



## ***Prayer List***

We pray for the churches and clergy of the Diocese of New York and our own Sawmill Clericus, for the Community Center of Northern Westchester, for Somers Boy Scout Troop 376, for the children of the Carpenter's Kids program, for the Episcopal Church in Jerusalem, for our service men and women on active duty especially Adam and Noah, and for Jaclyn for safety in childbirth, for Adam, Adrien, Anastasia, Andrianna, Bill, Carl, Cheryl, David, Delia, Diane, Douglas, Ed, Eric, Isaac, Jackie, Janet, Jean, Jim, Joe, Kathleen, Ken, Kerry, Kevin, Lee, Maggie, Mark, Melissa, Muriel, Pablo, Pat, Patricia, Rick, Sue, Tony, Vic, Vincent and Walter. Your prayers are also asked for the repose of the soul of Alice. We give thanks for the birth of Tavian and Hudson.

## ***"Sunday on Saturday"***

The 5PM Saturday service will be offered throughout August. The service will be Said Mass with a hymn.

***See our full calendar of page 7***

## **"The Blood of Christ, the cup of salvation."**

**By the Rector**

One of the nice things about working every Sunday and many Saturdays during the year is that the church gives clergy an entire month off for vacation. This July that gave me four Sundays (I have one Sunday left to use later this year) to worship in other churches. Oddly, there was a constant theme at all of the churches we visited this year: the chalice bearer never gave my children wine at communion.

This fact led to a funny exchange at Communion one of those Sundays. We were kneeling at the altar rail, the kids received the bread, and then the chalice bearer skipped them and went right to me. As we returned to our seats Liam, exclaimed: "Daddy, I didn't get my salvation!"

I related a similar story in a sermon a few months ago. About a year ago my wife and I bought a particular type of pasta at an Italian grocery called Eataly in NYC. They have myriad pastas there, and one looks suspiciously like communion wafers. We purchased a bag and stored it in

## **Sunday School Starts September 8!**

**We hope everyone has been enjoying the summer! There has been good attendance at our Craft Sundays, which will continue each week through September 1. Many thanks to Suzanne Bracken, Jeannie Perrotta and Megan Whalen for offering great crafts and providing instruction!**

**On September 8, the annual "Blessing of the Backpacks" will take place during the 10am service, as we wish our students the best of luck and success during this school year. Every child should bring their backpack--and bring a friend! Formal registration for the 2013-14 Sunday School year will also take place before (and after) the service.**

**The first Sunday School sessions will begin on September 15. As previously announced, we are expanding the program to include eighth grade students for the first time. And because we expect over 30 students in the program, we will now have three classes every week: grades pre-k-2, grades 3-5 and grades 6-8. The curriculum remains the same as in previous years. It is lectionary-based, meaning that students will learn about, at their level, the same**

the kitchen cabinet. One day, when I opened the cabinet, Liam asked me, "Why is Christ in the cabinet?"

The Prayer Book states that the Bread and the Cup are given to the communicants with these words:

"The Body of Christ, the bread of heaven." [Amen.]

"The Blood of Christ, the cup of salvation." [Amen.]

Both of my kids refer to communion wafers as "Christ". They have heard the words, "The Body of Christ, the bread of heaven," over and over for their entire lives, and I suppose if someone always hands you something with the same words, the obvious name for that something is in those words. When Liam said, "Daddy, I didn't get my salvation!" I thought it was very funny, but I also believe that his understanding of the Eucharist is completely correct. Just as a communion wafer equals Christ, so also a chalice of communion wine equals the cup of salvation.

The words and prayers that we use in church didn't appear out of thin air. Every Sunday and Holy Day we hear a theology of the Body and Blood of Christ that is rooted in the Gospels (especially John) and the Letters of Saint Paul and can be traced back through centuries of prayer books and communion services. Our access point is the *Book of Common Prayer* (1979) which is printed along with hymns and scripture readings in our weekly service bulletins.

Every few generations the *Book of Common Prayer* (commonly called the BCP) has been updated to reflect changes in language and changes in liturgical scholarship and theology. The first complete BCP was published in England 1549 after the Reformation had begun. It was basically a translation with several modifications from Latin services that were in use the years before it was published. Those Latin services have their own complicated history that can be traced back to the early church. In England the BCP was officially updated in 1552, 1559, and 1662. Before the Episcopal Church separated from the Church of England after the American Revolution, the 1662 BCP was the official book used by

Anglicans in America. The first American BCP (1789) drew primarily from the 1662 BCP and the 1764 Scottish prayer book which had developed on a distinct but somewhat parallel track to the 1662 BCP (the Episcopal Church had strong links to the Scottish Church in part because our first Bishop was consecrated by Scottish bishops). The Book of Common Prayer used in the Episcopal Church was revised again in 1892, 1928, and 1979.

Every revision to the BCP was done with great diligence and care, and this can be seen clearly from the work done leading up the prayer book that we use. The revisions for the 1979 BCP were heavily influenced by ecumenical and liturgical movements and scholarship done across many different denominations throughout the 20<sup>th</sup> century, and specifically the work and scholarship done by Episcopalians leading up to the 1979 BCP was impressive. A wide variety liturgical work including full commentary was published in the form of a Prayer Book Studies series (I have many of them in my office if you ever want to look through them) beginning in 1950. Many of these Prayer Book Studies included draft liturgies for study (and sometimes for use) in Episcopal churches. After twenty years of such Studies a book of "Services for Trial Use" (referred to as the Green Book) was approved for use by the General Convention of the Episcopal Church in 1970 and published in 1971. A revised book of "Authorized Services" (referred to as the Zebra Book) was approved and published in 1973. The Draft Book of Common Prayer was approved and published in 1976. Finally, in 1979 the Book of Common Prayer (the Draft with minor typos corrected) was approved by General Convention (in the Episcopal Church a new BCP has to be approved by successive General Conventions, thus the 1976 and 1979 books are identical for all practical purposes).

It took nearly 30 years of studying and drafting liturgies for the Episcopal Church to produce a new BCP. One of the things that I love about the Episcopal Church is that we take what we say and sing in worship seriously. Most Christians have experienced worship that is not taken seriously, and it is those moments when I long for the

**lessons that are being covered in each week's service. Lessons are adapted from the Living the Good News curriculum.**

**Thanks so much to Kerry Irwin and Jan Corning, who will be teaching our youngest students for the first session, and to Fran DiBernardo for teaching grades 3-5. And a very special thanks to Courtney Velzy and Paul Miller, who will be teaching Grades 6-8 for the entire year--it's their third year teaching full time.**

**We are looking for teachers for grades pre-K and grades 3-5 for the remaining sessions during this coming year. Please consider joining us! You will be supported by a wealth of material and the experience of the Sunday School Committee and fellow teachers! The children are delightful and the rewards are many when you have a direct role in developing their Christian education. Please talk to Father Matt or any member of the Sunday School Committee for more information!**

**--Glenn Hintze, for the Sunday School Committee (Suzanne Bracken, Jan Corning, Fran DiBernardo, Arleen Flury, Father Matt)**

# Outreach News

*Most Loving God,  
Give bread to those who are hungry; give  
hunger for justice to those who have  
bread.  
Amen.*

## **The Community Center of Northern Westchester**

We are continuing to collect new school supplies to help local children served by CCNW. The school supply drive will continue through August and we invite everyone to join in. The children are ages 3-18, so school supplies from chubby crayons to 3-ring binders are needed. Please look for the complete list of requested items and a HUGE collection bin in the breezeway. A \$25 donation (checks made out to CCNW) is another option for providing one child with the necessary supplies to start the new school year. Many stores have school supplies on sale right now!

**We have collected 1,237 pounds of food so far in 2013...just 167 pounds shy of our 2012 total.** Even though many parishioners are away for the summer, let's do this!! Why not take a shopping bag from the narthex on Sunday and load it up?!? Thanks to all for your continued generosity. If you have an abundant vegetable garden harvest you would like to share, the food pantry happily accepts fresh produce also. They ask that these donations not be made on Saturday,

thoughtfulness of the BCP. When I was in Seminary one of the professors had a habit of saying an extemporaneous phrase during the presentation of the gifts. Instead of saying "The Gifts of God for the People of God..." this priest said things like "Look at this!" or "This is the most important thing in the room!" It amazed me every time how bad such off the cuff theology was, especially coming from a professor. Worship isn't an experiment or a game. Worship should be full of life and inspirational, and I think it always shapes the way we believe. I have book in my library called *Praying Shapes Believing*. The title is a churchy way of saying that words matter because they form us. I think that is true. If the words are vapid and empty, then what substance will the faith those words are meant to form have?

In the Episcopal Church a ton of work was done to ensure that the words had deep meaning and were rooted in tradition. The BCP isn't the only way to pray – other denominations and other provinces in the Anglican Communion have their own prayers and liturgies – but the BCP is reliably great. Because of the BCP the starting point for my children is connecting the dots between wine and salvation, bread and Christ, rather than having to come up with my own personal Eucharistic theology.

I enjoyed my visits to other churches in July. I can report back that other Episcopal Churches are fun, welcoming, and take worship seriously. If things are a little bit different in another church, at least I am able to use that as an opportunity for a newsletter and a means of explaining to my children that, though it may be ideal to receive both the bread and the wine, there is a long tradition and solid theology that says it is ok to receive in just one kind, but that is another article for another day...

# Summer Reading & Food

By the Rector

Last summer I read the *Hangman's Daughter* by Oliver Pötzsch. I was happy to discover that the book has turned into a series (the fourth book was released in July). The tales take place in the mid 1600s in Germany and revolve around a village Hangman and his daughter. Each book is a bit mystery and a bit thriller. I thought that each book was a fun read, and they are currently only \$3.99 for Kindle editions on Amazon.

Another set of books that I recommend is the *World Made By Hand* series by James Howard Kunstler. Kunstler has bounced between writing novels and books on various public policy. The *World Made By Hand* series delves into the question of "what happens if the oil runs out?" The stories are based in upstate New York in the not too distant future, a decade or two after wars and a decimated oil supply have left residents around the country struggling to survive with a collapsed infrastructure and no electricity. Post-Apocalypse literature and screen dramas are particularly popular right now; if you are looking for books in that genre that are on the more realistic side (as opposed to AMC's *The Walking Dead*, for example), then I recommend Kunstler's novels to you.

Right before I left for vacation I read Upton Sinclair's *The Jungle*. The end of the book got a bit weird (Teddy Roosevelt referred to Sinclair as a "crackpot" because of his extreme socialist positions which are evident at the end of the book), but on the whole it was a great and informative read. The plot of the book revolves around a family of immigrants who move and work in Chicago. Though only part of the book revolves around it, the book is famous for shining a light on the underside of the meat packing

however, since they are closed Sunday and Monday. (Obviously, fresh vegetables will need to be dropped off directly at the food pantry and not left in the collection bin at church!)

## **Peace Pole Project**

The World Peace Prayer Society sponsors the Peace Pole Project, which began in Japan about 60 years ago. The poles are inscribed with the words, "**May Peace Prevail on Earth**", in many different languages, and have been erected all over the world. They are an international symbol of peace and serve as an inspiration for all people to come together and transform the world. Very soon, the unsightly, old telephone pole behind the church will be transformed into a Peace Pole. We hope that it will serve as a symbol of peace to the community beyond our church doors. "May peace prevail on earth" bumper stickers are available for \$5 if you would like to show your support of this project. Discussion is currently underway to decide which languages will appear on our peace pole...stay tuned! Questions about the Good Shepherd Peace Pole may be directed to Bruce Barber, the brains of the operation.

Nancy & Wilfried Haensch

# SERVER & READER SCHEDULE

## 1<sup>st</sup> & 4<sup>th</sup> Sunday of the Month

Chalice	Diane Buschel
Acolytes	Abby Vesperman Emily Vesperman
Readers	Eric Parsons & Chris Palmer
Prayers	Arleen Flury
Ushers	Bernie Sotter & Jose Trinidad

## 2<sup>nd</sup> & 5<sup>th</sup> Sunday of the Month

Chalice	Gwen Greene
Acolytes	Christian Trinidad Claire Hintze Melody Rubino
Readers	Wilfried Haensch & Jim Corning
Prayers	Jan Corning
Ushers	Glenn Hintz & Rick Vesperman

## 3<sup>rd</sup> Sunday of the Month

Chalice	Phil Levy
Acolytes	Sindey Rosso William Rosso Delilah Rosso Denel Rosso
Readers	Fay Wright & Gwen Greene
Prayers	Sally Stevens
Ushers	Bob Velzy & Sally Stevens

industry in the early 20<sup>th</sup> century. Sinclair intended the book to alarm people about labor conditions workers faced, but most readers worried less about the people who were preparing the meat than they did about the dangerous food products that the book described being sold to the public. Worrying about where the food on our tables comes from is nothing new, and a little education on the subject never hurts (plus this book is a good read!).

Earlier this year, my wife read and enjoyed Michael Moss's *Salt Sugar Fat: How the Food Giants Hooked Us*. Our part of New York State is blessed to be in the midst of a wonderful agricultural area and also very close to one of the food capitals of the world (NYC). We have parishioners involved in the fresh and sustainable food industry (for example check out [Hudson Milk](#)), volunteer at local farms ([Stuarts Fruit Farm](#) just down the road from the church and [Hilltop Hanover Farm](#) in Yorktown), write about food ([Serving the Seasons](#) blog), and maintain our parish vegetable garden and [Sustainability Committee](#). If you love food like I do, take some time this summer to educate yourself about where the food you eat comes from, and always support local, sustainable food options.

Speaking of food... summer vacation allows me an opportunity to enjoy restaurants that I normally can't find the time to get to. One of my favorites is the Union Square Café in New York City. Nicole and I try to get there once a year for a nice dinner out (without the kids!). The food is always delicious, and I highly recommend it.

If you are ever in Rhode Island, the Matunuck Oyster Bar in South Kingstown (just off Route 1) is fantastic. The oysters and clams are brought directly from local shellfish farms to a slip below this sea-side restaurant and immediately taken upstairs to be served. It is nearly impossible to get fresher shellfish without owning an oyster farm. (Speaking of which, if you ever get a chance, buy Point Judith Oysters – they are

farmed by my uncle Tom Hoxsie and available at Matunuck and also the Grand Central Oyster Bar in NYC.)

One of my favorite local restaurants is the Farmer and the Fish in Purdys. I recommend lunch (the crowds are crazy at dinner), and I strongly recommend the scallop salad. The scallop salad is basically a salad with hearty breakfast and shellfish mixed in (seared scallops with crispy bacon, fingerling potatoes, sunny side up egg, lemon and olive oil). It's delicious and really easy to make at home – but try the restaurant version first.

Right at the end of my vacation I met up with Father John Merz for a dinner in the city. Father Merz is vicar of the Church of the Ascension in Brooklyn and assisted at Good Shepherd a few summers ago. John and I met up with no particular plan for dinner and so I recommended that we go to a place called Fishtail, a fairly new David Burke restaurant that is located down the street from my parents' apartment. It happened that John knew the executive chef, and so we enjoyed one of the most extravagant seafood meals I have ever had. We agreed that we ate such a variety that were had eaten "like sharks". Our meal included: calamari ceviche, lobster dumplings, fish tacos, crabcakes, ginger seared salmon, seared scallops, nori crusted tuna, sorbet, pineapple carpaccio. John summed it up nicely, "...literally more stuffed than I have been in ages. Good meal with a good friend." If you are ever in midtown (at Bloomingdales?) drop by Fishtail. It was wonderful!

My vacation was fun. I am very happy to be back at Good Shepherd, and I am looking forward to our Holy Days and the culinary feasts associated with them where we always get to eat good meals with good friends!

## Coming Events

- August 3, Saturday – FDR Park Picnic
- August 6, Tuesday, Transfiguration – Mass at 6PM
- August 11-13 - MHM away after church on Sunday through Tuesday for a funeral
- August 15, Thursday – Saint Mary The Virgin – Mass at 9AM; MHM AWAY PM
- August 20-22, – CANCELLED: Vacation Bible Study
- August 22, Thursday - Vestry Meeting
- August 24, Saturday, Saint Bartholomew's Day – Evening Prayer 5PM – MHM Away PM
- September 8, Sunday – Blessing of Backpacks
- September 14, Saturday, Holy Cross Day - Mass at 5PM
- September 15, Sunday - Peace Pole Dedication after 10 AM Sung Mass
- September 21, Saturday, Saint Matthew's Day - Said Mass at 5PM
- September 26, Thursday - Vestry Meeting
- September 28, Saturday – Eve of Michaelmas & Oktoberfest
- October 10, Thursday – Awards Dinner
- October 18, Friday, Saint Luke's Day –Mass 6PM
- October 23, Wednesday, Saint James –Mass 6PM
- October 24, Thursday, Vestry Meeting
- November 1, Friday, All Saints' Day – 6PM Sung Mass & Slow Cooked Dinner
- November 3, Sunday, All Saints' Sunday – Blessing of Memorial Garden
- November 21, Thursday - Vestry Meeting
- November 28, Thursday, Thanksgiving Day – Sung Mass 10AM
- November 30, Saturday, Saint Andrew's Day – 5PM Mass
- December 21, Saturday, Saint Thomas' Day – 5PM Mass
- December 24, Tuesday, Christmas Eve – 5PM & 11PM
- December 25, Tuesday, Christmas Day – 10AM



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