Earl in the summer, St. E’s healing team finished a book called *Hope Heals: A True Story of Overwhelming Loss and an Overcoming Love*. The book is about Jay and Katherine Wolf who had been married less than three years when Katherine, at the age of 26, collapsed from an arteriovenous malformation brain hemorrhage and was rushed to UCLA Medical Center. Given the severity of her condition, she should have died, but a world-renowned neurosurgeon gave her an unlikely second chance at life. She emerged from a 16-hour surgery with partial paralysis on the right side of her body and face, as well as vision and speech deficits. Katherine underwent some eleven additional surgeries in the five years following the initial hemorrhage, including surgery for aneurysms behind her right eye in the blood vessels right off the carotid artery.

The book is an amazing testimony to the power of God and the power of faith. This young couple looked to have it all. Jay was just finishing law school. A beautiful woman, Katherine made a living as a professional model. They had just had their first child, a son, three months earlier. They had a fairy tale romance and a fairy tale marriage. After the brain hemorrhage, their lives were thrown into chaos. They received remarkable support from their church community and their families, not just in the immediate aftermath of the emergency surgery, but for the long haul, which turned out to be five years as the rehab and additional surgeries and more rehab made for a one step forward, two steps back, two steps forward, one step back pattern of progress and retreat.

They came to see over time that the life they had once known was gone forever, and a different life, the richness and blessings of which they never could have imagined, had taken its place. Their dependence upon and vulnerability to God and their church community placed them in a position they never would have chosen, yet the depth of companionship they experienced in suffering, prayer, and love paved the way for them to understand what Jesus had been trying to get through to them all along.

Through his humble birth, life, and death, Jesus redefined love as sacrifice and self-giving that seeks what is best for those we love. But more than that, through his humble birth, life, and death, Jesus redefined glory, power, and honor as service and sacrifice for the sake of an oblivious and ungrateful people.

Katherine and Jay came to understand that healing did not necessarily mean complete physical restoration. Indeed the most complete healing Jay and Katherine experienced was not physical at all. They experienced the healing of their souls, the parts of themselves they realized were the most broken. The healing they underwent in their souls was experienced as a deep sense of Christ’s peace.

(Continued on page 2...)
For Katherine, it happened like this. She had been restless and agitated in anticipation of the surgery to repair the aneurysms behind her right eye. On the Sunday morning before the Monday surgery, Katherine awoke at 4 AM in a state of great anxiety. She started to compose a letter to Jay telling him to remarry if she died.

In the midst of writing that letter, an eastern time zone friend who had just finished her morning prayers forwarded to Katherine an e-devotional message on the passage from the Letter to the Hebrews 6:19 which says, “We have this hope, a sure and steadfast anchor of the soul…” Later that morning, Jay, Katherine and their 5 year old son went to church where friends had planned a time of healing prayer for them between the morning services, placing them in the midst of a circle as more than 100 people laid on hands and voiced spontaneous intentions for them. For Katherine, the words spoken over her were a balm for her battered soul.

By nightfall, Katherine was calm, having let go of her fears and relaxing into the saving embrace of God. She felt a special kind of peace in Christ that doesn’t quite make sense, a peace in Christ she experienced in a way that she had not experienced before. She felt ready for the surgery; a surgery she knew in her soul would lead her straight into God’s plans for her and Jay. The surgery was a success, and the next step for them was a call to share their story.

The profound sense of God’s peace that Katherine and Jay came to know in and through their travails is the peace they carry with them and offer to others wherever they go in their ministry, traveling all over the country sharing their story about hope and what it means to be healed. Katherine knows that whether or not those in their audience have suffered the kind of debilitating brain injury that she has, they experience on the inside what she wears on the outside. Her crippled body, her once perfect face half of which now sags, her labored speech, and double vision all are visible metaphors for the hidden injuries suffered by our souls, souls, which, when we let Jesus reach in and heal them, become reservoirs of God’s peace, a peace in which to abide and a peace to share with all whose journeys intersect ours.

Barbara

---

Wardens’ Words by Michael Comer, Co-Warden

As we make our way through August and the seasons move from summer to fall, the church has remained an active, vibrant community. Our youth, supported by some of the amazing adults in our parish, made another successful trip down to West Virginia for ASP. Many thanks to Jack Clark, Nancy Kimble, Graham Daley, Sam and Tad Truex, Jim and Jane Newton, Gayle Namchuk, Suzie Kornblum, John McNeill, Rich Tinsley, and Ian Springsteel for their incredible leadership. Many thanks to John McNeill and Mark Namchuk for taking the lead with stewardship. We are in great hands as we move into the fall season. We’ve just finished another summer of successful Cookout Eucharists. We’re getting ready for the fall picnic and church school. And the remarkable thing is that there is so much going on that I can’t even begin to list everything.
Chapel:
Chapel repairs have been delayed by the mason work. The main tree work has been completed, and we are now going to move on to a phase two with additional pruning. We had chosen a mason, but the company proved too busy to complete the work. Everybody on the leadership team is grateful for the hard work of Buildings & Grounds in getting through this frustrating time. Although all of us are anxious to get back to the chapel, these delays have been out of our hands. At our vestry meetings, we have continually discussed how grateful we all are for the generosity of the donor who gave us the chapel endowment, enabling the long-term vitality of this special place.

Rectory:
Our last tenants left the rectory on July 31, and we have re-rented starting August 22. Although we lost three weeks of rent, our monthly rental income has increased. As we budgeted for 11 months of rent, we should still exceed our budgeted income for the year.

Volunteer Enablement:
We are working hard at facilitating a group to organize our volunteering efforts. This will include organizing a bulletin board with our organization and needs outlined, tracking congregation skills and preferences to match to potential volunteer opportunities, and working with committee chairs to document committee goals and personnel rotation plans.

Comprehensive Campaign & Sanctuary Project:
Most of our discussions over the last few months have revolved around spending the money from the Comprehensive Campaign. Additionally, we were recently blessed with an anonymous donation of $200,000. How should this money be spent in the best interest of the church? We are grappling with a number of issues. 1) Recent data shows a decline in our Sunday attendance and a decline nationally in Episcopal Church attendance; does this change how we should consider our sanctuary project? Is the context different than it was three years ago? Should we expand the footprint, or focus on enhancing the existing footprint? 2) Should we focus on assistant rector funding? 3) How should we handle overdue maintenance in areas such as the organ, the back wall, and the general exterior? 4) With the additional funding, should we consider paving the parking lot or adding air conditioning? I can say with confidence that everyone on the Vestry takes its duty to the congregation seriously and is carefully considering all of these important issues. Whatever course we end up recommending, it has become clear that we need to come back to the congregation for further input, which we expect to do in the early fall, as soon as we shore up a comprehensive recommendation. As always, please feel free to reach out to Janice, me, or anyone on the Vestry to discuss your opinion on these issues. I look forward to seeing you all soon!

Michael
wardens@st-elizabeths.org
From the Organ Bench by Mary Sue Willie, Music Director

Having just finished an article about postcards and how they give the recipient a window into the travels and experiences of friends, here is a postcard to you a bit delayed, from the American Guild of Organists Convention in Houston, Texas, at the end of June: "Chuck and I found great inspiration and excitement in concerts and workshops that were aimed at preparing for another season of leading music in the church. The opening service was held in Christ Church just outside of Houston (the home church of George H.W. Bush and his family). As you might imagine, it was a very large and beautiful building with gorgeous gardens and a huge new organ. The choirs were glorious and, of course, the singing of the hymns by hundreds of organists took the roof off. By contrast, the Cathedral in the middle of the city was quite modest but again with great choirs. While the weather was very hot and humid - like ours is here- the churches were air-conditioned which was a great relief. We heard beautiful organs, terrific choral societies, and a recital featuring organ and saxophone composed for the convention. Finally, seeing old friends was the frosting on the cake."

Barbara, Jack, and I have just finished projecting our hymns and service music through All Saints’ Day, which seems a long way off, but it will come quickly once we are into the fall. I have been planning anthems for the choirs and look forward to working on them with our faithful singers.

St. Elizabeth’s is seeking new members to join our lively Adult Choir which is open to those in 9th grade and up. Our enthusiastic Youth Choir sings each Sunday and rehearses after the 10:00 service. Membership in the Youth Choir is open to those who can read or memorize, usually 6 and older. Rehearsals for the Adult Choir are every Thursday from 7 - 8:30 pm in the Multi-Purpose Room. Our choir goals include providing music to enrich our common worship, and offering congenial social events. As a Choir, the Adults are also part of the task force for the Miracle Kitchen acting as servers in their turn. The Youth Choir sponsors the Talent Show on Shrove Tuesday following the Pancake Supper.

There are opportunities for instrumentalists of all levels to offer their talents to our worship services. Please let Mary Sue know (cvmswillie@comcast.net or by phone: at 978-369-2363) if you might be interested in providing solos or ensembles for the preludes and postludes.

We are looking for volunteers to help “wrangle,” that is, to fetch the youth choir members from church school in time to vest and join the adults in the loft. Also, Suzanne Gilliam, who is our new youth choir coordinator, could use help in preparing and filling the binders with hymns, service music and the Eucharistic prayers. This can be done during the week in the church office. We could also use 1 or 2 volunteers to help members of the Youth Choir find and fit into new vestments, both in the fitting and hemming of the vestments. Let Mary Sue know if you might be able to help with this important ministry.

Our first meeting of the Youth Choir will be on Sunday, September 11th. The first rehearsal of the Adult Choir is Thursday, September 15th. We will delay the annual choir supper in order to let members return from weekend vacation homes. The Welcome Back Picnic will be on Sunday, September 18th.

Soli Deo Gloria,
Parish & Episcopal Life

Fall Bible Study

Anyone and everyone is invited to join us, as little or as often as you like, for our low-key Tuesday morning bible study. We begin at 10 am with a short time of prayer and checking in with each other. Then, we focus on about one chapter of Scripture per week. We provide photocopies of the text, pens, and highlighters for reading through the week’s passage individually, and then we discuss its meaning as a group. Our meetings last about one hour. This fall, we plan to work our way through St. Paul’s magnum opus: the Letter to the Romans. We will gather for an initial planning meeting on Tuesday, September 13th, at 10 am in the Multipurpose Room. We warmly invite you to join us then, or anytime!

Catechesis of the Good Shepherd (COGS)

The COGS program begins Sunday, September 18th at 9:45 am. If your child is new to the program and you would like him/her to have an orientation to an atrium (and you as well), please e-mail Susan Berry (namaberry@gmail.com) to set up a time on Saturday morning, September 17th, or Sunday morning, September 18th, before the program begins.

REMINDER: Please register your child or children if you haven’t already done so.

The Church School Registration Form is also online, in the Forms Bin section on the St. E’s website: http://st-elizabeths.org/forms

Other forms online:
- Newcomers Welcome Form - If you are new to St. Elizabeth’s or would like more information
- 2016-17 Church School Registration Form - Register your children for church school
- 2016-17 Adult Choir Registration Form - This form will register adults in the choir
- 2016-17 Youth Choir Registration Form - This form will register your children in the youth choir
- "Hot Jobs" Volunteer Form - Use this form to sign up for one of the "hot jobs"
- St. Elizabeth’s Check Request Form - PDF form for expense reports
- St. Elizabeth’s CORI Form - PDF form for CORI background check
Loaf and Ladle Bimonthly Film Screening

Loaf and Ladle, our bimonthly film screening and potluck lunch for parishioners who are 55 and up, resumes on Tuesday, September 20th. We will be watching 42, which is the story of Jackie Robinson. Mary Sue and Chuck Willie will be hosting. We will begin gathering at 9:30am, and the film will begin promptly at 10am.

Please RSVP to Jack at jack_clark@st-elizabeths.org or 978-443-6035, and also let her know if you can bring soup, bread, or dessert. Stay tuned for future dates!

ASP 2016: July 23-July 31, 2016

Photos and video from St. E’s Appalachia Service Project this summer are located on the Saint Elizabeth’s website and at the following links:

Video: https://youtu.be/kzWJh5dwDnk
Photos: https://flic.kr/s/aHskB6QEE6
Annual Parish Picnic
Sunday, June 12th, 2016
Volunteer Opportunities @ St. E’s

St. Elizabeth’s has a proud history and culture of volunteerism and service. We invite you to explore one or more of the various volunteer activities available across our parish. Click here to see how you can help:

http://st-elizabeths.org/volunteer.shtml

The S.T.O.P. Program, Students Together Opposing Prejudice, is currently enrolling 6th, 7th and 8th graders. The program is a seven week curriculum, targeted to Middle School students and facilitated by high school students. Through the use of games, activities and peer discussions participants learn how to recognize and respond to stereotypes, prejudice and discrimination. Eight religious congregations in the Sudbury/Wayland area actively participate by hosting learning sessions and recruiting new participants from their congregations. S.T.O.P. also welcomes young people who are not religiously affiliated. If you are interested in enrolling your son or daughter send an email to STOPSudbury@gmail.com. Enrollment is limited. To learn more about the program check out the video at https://youtu.be/Ug1nEclPLW4.

St. E’s Outreach needs to hear from you!

The St. Elizabeth’s outreach committee is fired up and ready to embrace an exciting season of relationship building and service. We will be continuing with many of our established projects and also looking to YOU to add other worthwhile partnerships. Our first meeting will be October 2, at 11:30 am and we welcome all of our regular members AND anyone who would love to be part of this energetic group. Outreach is a vital part of the makeup of St Elizabeth’s and the committee, with the support of the congregation and clergy, continues to thrive and grow. We are dedicated to living out our baptismal covenant and look for new opportunities to serve God and our fellow sisters and brothers. If you are passionate about outreach or know of a specific organization that we could help, please consider joining this group and sharing your insight by contacting Carol Davies at carolhdavies@verizon.net. We would love to see you on October 2, so please mark your calendar and join us!
“Did you ever have a best friend during your school years? He or she was the one you could tell anything to, the one with whom you could share your experiences, thoughts, doubts, wonders, and the bad things you had done. He or she accepted you just as you were. That is very much like what it is to have a Stephen Minister to talk to.” Reflection from one of our Stephen Ministers.

Are you going through a transition or a difficult time—emotionally, physically, or spiritually?

Consider letting a Stephen Minister help. A Stephen Minister is a member of our congregation who is trained to listen, care, encourage, pray, and walk alongside you during difficult times. It’s strictly confidential, free, and very helpful. To learn more, talk to Barbara, Jack, or one of our Stephen Ministers.

"To every thing there is a season, and a time to every purpose under the heaven."

(Ecclesiastes 3: 1-22)
Welcome Back Picnic

Join us for a cookout on September 18th following the 10:00 am service as we start the program year. Families and individuals are asked to provide either a salad (if your last name begins with H-Z) or a dessert (if your last name begins with A-G). Burgers, hotdogs and beverages will be provided. **No food containing nuts please.** The parish picnic is a wonderful opportunity for newcomers as well as longtime members to meet fellow parishioners. This is a family event.

Advanced sign-up is not necessary and the activity does not involve any cost.

---

Happy Birthday

September Birthdays

Save the Date!

St. Elizabeth’s Trivia Night

A Fellowship Fundraiser to Support

The Journey to Adulthood Pilgrimage 2017

Saturday, October 15th at 6:30 pm

Please mark your calendars and get ready for a fun night of friendly competition as we host our second Trivia Night contest! This event is being held to help raise funds to support the J2A Pilgrimage that will take place in the summer of 2017! Here is how the event will work:

- Team tables will be sold for $150 per table. Each team can include a maximum of six members. Registration forms will be available in church in the coming weeks – so start thinking of who you want to join your team, and come up with a creative team name!
- Three rounds of trivia will take place, with breaks in between to tally scores. Team rankings will be posted during the event, and announced in between each round of trivia.
- Food will be served at this event. The menu is still TBD, but is likely to be simple: basic appetizers (cheese, crackers, crudité), pizza, and desserts.
- Awards will be given at the end of the night to the teams in first and last place. In the event of a tie score, there will be a sudden death tie-breaker round to determine the event winner!

This promises to be a fun event, and we hope that you are able to attend! So mark your calendars for Saturday, October 15th, start building your team, and get ready for Trivia Night 2016!

Safe Church Policy at St. Elizabeth’s Church

All volunteers working with infants, children, adolescents, young adults and at risk parishioners are required to complete either an online or group Safe Church training certified by the Diocese of Massachusetts. Online training is available, at no cost, to all volunteers at St. Elizabeth’s. You must also have had a CORI check done within the past 3 years. Please contact Peg in the office at office@st-elizabeths.org to get certified.

St. Elizabeth’s Bad Weather Alerts Service

St. Elizabeth’s can notify you in the event that church services, church school or other activities need to be cancelled due to bad weather. You must opt-in to receive St. E’s alerts as text messages sent to your cell phone or via email. Subscribe to the St. Elizabeth’s Church bad weather alerts service here: (http://st-elizabeths.org/alerts )
The workshop will be held on Saturday, October 22\textsuperscript{nd}

from 9 am to 1 pm at St. Elizabeth’s, Sudbury

Based on the popular book, *Unplug the Christmas Machine* by Jo Robinson and Jean Staeheli, this workshop helps people reduce their stress and increase their enjoyment by making simple changes in the celebration. Participants will be given a chance to examine their current practices, define their values, create a fantasy Christmas, then combine all their insights into a workable plan for the coming holiday season.

Contact: Barbara Williamson

St. Elizabeth’s Episcopal Church

1 Morse Rd. Sudbury

978-443-6035

barbara_williamson@st.elizabeths.org
St. Elizabeth’s Episcopal Church

Church School Registration
2016-2017

This will register your child(ren) in one of the church school programs at St. Elizabeth’s. Please put the completed form in Peg Scarlata’s mailbox at church or fold this form and mail it to church.

I. Catechesis of the Good Shepherd (COGS): The atriums are based as follows:
   - **Transitional Atrium:** age 3 as of Oct. 1, 2016 (does not have to be toilet trained)
   - **Level I:** ages 4-5 as of Oct. 1, 2016 (must be toilet trained and able to separate comfortably from parent, equivalent to Preschool through Kindergarten)
   - **Level II:** 1st - 3rd grades in fall 2016
   - **Level III:** 4th - 6th grades in fall 2016

II. **Rite 13:** 7th & 8th grades
III. **Journey to Adulthood:** 9th & 10th grades
IV. **Young Adults in Church:** 11th - 12th grades

Date_________________________ Home phone________________________

Family name_________________________ Parents names________________________

Primary email address to contact________________________

Address_________________________ Email addresses for Rite 13, J2A & YAC youths only

#1)_________________________ #2)_________________________

#3)_________________________ #4)_________________________

Child #1_________________________ school grade ’16-’17_________ date of birth_________

Child #2_________________________ school grade ’16-’17_________ date of birth_________

Child #3_________________________ school grade ’16-’17_________ date of birth_________

Child #4_________________________ school grade ’16-’17_________ date of birth_________

For COGS, what would you like us to know about your child so we can help him/her to feel comfortable in the Atrium? (For example, how do you help him/her to join an activity, listen in a group, or reassure him/her when needed; any behavioral or learning gifts or needs?) Please feel free to contact a catechist if you would prefer a conversation at any time.

__________________________________________________________________________

The success of our programs depends upon your support and participation.

We ask that each family participate at least once each semester (per child) in order to ensure the success of our programs. Volunteer sign-up sheets will be out in the fall. Assistance will be needed with weekly atrium sessions, materials and other needs. Suggested Donation: $50 per child or $100 per family per year.

All children are welcome in our Church School programs regardless of the family’s ability to make a donation.

Guests and visitors are welcome at all times.
**Wednesday, September 7th** – Men’s Group
**Tuesday, September 13th** – Tuesday Morning Bible Study Meeting
**Tuesday, September 20th** – Loaf and Ladle

**Sunday, September 18th** – ASP Presentation
- Welcome Back Picnic

**Sunday, September 25th** – Stewardship Season Begins

**Sunday, October 2nd** – St. Elizabeth’s Outreach Meeting

**Saturday, October 15th** – Trivia Night Fundraiser

**Saturday, October 22nd** – “Unplug the Christmas Machine”

---

St. Elizabeth's Episcopal Church invites seekers to share the joys and challenges of a journey of faith. Following the teachings of Jesus Christ and guided by scripture, tradition, and reason, we proclaim by word and action the love of God. We seek to serve and praise Christ in all people by celebrating the greatness of God's creation and all its creatures, helping those in need, and striving for justice and peace in all areas of our common life.

[www.st-elizabeths.org](http://www.st-elizabeths.org)