15 p.m. Workshops III

2:45 p.m. Workshops IV

*The following information will
be available on the Diocesan
web site on March 10, 2011*

**detailed workshop descriptions*

**schedule of workshops*

**registration form*

*Registration: \$15 per person;
\$40 for a team of 6 plus \$5 for
each additional person.*

MINISTRY

2nd Annual

MINISTRY

EXPO

2011

WORKSHOPS

- Daughters Of The King: Being A Daughter** **Ecology & Spirituality: The Universe Story** **What Is A Parish Environmental Plan?** **Faith Community Composting**
- *"Ask Thank And Tell" : Growing Financial Stewards**
- *Endowment Management That Invites Giving** **The Influence Of Welsh Music In American Hymnals** **Baptismal Ministry And Models Of Leadership In Congregations** **Asset Mapping For Your Parish** **The Vestry And Spiritual Formation** ** The Church As Employer** ** The Church As God's Business Enterprise** **Communications In The Diocese**
- *Pipe Organs In Music Ministry** ** Forgiveness 101: What It Is, How To Do It**

Suggestions for Episcopalians

Thou shalt find a church that suits thee. God knows there is enough of them out there, and why swim against the tide.

Having found a place that fits, thou shalt show up for church and, if possible, bring thy partner, if thou hast one, and thy kids, if thou hast any.

Thou shalt support and enrich the life of thy parish community with thy time and thy money. Thou shalt turn in thy pledge card. Thou shalt agree to serve on a committee or two. Thou shalt not say “no” to everything. Thou shalt not say “yes” to everything.

Thou shalt not write long, wordy, tiresome letters to thy Rector complaining about whatever it is that bothers thee. If thou must write complaining letters, thou shalt limit them to two pages, preferably in bullet form.

Thy choir practice shalt be on Thursday nights. Thy choir members shalt clean up their own coffee cups, for crying out loud.

Thy Vestry meeting shall be on the third Wednesday of every month, except July and August.

Thou shalt not offer individual intercessions that take 5 minutes to say.

When preaching a sermon or homily, thou shalt neither mumble nor drone.

When thou showest up for a meeting and findeth the church locked, thou shalt not bother the Rector's spouse for the key. Thou shalt a) find a responsible lay leader who has a key; b) hold the meeting in the nearest bar; c) climb through the window; or d) go home.

Thou shalt take some time off in the summer. This will be tricky in General Convention years, but thou shalt do it anyway. Ten months shalt thou bust thy tail doing God's work and also taking care of church business, but the summer of the Lord is holy, and thou shalt make time to relax, dammit. If at all possible, thou shalt spend a few summer days in Maine at least once in thy life.

Thou shalt love, cherish and care for one another tenderly, with compassion, without limits or conditions, just as God loves thee. In the same way shalt thou love the whole human family and all creation, even other Episcopalians with whom thou disagreeest.

Thou shalt not, under any circumstances, run out of coffee.

The greeting on thy church's answering machine shall include no more than six main menu selections. Unless absolutely necessary, this greeting shall not include the phrase, “Have a nice day.”

Thou shalt not go to meetings every single night of the week, already. If thou hast a family, thou shalt make a point of having dinner with them regularly.

Thou shalt answer thy e-mail (not kidding here.)

Cathedral Arts Spring 2011 Schedule

EVENING/WEEKEND SERIES

Sunday May 8, 7:30 p.m. *J.S. Bach, St. John Passion* Oriana Singers, William Metcalfe, Conductor

The performance features an orchestra of period instruments led by Scott Metcalfe. Soloists include Mark Sprinkle (evangelist), Jane Snyder, Linda Radtke, Gary Moreau, Vincent Pelletier (Jesus) and Steven Falbel (Pilate). The *St. John Passion* (BWV 245) is a dramatic representation of the Passion of Christ, as told in the Gospel according to St. John. Bach composed it for the Good Friday vespers service of 1724 when he was responsible for church music in Leipzig at St. Thomas Church and the St. Nicholas Church.

Admission \$25; student / seniors \$20.

Friday May 20, 7:30 p.m. *Steinway 'B' (1927) meets the Elegant Erard (1877)* Elaine Greenfield and Janice Meyer Thompson, *The Transcontinental Piano Duo*

A celebration of the release of the Duo's new CD recording *French Four-Hands with the Elegant Erard (1877)*. Recording engineer Christopher Greenleaf joins the Duo, bringing his sophisticated sound equipment and providing recorded excerpts that illustrate the vivid contrast between live performance on the Cathedral's modern grand piano and the historic Erard grand piano of the recording. Join us for this one-of-a kind concert featuring music of Debussy, Bizet, Ravel, and Fauré.

Admission \$20; student / seniors \$15; age 15 and younger free.

Sat. May 21, 9:30-Noon. Piano Master Class with Janice Meyer Thompson Co-sponsored by Cathedral Arts and Greenfield Piano Associates

Free and open to the public

Friday, June 10, 7:30 p.m. *Piano Premieres and Encores* David Alan Pihl, Piano and Thomas L. Read, violin

David Alan Pihl, acclaimed recording artist and founding member of the Essex (MA) Chamber Music Players, premieres a new piano sonata by Thomas L. Read. Pihl performs movements of Read's *Piano Partita*, a 2007 Pulitzer nomination, and a selection of varied and colorful piano pieces by Burlington native Steve Peisch of Lawrence Academy and the New England Conservatory. Read premieres Peisch's *Three Pieces for Solo Violin*.

Admission: \$15; seniors and students \$10; ages 15 and under-free.

Friday, June 3 7:30 p.m. *Piano Music and the Imagination*
Greenfield Piano Associates

This annual concert, performed by members of Greenfield Piano Associates, features engaging works by Bach, Beethoven, Chopin, Mendelssohn, Bizet, Rachmaninoff, Granados, McDowell, Griffes, Debussy, and Prokofiev.

Admission by donation to GPA Scholarship Fund

Tuesday 12-1 Series

May 3 *Friendships and other Musical*

Relationships Judy Rosenbaum, mezzo soprano, Jose Schmidt, bass and Mary Jane Austin-Reynolds, piano

A lyric recital featuring songs, arias and duets by Mozart, Bizet, Saint-Saëns, Verdi, Vaughan Williams, Jerome Kern, Stephen Sondheim, and others.

May 17 *Music for two trumpets and organ* James Duncan and Jason Whitcomb, trumpets; Melody Puller, keyboard

Works for two solo trumpets as well as works for trumpets and organ, ranging from glorious baroque to whimsical contemporary. The program will also feature the premiere of Thomas L. Read's composition *Alternative Energy* for trumpet and piano.

May 31 *Mozart's Magical Mayhem* Vocal students of Jill Hallett Levis

A potpourri of arias and duets from Mozart's favorite operas, including the *Marriage of Figaro*, *Don Giovanni* and *Così Fan Tutte*.

June 14 *Brahms, Zen and More* Syrinx

The twelve members of Syrinx sing the deeply moving Brahms motet *Warum ist das Licht gegeben dem Mühseligen*, the luscious *Ave Maria* by Franz Biebl, three pieces by Glenn Sproul on Zen Buddhist texts, and a wide variety of additional offerings.

Choral Services at the Cathedral

Evening Prayer in the style of the Community of Taizé, at 7:30 p.m.

April 18, 2011 Monday in Holy Week

June 5, 2011 The Seventh Sunday of Easter

Tickets available at the Flynn Box Office (863-6966) or the Hopkins Bookshop (658-6223).

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
- 5:45 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

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.

St. Paul's Silent Auction May 6

The fund-raising event of the year to benefit VIA. There will be many opportunities to support the event: enjoy hearty appetizers and elegant desserts while bidding on items contributed by fellow parishioners and local businesses, invite friends to join you, distribute posters, bring a dessert, help with set-up/clean-up. Details to follow, or call Carol Walters (238-6020) if you can't wait!

Adult Forum Lenten opportunity

Have you ever wanted to learn more about Bach's music? As part of St. Paul's education program for Lent, we will be offering a three-part listening study group exploring Bach's magnificent *St. John's Passion*.

It was a tradition in Bach's day for the Passion according to St. John—the gospel story of Christ's trial and death — to be part of the Good Friday liturgy. At St. Paul's we continue that tradition, reading or chanting the Passion from John's gospel on Good Friday evening. Back created a huge and beautiful piece of music from John's gospel which includes chorus singing, arias, chorales and narration to music.

Over three Sunday afternoons, March 27, April 3 and April 10 from 4:00 to 5:30 p.m., with the help of several area musicians and our deacon, Stan Baker, we will explore this amazing piece of music. The program will include listening, explanation, discussion, and hopefully some singing.

The first session will focus on the text of the gospel itself and on the texts Bach used to supplement the gospel narration. The Passion includes significant amounts of commentary on the gospel in various musical forms. Phil Ambrose and Stan Baker will lead this session.

The second session will pay particular attention to Part I of the Passion, considering, among other things, the history of the Passion. The final session will cover Part 2, also touching on questions of anti-Semitism in the gospel and in Bach's rendering. Participants will be encouraged to buy a recording and listen to more of the music outside of the sessions.

Finally, those who are interested will be able to listen to the entire piece performed by the Oriana Singers on May 8 at St. Paul's.

If you would like to participate in this Lenten series, please sign up by calling the church office, 864-0471. Questions? Contact Paul Van de Graaf, 233-2765.

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.

Warm hearts in winter

by Karin Davis

Ten industrious members of the Intermediate Church School class made scores of charming valentines, working at home as well as on Sundays. The cards were sold on the two Sundays before Valentine's Day with a profit of \$85.00 to support Episcopal Relief and Development (ERD).

After thoughtful consideration, the children selected a flock of chickens and five anti-malarial mosquito nets from the ERD catalogue, *Gifts for Life*. The flock of chickens and a rooster not only provides an ample supply of eggs for families, they also learn to raise poultry and sell the surplus chickens and eggs in the market.

A simple insecticide-treated mosquito net protects children and families from a preventable disease and death. Not only is a community supplied with nets, but important community-based training in using the nets and treating people who have already contracted malaria is provided.

Thank you to the Intermediate Church School class for their heart filled work and creativity to further support ERD.

VIA hosts two Health Care events

On Tuesday, March 29, 2011, join Vermont Interfaith Action for:

Medicare Informational Event; 1:30 to 2:45 pm, Unitarian Church of Montpelier (130 Main St.). Presentations on changes to Medicare by the recent federal legislation, and information on the Medicare prescription drug plan. Featuring Regional Director of US Dept of Health and Human Services, Regional Administrator of Centers for Medicare and Medicaid, and state officials.

Vermont Single Payer and the Federal Government: Taking Action to Reform Health Care; 7:00 to 8:30 pm, Unitarian Church of Montpelier (130 Main St.). Learn about the Affordable Care Act (the national legislation), Vermont's proposal for health reform, and how the two can be integrated for the benefit of all Vermonters. Find out from the Regional Director of the US Dept of Health and Human Services and staff of our Congressional delegation what kind of cooperation and flexibility we can expect from the feds. Hear from ordinary citizens and health care providers how future plans will affect us all.

Concert to Benefit VIA

Join VIA on Sunday, March 27, at 3:00 p.m. for a fundraising concert entitled "All Praise to Music" performed by the St. Michael's College Chorale and Chamber Singers. The concert at College Street Congregational Church in Burlington will include Vermont and French Canadian songs, as well as sacred works from a variety of traditions. Tickets are \$15 for adults and \$7.50 for children 12 and under; available from the VIA office, 651-8889 or office@viavt.org, and from VIA member congregations.

COTS Walk 2011 Happens May 1 – Walkers Wanted!

The Committee on Temporary Shelter (COTS) is seeks walkers for the 22nd annual COTS Walk, scheduled for Sunday, May 1st, starting at 1:30 p.m.

On May 1st adults, youth and children from throughout northern Vermont are invited to gather at Battery Park to walk the 3-mile route a homeless person might take to receive shelter and services. Walkers visit COTS program sites, meet COTS staff, and see first hand how the funds they raise are put to work to end homelessness in our community.

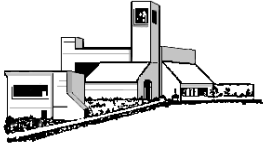
Founded in 1982, COTS provides emergency shelter, support services, and housing for people who are without homes or who are marginally housed in Chittenden County. COTS operates three family shelters, two adult overnight shelters, the only drop-in day center for homeless adults in Chittenden County, three facilities providing permanent housing to low-income and disabled individuals, a transitional housing facility for homeless veterans, and the Housing Resource Center which provides counseling and one-time prevention grants to keep people in their homes.

In addition to providing emergency shelter, COTS works to end homelessness in our community by providing case-management services to clients and partnering with social-service and affordable-housing organizations. In 2010, COTS sheltered over 600 people in overnight emergency shelter, including 530 adults and 157 children. In addition, 450 households on the edge averted homelessness, with the assistance of the Housing Resource Center. For more information or to register, visit www.cotsonline.org or call Becky (x204) or Stephanie (x208).

plainsong

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**Deadline for the next issue: May 27. Please send submissions to:
Ann Ely: Mockingbird1953@gmail.com and Sarah Gallagher: Sarahg@stpaulscathedralvt.org
or deliver to church office**

Blessings *(Continued from page 6)*

strengthened. Let us pray that - as we face injustice in the world, expand our welcome to more and more people, and create the programs and liturgies to carry us forward - we will remember the words of this powerful, courageous, and joyful hymn.

Lift every voice and sing, / 'Til earth and heaven ring,
Ring with the harmonies of Liberty; / Let our rejoicing rise
High as the listening skies, / Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun, / Let us march on 'til victory is won.