

# *The Bells of Saint Mary*

## *August, 2008*

### With My Hand on the Plow: Freedom

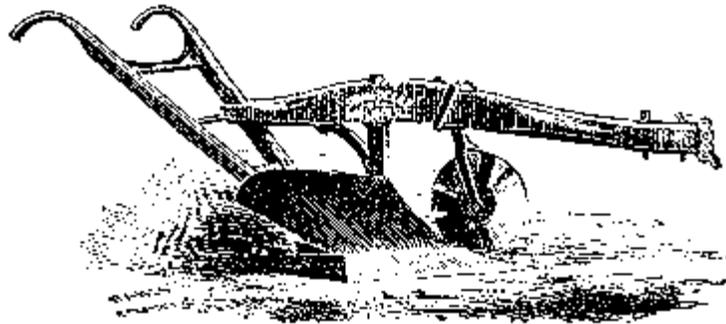
“So then, a Sabbath rest still remains for the people of God; for those who enter God’s rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest.” (Hebrews 4: 9-11b)

I read recently somewhere that the nation of France takes more leisure time than any other industrialized nation. I read, in the same article, that we Americans are about the worst at it. That we tend to take our work with us, in the form of lap top computers, cell phones, pagers, and worry. I know that I am guilty of all of these. What is it about us that keeps us from taking rest? Is it a sense of own self-importance? That somehow the world just cannot do without us for two weeks? Or two days? Or two minutes?

When most of you read this, I will have just returned from a 15 day mission trip, with five youth from our church, and nine others from six other churches, to the Pine Ridge Reservation in South Dakota. It will have been a time that features rest in the sense of sleep...on the ground, in sleeping bags, pretty much when the sun goes down to when the sun comes up the next morning. In this case of this 54 year old man, it will also feature stiff bones, aching muscles,

and “hard sleep”, the kind of sleep that comes because you are so tired.

Many of us suffer from interrupted sleep, waking up many times in the night from dreams, or noise, or physical needs. Many of us cannot remember the last time we actually got eight good hours of sleep. I remember being very concerned with my children getting to sleep by ten o’clock at night so they could get a good night’s sleep...and that Deborah and I would then be able to talk with one another, usually for the first time that day. We got in the habit of spending that time at the end of the day checking in... because it was the only time the house was quiet, and we weren’t



taking care of the needs of our children. Now, this many years later, and the kids not kids anymore, we still stay up late to talk. But why? We have many more opportunities to talk, much earlier in the evening. But habit, in the words of Samuel Becket, is a great deadener.

On the seventh day, God rested from all of God’s labors and hallowed that seventh day as Sabbath. The whole idea of Sabbath has become for us an opportunity to worship God on the Sabbath, instead of

embracing the idea of real rest...real time to be in God's presence and to not have work to do. Because doing anything keeps us away from time with God...which we need...and is what Sabbath is all about. So how then do we manage to get some rest? Discipline. Easy for me to say, horribly difficult for me to do.

Sabbath time is not about Sunday... although Sunday is an opportunity to take some Sabbath time by coming to church and worshipping God with your community. Sabbath time for me is supposed to be on Monday...which is not a work day for me, as Sunday is, but is a day off. A day to be quiet, be peaceful, be at rest. Why then is it so difficult for me to do? In my case, because there are so many things I put off doing until my "day off". My mistake, my inability to recognize the commandment that I am supposed to "remember the Sabbath day and keep it holy" is in looking at Mondays as my "day off" instead of Sabbath Time. So perhaps this is the learning I am pulling for myself and now share that insight with you.

This week, and every week, pick some time to be alone with God in your busy life. Hallow that time by going there and staying there. Pray there, do nothing there, be still and know that God is God there. Let that time be Sabbath time. Do yoga there, meditate there, take a nap there...just do not work there. See if rest time can become Sabbath time in your life. It will be what I try to do in August and for my days forward from there. And let's check in with one another and see how we are doing. I will need your help to keep my Monday Sabbath so that taking care of me and my relationship with the God I serve and love can be realized. And the whole idea of setting aside some time for yourself will be something I check-in with each of you about. If we do, then we just may accomplish "So then, a Sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his. Let us therefore make every effort to enter that rest."

Fr. Michael+



*"Everliving God, strengthen and sustain (name), that with patience and understanding he/she may love and care for your people; and grant that together they may follow Jesus Christ, offering to you their gifts and talents; through him who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen."*

*"Celebration of a New Ministry" in the Book of Common Prayer*

## Save the Date!

The Institution of the Rev. Canon Deborah Dunn as Rector of St. Peter's in Santa Maria will be January 17, 2009 in the morning. The Institution of the Rev. Michael Cunningham as Rector of St. Mary's in Lompoc will be January 17, 2009, in the afternoon.

A reception and celebration for both churches will be held at St. Mary's (we have a parish hall big enough!) following the afternoon service at St. Mary's.

Please mark your calendars so that we can go to St. Peter's to honor Deborah, and then come back to St. Mary's and have our own celebration of New Ministry.

## We are His Hands

The Backpack project for needy local students continues until August 18th. A list of items that will be used to fill backpacks for K-12th graders is provided below. Please drop off your purchased items in the container in the Narthex. The Committee will also be glad to purchase items for you: make your check out to St. Mary's with "Outreach Backpacks" in the memo area. Thank You!

The Outreach Committee

Supplies List:

12 pens (black or blue ink)  
12 #2 pencils with eraser  
Pencil sharpener (encased)  
Pencil zip bag or box  
Eraser (or pack of erasers)  
Box of crayons  
Colored pencils  
Colored markers  
3-ring viewbinder, 2" or 3"  
3-hole notebook paper  
Index dividers  
Spiral notebook  
Ream of copier paper  
Small calculator  
Scissors  
Ruler  
Toothbrush

*Revs Scott and Mary Richardson return to Saint Mary's for the July 27th service. They were on their way to a family reunion, but stopped off for a reunion with us first!*

## Christian Formation

On August 4<sup>th</sup>, Trudy Ardizzone, our new Missioner for Christian Formation, begins her ministry with us here at St. Mary's. You will see Trudy hustling and bustling around the church, sorting through years of Christian Education and Sunday School stuff, organizing, sorting, throwing out and setting up for the year to come. Trudy's responsibilities include our Formation programming for our youngsters, our teenagers and young adults, and all of us grown-ups as well.

I understand Christian Formation to be life-long process, and am happy to have Trudy, and her wonderful creative spirit and boundless energy, to help us live into that vision of Formation for our church. Please stop by the church and introduce yourself to her, and, remembering our wish list in the Bells...volunteer to be part of the Formation of our youngest members, and help with Sunday School. We are blessed by God our Father to have brought us Trudy and her wonderful husband Joe, and we offer much praise and thanks for the gift that they are, and the many gifts they bring to us.

Fr. Michael+



## St. Mary's Young Adult Volunteering in India

Kevin Smith Broderick, son of Robin and Harris, has been volunteering at the Indo-American Home for Children in southern India since mid-April. His activities include teaching conversational English and basic computer skills to the residents, who range in age from 5 to 17. Kevin has been attending Kanahapapram C.S.I. (Church of South India), a Christian church with services conducted in Tamil (a language commonly spoken in Southern India and in Sri Lanka). Kevin is looking forward to coming home to Lompoc in late October, especially to a high speed internet connection, automobile, U.S. TV in English, and seeing his friends at St. Mary's, plus the modern conveniences we all take for granted.

Kevin was confirmed at St. Mary's in 1996, where he was an acolyte, and was active in the junior and senior youth groups and the Feed the Homeless ministry. He has completed an Associate of Arts degree at Allan Hancock, and plans to continue his education on his return. (A reserved twenty-three year old, he will not be pleased that his Mother submitted this article©. However, broadband, after dealing with "less than dial up" in India, may help forgive this momentary lapse of proud parents.)

The Indo-American Home for Children is located near Nagercoil on the southern tip of India. Established in 2000 by Drs. S.A. and Helga Nallathambi of Pennsylvania, the home supports orphans and semi-orphans (children whose parents cannot provide for them), and provides for those born in dire poverty. There are approximately thirty children at the home and they are accepted according to need, regardless of race, religion or gender.

"100 years from now it will not matter what kind of bank account, car or house you have: but, the world may be different because you were important in the life of one child." (author unknown)

Robin Smith



*Children and Staff of the Indo-American Home*



*Kevin Smith Broderick and Dr. Harris Broderick, on their arrival at the Indo-American Home, wearing garlands made by the children at the home as a greeting.*

## More Than A Beautiful Banner



The religious Order of the Daughters of the King originated in the late nineteenth century here in the United States as a women's prayer and service organization, specifically implementing tasks to assist the parish priest. After training and taking lifetime vows, women are called to strengthen the Church's spiritual life by prayer and performing projects. DOK's mission also asks that Christ's Kingdom be extended to others, particularly youth.

Chapters of the Daughters of the King now exist all over the world, and some years ago, St. Mary's established the Roses of Sharon chapter, with its banner displayed to the right of the altar in the sanctuary. Continuing through prayer and a heightened understanding of prayer has opened these Daughters to the wisdom of God, and has helped them, and those whose lives they have touched by prayer, and the parish in entering fully into God's presence.

**On Saturday, September 20, beginning at 9 a.m., all interested women are invited to a DOK meeting, including Eucharist at 11:15 and a luncheon at noon.** Our intention is to lift the Roses of Sharon chapter into its next phase and opportunity. Fr. Michael has promised a short list of possible projects to be considered and a training schedule will be set up for those wishing to learn more about Daughters of the King and perhaps take their own vows.

Please call Elizabeth at the office if you will attend to plan sufficient food for the concluding lunch. You may also call Kati Smith at 455-8688 for more information, or check the website, [www.dok-national.org](http://www.dok-national.org).

Current Assets		<b>\$\$ MONEY TALK</b>	
Checking/Savings			
CD	71,738.34		
Operating Fund - Checking	46,966.28		
St Mary's Designated MMCheck.	35,920.29		
<b>Total Checking/Savings</b>	<b>154,624.91</b>		
<b>Total Current Assets</b>	<b>154,624.91</b>		
<b>Income and Expense</b>			
June 2008			
<b>Income</b>		<b>Expense</b>	
Interest	171.77	Administration	13,796.17
Scrip Rebate	12.96	Buildings and Grounds	1,719.51
Undesignated	24,152.35	Christian Formation	107.95
<b>Total Income</b>	<b>24,337.08</b>	Insurance	1,821.00
		Mission Share Fund	1,951.50
		Mortgage	2,710.15
		Outreach	177.00
		Property Taxes	955.39
		Radical Hospitality	161.96
		Rectory	364.11
		Stewardship & Renewal	96.38
		<b>Total Expense</b>	<b>23,861.12</b>
		<b>Net Income</b>	<b>475.96</b>