

Shrewsbury Episcopal Parish

The Very Reverend Henry Sabetti, Rector
The Reverend Stephan Klingelhofer, Priest Associate
The Reverend Dr. Thomas Sinnott, Hispanic Missioner

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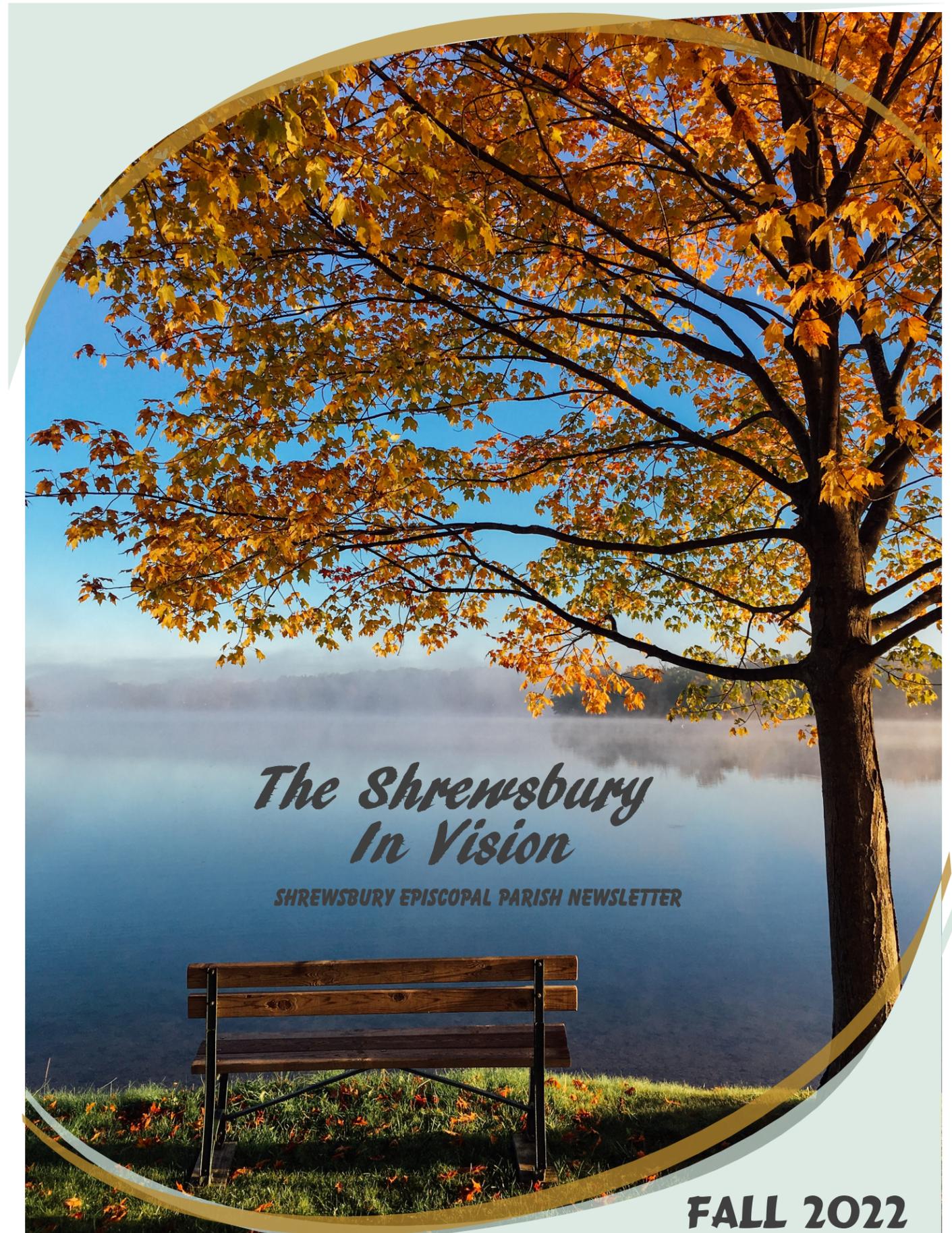


Shrewsbury Episcopal Parish Services

7:30 a.m. Holy Eucharist Rite I
8:45 a.m. Adult Spiritual Formation in the Parish Hall
10:00 a.m. Holy Eucharist Rite II and livestreamed on our Facebook page

Sagrada de Familia de Jesus Service Schedule for October and November

*Services are at 4:00 p.m.
October 16th and 30th
November 6th and 20th



FALL 2022

From Your Rector:

Stewardship 2022

In the next few days you will receive a letter from our Senior Warden Ran Crawford. It is that time of the year again when we ask you to prayerfully and faithfully consider and hopefully make a pledge of giving. Each year we marvel at the incredible blessings this parish contributes. Thank you. You are the Church and this church continues to thrive because of you.

To celebrate the season of stewardship, we will have two Pledge Sundays this year, October 23rd and 30th. Both Sundays will feature Lay Leaders of our parish offering their personal reflections on the topic of Stewardship and the importance of faith and this church in their lives.

On October 30th we will try something new. To bring our two services together more often, we are going to have one Holy Eucharist that day at 9:00 am. During that service we will offer God's blessings on the 2022 Pledge Cards during the Offertory. Following the service we will gather for a 5th Sunday breakfast in the Parish Hall. This gives us a chance to get to know those who generally attend one of our two morning services. Please plan to join us that day.

Shrewsbury Parish continues to be one of the thriving and vital parishes in the Diocese of Easton. We are active in parish, community, diocesan and international ministries. Our laypersons come from a wide array of backgrounds and experiences and are among the most active people I have ever known. What you as a church are doing is making a difference in the world, which sorely needs the hope and love of a God that lies deep within each of you.

May we keep moving forth in God's name and for God's love to God's people, now and always.

Blessings and Peace,

The Very Rev. Henry M. Sabetti
Rector and Northern Convocation Dean

Let's Get Involved!

*Pledge
Sunday*

10/30/2022

**9:00 A.M.
COMBINED
SERVICE**

**FOLLOWED
BY A
5TH SUNDAY
BREAKFAST**

SOCKTOBER



For the month of October we are collecting winter hats, gloves & socks for those in our area who need them. Please place the items in the basket in the Parish Hall. Thank you!!





TREES

Roots of trees roam far and wide interlacing with the root networks of their neighbors. Those neighbors hold on to one another for dear life, drawing stability from community and safety in numbers. To be rooted is perhaps the most important and least recognized need of the human soul.

(Evans, 2021, p. 154)

This is one of the many lessons I have learned during Shrewsbury's Adult Education hour at 8:45 each Sunday. This particular lesson comes from Rachel Held Evans' book

Wholehearted Faith: Many Voices, Many Masks.

Come join us each Sunday as we walk together learning from each other.

All Saints Sunday
November 6, 2022

Daylight Savings Time ENDS.
 Turn you clock back 1 hour before bed.
 Celebrant and Preacher: The Rev. Stephan Klingelhofer



"For all the saints, who from their labor rest..."



There is a Lions Club eye glass donation box on the shelf in the narthex. "All types of glasses are appreciated. Eye glasses are processed and usually end up in third world countries where access to glasses is rare."



Congratulations to Parishioner Sue Edson on her recent race recognition!

YAY!

Sapphire Quarstein, 22-Year-Old Orange Tabby Feline

Saffie, Saffy, Sapphire, Murder Mittens, Lefty, The Queen, was named by Austin Short after a Pokémon Character, Sapphire Odamaki (Birch) on July 2, 2000; she was born in a horse stable in Kent County. She loves the outdoors, taking long walks with her hoomom and the pups [who she terrorizes at all times -- hence murder mittens] and lounging in a sunbeam or on a warm computer.

She has always been a great comfort to me; and now I know why!

According to Tufts University Cummings School of Veterinary Medicine newsletter for caring cat owners, *Catnip*, article titled "Dementia, Heart Disease, Less Likely Among Cat Owners" stated that people with pets may be protected from cognitive decline. "After looking at scores over time that showed how well the people did on tasks as noun recall, subtraction and counting backwards, they found that cognitive deficits came on significantly more slowly among pet owners. The association was strongest for people who had had their pets for at least 5 years." (July 2022 Vol. 30, No. 754).

It further explains that having a pet can decrease blood pressure, cholesterol levels, and triglycerides – leaning towards better heart health.

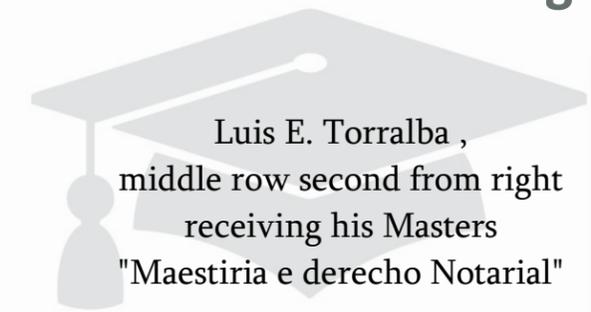
She's losing weight and hair, but she still wants to chow down, take albeit shorter walks (now I carry her most of the way home) and a warm lap.

Don't we all!

So please consider adopting a fur friend!!!



Congratulations Luis!!



Luis E. Torralba ,
middle row second from right
receiving his Masters
"Maestiria e derecho Notarial"



Luis E. Torralba, on left with microphone
Receiving his Diploma in Governance and
Public Innovation for
Latin American Leaders: CIDE-CAF

The summer of 2021 Luis came from Veracruz Mexico and lived with Pam Quarstein for three to four months. Some of you remember him coming to 7:30 a.m. or the 4:00 p.m. service with Pam. Luis really loves the Lord and would tell you his story of being born anew! He was here on an educational visa to immerse himself in the English language; as part of his studies back home. He worked briefly at Eastern Shore Tents and Events in Worton while at night he would study and take tests. His path is to become a lawyer and open a firm on the border to help immigrants cross the border legally. We see that he has successfully graduated and is onward towards his goal. A Notary "Notarial" in Mexico is equivalent to an administrative judge here in the US.

Congratulations Luis!!!

Where is the FAITH in this story?:

A scary thing happened on the way to Bermuda – with an unexpected outcome, so here’s the story direct from Rich Walls, who came back to tell the tale. Rich was doing his thing, sailboat racing, in the Newport to Bermuda Race this past June. ACTEAA, a beautiful 40’ Hinckley, had just left Newport on June 17th with a crew of 8, including the owner, Mike and his wife, Connie, both co-owners and co-captains of the vessel. Together, they had a combined total of 25 years’ experience racing and Rich had been sailing on this boat offshore for 11 years. In fact, Rich’s main contribution to the crew was his excellent skills as the repair person. The crew was not only very experienced individually, but extremely compatible in working together as a team. If you are a sailor, this is a big deal, and not always the case. In fact, Rich worked on ACTEAA before being invited to be part of her racing team. We started the race without incident on the morning of Friday the 17th out of Newport with 15-20 knot winds, that tapered off to barely 5-6 knots that afternoon, causing us to switch to our lighter sails. The next day, the wind picked up again to 15 knots with a following sea and 4 foot waves. The afternoon produced a series of surrounding storms, luckily none of which directly touched us. However, all of a sudden, as the wind picked up again, we “broached” (a sideways knockdown with the mast and spreaders fully in the water). We battened down the hatches as we attempted to right the vessel and prevent flooding below deck. We tried to release the preventer to dump the air in the mainsail, but it was too tight, as ACTEA righted herself, only to be knocked down on the other side once again. This continued side-to-side 3-4 times before we became upright. The off-watch crew came topside and attempted to help get the spinnaker down. Finally, we were able to hoist the mizzen, staysail, main and jib, but also realized that we had lost all instrumentation for navigation, wind direction and speed – all of which were critical to continuing the race. What was left, though, was a hand-held GPS, and compass, allowing us to maintain a course south as we were only 120 miles into a 600+ mile race. After about two days, we managed to get our electronics back. We continued to sail our race after resolving the question of dropping out and deciding to continue. Every now and then, we would see another boat way off in the distance, but still not having any idea where we were actually were in the race itself. The crew was mostly in the 60-70 age range with 2 at 70+ and one in the 40 range but all very experienced.

After several days, we were finally getting into Bermuda near the finish line. It was then that we noticed only two boats ahead of us in our class, approaching the finish line, with the rest behind us. Suddenly, we realized to our astonishment, how well we actually did, even with all the problems. We came in 2nd!

Again, the question:

WHERE IS FATH IN THIS STORY? – Is it Faith in the boat, faith in the crew, faith in each other or faith in a higher power or the power of prayer? I will leave it to you, the reader, to decide.

(told to Carol Niemand by Rich Walls, crew member)



HEAR YE! HEAR YE!!

The Shrewsbury Social Ministry is all-inclusive. Please join us to provide for others in multifold ways. Here’s what’s happening in the rest of 2022:

Continue to provide food for the community pantry.

SOCKTOBER- provide warmth to others from hats, gloves, and scarves to socks in October, Provide small household items, books, kid toys and games, costume jewelry, and men things like small tools, belts, wallets. The AGAPE Christmas celebration is the first Saturday of December.

The children wrap gifts for family members and care givers. You may also volunteer to help that day.

Thanksgiving baskets – turkey and all the fixings.

Angel Tree- selecting a child to provide gift or clothes.

AA provide sweet treats for their Wednesday meeting.

We continue to help those in our community near and far as we are called to do.

For more information look for the boxes provided in the parish hall and in the Sunday service sheets.

Also feel free to contact Emily Cassidy or Sue Coleman.



The Social Ministries School Supply Drive was a success.

Look at all these great school supplies!

Thank you from everyone here at KCMS



Contemplative Gardening By Rachel Field, Heartberry Hollow Farm & Forest - August 10, 2022

At the beginning of July we were invited to participate in a garden tour for the town of Roxbury and we spent the better part of a week cleaning, mulching, adding compost, trellising, and harvesting in an outdoor version of the game “people are coming in 15 minutes time to clean the house!” Then, the morning of the tours, our only role was to sit in the garden and welcome whoever came. It was a rare moment for us - both Jonathan and I - to experience stillness in the same space. Not only that, but in a space that is usually reserved for intense labor. We sat together between the beds and waited.

I’ve often heard it said in gardening circles that a gardener’s feet are the best fertilizer. In my experience...I think the cow poop helps. But I have noticed without fail that the years I spend 20 minutes or more each day in my garden - even just looking at my plants, are always more productive, beautiful, and lively than the years I squeeze a half hour in once a week. The only thing we truly have as our own is our attention, and it grows in spiritual stature when it is given away. This is as true in gardens as it is in traffic jams, high rises, forests, and grocery stores. Where we give our attention is where we share our power, and the places we share our power deepen, grow, and encourage other realities to come forward. This is etched in beautiful relief through the nutritious diverse foods of a well tended garden. The same attention placed on violence and control is reflected in excruciating detail in the bloated military and policing budgets of our common life here in the United States. All of our attention, all of our power, whether considered individually or collectively, shapes and remakes our reality. There is a shocking truth that lives in every bank, hollow, plain, and hillside. The truth is that we really do have the ability to crystallize into being the reality of Eden on every square inch of the planet. That is, in fact, our role, our genomic vocation. We can midwife this through witnessing in awe the depth beneath the seemingly ordinary enfleshment of rock and twig, leaf and acorn. Living with an awakened heart deep where our feet are rooted is the first step. Noticing from the heart, the heart of the beloved around us is the second step. In a garden, this may come more easily, but it is the remedy for every evil that lurks in the corners of the earth. Part of a healing process for racism, violence, supremacy, or addiction is attention in love to the source of the pain, not avoidance or shaming. Perhaps our gardens could become the seedbeds for practicing the ability to be present in love so that through our practice we can join in the creation of Eden together, now.

Watching neighbors and guests move through our garden on that sunny morning, brought this vision of co-creating Eden into full relief. When the two children started chasing bumblebees through the waving borage plants, or the old friends smiled at the ingenuity of the tomato trellis, it felt like watching radiance take shape. There was a freeness to play, explore, to simply, be. It is this freedom in our creatureliness that the earth draws out of us, and it is to be so cherished. As Jonathan and I sat, caught up in the awe of the dance between soil and seed, we could feel ourselves being brought toward fullness like the green tomatoes swelling toward ripeness in the summer sun.



Companion planting of carrots, peas, onions, and borage. With duck coop in the background.



The vegetable garden at Heartberry Hollow



Shelling peas and iced tea in the garden.

Natura Divina

St Francis wrote about reading from the two books of revelation: the book of scripture and the book of creation. Many people, myself included, are familiar with the process of “reading God” or Lectio Divinia. This practice includes reading a short text of scripture multiple times to listen for the spark or divine invitation in yourself that opens toward a word, phrase, or idea. The spiritual practice of gardening invites a process from the other book of revelation, the book of creation. The practice of Natura Divina, involves the same sitting with and “reading God” but with nature rather than written text. For this practice, I invite you to wander in a place that is relatively unshaped by human imagination. Let your attention wander until something catches your gaze. Once it does, introduce yourself (you can use words if you’d like) and allow it the opportunity to introduce itself to you. This introduction will most likely rely less on a verbal exchange of pleasantries, and more as a sensory exploration. What does this creature/plant/being look like? Sound like? Smell like? Feel like? Let the space for this introduction take as much time as it invites. Then, in response, offer an acknowledgement such as, “I see you.” Allow your companion to move deeper with you, What relationships might exist between this being and humans? Does it offer itself for food? For fiber? For medicine? What does it require to flourish? Allow this deepening to take as much time as it needs. You may want to pose a question to this companion. It could be something you have been working on in spiritual direction. I often ask “What is mine to do today? What is mine NOT to do?” Allow plenty of space and time for a potential response. Finally, offer a gratitude back to your companion. If you are working with a plant, and it feels appropriate to do so, it can be beautiful to offer the plant a small amount of your saliva by spitting on the ground. This waters the roots and gives a piece of yourself back in return for the plant giving of itself