



# *Grace Notes*

*March 2012*

Grace Episcopal Church  
106 Lowell St.  
Manchester, NH

## **From the Priest in Charge**

This past Sunday, our youth group played a board game called “Squint.” The game, as Ken Fox put it to the group, is nothing more than “charades with pictures.” The goal of the game: use odd squiggles, shapes, and lines on cards to image different words. While some words – bubbles, watch, tears – were easily drawn and guessed by team members other words – handshake, briefcase, shampoo - were harder to describe. Towards the end of the game someone asked, “Marjorie, you said this game had something to do with Lent. Please explain.”

The definition of squint is “to look at someone or something with one or both eyes partly closed in an attempt to see more clearly or as a reaction to strong light.” For me, Lent is a time to “squint.” A time for each one of us to work at seeing our lives, our faith, our daily words and actions more clearly by shining God’s light and influence on our existence more deliberately. There are so many ways we can do this. One bishop friend of mine writes a long, hand penned letter, one per week, to someone who has changed his life for the better – a grade school teacher, a friend, a fellow clergy. Another colleague inserts a deliberate prayer pattern into her daily life for all of Lent using blogs and literature. A dear friend told me how, during Lent last year, she wrote three thank you notes every day. “It wasn’t easy, some days, to be thankful for people around me. It was a good practice in a day and age when most of the time we feel more entitled than grateful.” Another parishioner told me she heard recently in a sermon at another church she was visiting Lent was about, “removing things from our existence that drag us down and make us less than God calls us to be.”

Today, in my morning meditations from the text *The Art of Pastoring: Contemplative Reflections* by William C. Martin I read the following: “You are a minister of the Word, but not of words. The Word was in the beginning before words and beyond words. And whether they weave sophisticated patterns of intellectual magic, or they strike with passion at the heart of the people’s emotions, words are not Word. For the Word is inexhaustible. One can only stand in wonder and point.”

One of my many goals this Lent is to continue to embrace the fact that I speak about the Word, but I am not the Word. I can merely squint my eyes and look towards the Word, God, for guidance. I pray this Lent each one of us looks towards God regularly and finds daily time to stand and wonder and point.

**Marjorie +**

**Lenten Boot Camp Up and Running!** Special blessings to Janet Mills, who led a group of twelve fitness disciples in an exercise class 2/26 at 12:30 PM. This fitness course, designed to make our bodies more fit for the service God gives us to do, will continue for the next four weeks (3/4-3/25) following 10:30 service.

“I am relying on your power to help me make healthy lifestyle changes a permanent part of my life, so I can be all you created me to be.” This is part of a prayer that our group prayed last Sunday. Bring your workout clothes and join us in embracing the call to be healthier during this season of Lent.

**Hungry for The Hunger Games?** On March 24<sup>th</sup> anyone who has enjoyed reading The Hunger Games, Catching Fire, and Mockingjay, a trilogy of books by Suzanne Collins, is welcome join us at church at 11: 30 PM to travel over to the O’Neil Theatres at the Apple Tree Mall (16 Orchard View Drive in Londonderry, NH, 03053) for the 1 PM showing of the movie version of the first book The Hunger Games. Please e-mail Marjorie at [marjoriegerbrachtstagnaro9@gmail.com](mailto:marjoriegerbrachtstagnaro9@gmail.com) or sign up on the kiosk in the Great Hall so that Marjorie can pre-order tickets as the show is predicted to be a huge success. An optional post show debriefing with Marjorie will discuss the spiritual significance of the film and why the book, written for a target audience of young adults, has resonated across a wide age span of readers.

**Episcopalians: We Do Want To Know The Bible** The very first year I was ordained, I ran weekly Youth Group meetings at the downtown cathedral in Cincinnati, Ohio. I remember one class session adult and youth alike offered up reasons as to why they enjoyed being Episcopalians. A sixteen year old, Danielle, told the group, “I am not like my Baptist friends. They have to know the Bible inside and out and be able to quote it. Thank God we Episcopalians aren’t into that trend!”

Please join Maryan Davis and Marjorie Gerbracht-Stagnaro for a four week Bible Study that will buck the stereotype that we Episcopalians don’t need to know the Bible. Join us on Thursdays at 12 PM (3/1, 3/8, 3/15, & 3/22 – bring your lunch!) OR Sundays at 9:15 PM (3/4,3/11,3/18, 3/25) in the church library. Participants will use the book Daily Feast, a book of daily meditations, to help us weave the bible into our daily life and work.

**Calling All Names To Help Fight Cancer!** This coming June members of our Youth Group will walk in Manchester’s Relay for Life (June 2<sup>nd</sup> and 3<sup>rd</sup>) to help raise money for cancer research. We will be designing a team shirt that we’ll wear for the event and sell to our church family. This T-shirt will list all those in our lives we love who’ve fought the good fight against cancer.

If you would like a friend or loved one you know who has battled cancer to be listed on our shirt, please let us know that individual’s name and correct spelling. If you can, please consider donating \$2 per name to help support our efforts. Questions? Please contact Ed Doyle ([edward.doyle@comcast.net](mailto:edward.doyle@comcast.net)) or Marjorie Gerbracht-Stagnaro ([marjoriegerbrachtstagnaro9@gmail.com](mailto:marjoriegerbrachtstagnaro9@gmail.com)) for more information.

**St. Michael’s Guild Begins** Thanks to the efforts of Susan Cox and Susan Tonnar, a new guild titled the St. Michael’s Guild is beginning here at our parish. The Hebrew name “Michael” means “Who is like God?” This guild will be like God by helping plan funeral receptions for those who have lost a loved one in our parish family. If you are interested in becoming a part of this group, please sign up to be

## *Dear Grace Church Parishioners,*

Thank you for honoring me with a wonderful surprise party on Saturday February 4th to conclude my time as Church Treasurer. You can rally keep a secret; I've never been more surprised!

Thank you for taking a big part of your Saturday to prepare and serve the delicious luncheon. It was very thoughtful to invite my daughter Barbara, her husband Jeff and granddaughter Elizabeth.

Lastly let me thank you for raising funds for our church and giving me the honor of choosing how the funds will be used. I would like to have these funds applied to handicap access, i.e. an elevator, which Marjorie has spoken of in church.

Being Treasurer has been a rewarding learning experience. I have enjoyed working with our Priests, Church Staff and Vestry. I have had the satisfaction of doing a necessary job with lots of help from Dick Feren, and recently Ed High.

Your expression of appreciation is a wonderful conclusion. Thank you.

Most sincerely,  
*Warren H. Koch*

February 15, 2012

## **Getting your Just Desserts**

In early days of construction, the ratio of a circle's circumference to its diameter was commonly stated as 3. Considering that measurements were made by non-precision tools like arms, hands, and fingers, that was quite reasonable. As time went on, mathematicians calculated the ratio out to many decimal places and got 3.1415926535 •••. They symbolized the ratio by the Greek letter  $\pi$ , pronounced "pi." Nowadays, most math teachers approximate the value as 3.14, which is actually a type of desert. Why? (Answer on page 9)

# Lessons of Addiction Recovery — Lisa von Braun

My friend Lindy is a drug and alcohol counselor and gave me permission to use this story. She is often asked how she manages to work with people who have addictions; her reply is that people who are using ARE extremely frustrating to work with, but that people in recovery are something else entirely. There is the occasional person who will not just recover from their addiction, but go far beyond and become an amazing person.

She tells this story to illustrate: One day Lindy got a call at 830 a.m. from a client we'll call Pat. Pat told Lindy she was unable to make her appointment that day because two weeks ago she had found a lump in her breast. She had contacted her doctor who biopsied it and today Pat had an appointment to get the results. Oh, and also, her daughter's school had called and wanted Pat to come in and speak to the principal because her daughter was in some kind of trouble. Then her car had broken down so she would have to get to these appointments by bus, so she just couldn't make the appointment with Lindy that day.

Lindy said, "Pat, I feel terribly for you. I feel like crawling back into bed and hiding under the covers!"

Pat replied, "Oh no, Lindy, not at all, I feel tremendously blessed."

"You're going to have to explain that one to me," Lindy said.

"Well, if I wasn't in recovery, I never would have been strong enough to go to the doctor about the lump in my breast; I would have just ignored it. And if I wasn't in recovery, I wouldn't be available to help my daughter at her school; instead I would have been part of the problem. And if I wasn't in recovery, I wouldn't have a car, and all cars need to be fixed sometimes, so I am grateful to have one and be able to afford it. So you see, I feel tremendously blessed."

Today, twenty years later, when Lindy is having a bad day, she thinks of what she learned from Pat. This story reminds me that we have so much to be thankful for, and may not be aware of our blessings.

Amazing trainings on addiction and how it affects individuals and families are available free from the state of NH Bureau of Alcohol and Drug Services. This issue touches all of our lives in some fashion. I highly recommend the training when you get a chance.

- Initial Training on Addiction: 2/15, 5/16, 8/15, 11/7
- Families and Addiction: 2/16, 5/17, 8/16, 11/8

See: <http://www.dhhs.nh.gov/dcbcs/bdas/training.htm>



***St. Patrick's Day  
Corned Beef and Cabbage Supper***

***Saturday, March 17<sup>th</sup> at 6:00 PM***

Please join us for a traditional Irish boiled dinner, complete with entertainment!

Wear green and bring your lucky charms! A good will offering will be collected (\$10 for family, \$5 for individuals suggested)

Gentlemen's Cake Auction to follow. Proceeds from that to benefit Relay for Life

## Vestry Notes

Karen Furtado, Clerk February, 2011

This was the first meeting for many members of the vestry. As such, Marjorie conducted an opening exercise for all to learn a bit more about each member.

Assistant Treasurer Dick Feren presented the January financial reports. The month ended with a net profit of \$905.53. Revenue is running behind by \$2,805.63 and expenses are currently under budget by \$5,494.92. Warren Koch presented the 2011 parochial report. The activities of the church were reviewed along with our 2011 financial performance. The report was approved by the vestry.

The vestry appointed Ed High as Treasurer and Dick Feren as Assistant Treasurer for 2012. Due to the transition of the wardens and treasurer the vestry approved changes to those who are authorized to sign checks on the Citizens and Schwab accounts. With respect to the Citizens Bank account, two signatures shall be required for checks over \$5000. Authorized signatories on the Grace Church accounts at Citizens and Charles Schwab include: Ellen Zimmerman, Christine Anderson, Ed High and Richard Feren.

The research for the elevator has kicked off. Blue tape has been placed on the first and second floors mapping out the initial location that is being considered. All property members are going to do individual walkthroughs to create a punch list of maintenance items throughout the church and Great Hall.

The Parish Growth has reconsidered the timing of the "Come and See" program and will reevaluate this activity in the fall. Currently there is an initiative underway to update the directory.

The Lenten program was sent to all. There are many activities planned including a bible study that will be offered during the week and on Sundays during Lent.

Safe Church training will be held in April, September and October. All new vestry members need to attend one of the sessions as well as any vestry members who have not attended the training in the past. Refresher training is required for those who have not attended in the past 5 years. Ed High will be preparing the list of vestry members who need to attend the training and register these individuals for one of the sessions this year.

# Reflections AND THOUGHTS Bryant

## **Does the term “Global Warming” not say enough?**

On our most recent trip, we were in California and stopped to see the Scripps Aquarium in San Diego. There was an exhibit that particularly caught my attention because it focused on the effects of global warming. In fact, the title of it was “Warmer Planet.” It showed temperature changes around the world, it showed some things that are often missed about how mankind has influenced the earth’s environment, and it also pointed out some curiosities and other effects.

The first thing I noticed was the display that described the non-uniformity of the warming effects. For most of the southern half of the earth, basically most of South America, Africa and Australia, average temperatures had increased less than one Fahrenheit degree in the last 50 years. In the northern hemisphere, from mid-US, mid-Europe and most of Asia up to the North Pole, average temperatures had increased three or four times as much. That in itself might seem a little curious, but there is one area that is even more puzzling. Specifically, the average temperature on a piece of Antarctica and adjoining ocean has increased by about 3 Fahrenheit degrees (roughly 4.5 times the global average); however, the average temperature of a region just east of it has decreased by a degree. And that wasn’t the only decrease. There were a few other places on the earth where the temperature had also decreased. The key point here is that temperature change is not uniform, and in some cases, “warming” isn’t what’s happening.

Overall, however, the average temperature of the earth is increasing. That means the temperature of the oceans is also increasing, and that has major effects, one of which is related to the survival of fish. Warmer water can absorb less oxygen than colder water, which means that in warmer water, fish have less oxygen available to absorb through their gills. It would be like a person suddenly being brought to an altitude of 14,000 feet and finding it more difficult to breathe as compared to sea level.

Now let’s look at what is causing the warming, and what else it may be doing to the environment.



The major cause of warming is an increase in the amount of CO<sub>2</sub> (carbon dioxide) in the atmosphere. One other effect of this is that the amount of CO<sub>2</sub> present in ocean water is also increasing (approximately half of the CO<sub>2</sub> added to the atmosphere is absorbed by the oceans). As the amount of CO<sub>2</sub> in water increases, the acidity of the water increases as well. This impacts shellfish because higher acidity of the water makes shell formation more difficult.

Yes, global warming is happening, but that is only one of the effects that has impacted the global environment. Before this trip, I knew that all of these things were possible, but the exhibit at the aquarium was the first time that all of them had been tied together so neatly for me to better understand all of the interconnections. And I wondered if part of the reason I hadn't thought about all of it was because of the emphasis on the term "global warming" rather than the use of a term like "environmental catastrophe."

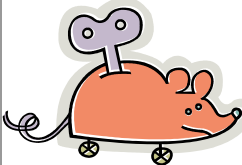
Dick Feren

\*\*\* (Answer to pg. 4 riddle: Because 3.14 is a piece of pi.) \*\*\*

## T'NT AUCTION GOES VIRTUAL!



The Stewardship Committee will be sponsoring an internet auction of your offerings of TIME and TALENT and TREASURES this spring. So sharpen those gardening shears, warm up those ovens, and put on those thinking caps so you'll be ready to offer your best. It's the most fun you can have with your mouse and it's for the best cause!



More information to come in the very near future.

*P.S. The Treasures and Treats event will be scheduled for the month of October. More to come on that too!*

# 7th Annual Dr. Seuss Breakfast!

It's not too late to make plans to attend or help with the Dr. Seuss Breakfast on Saturday, March 10 from 9 to 11:30 AM. Activities are aimed at kindergarten to 3rd grade students, but younger children are welcome to attend. We'd like to have lots of Grace Church families joining those who have been invited from The Way Home, Bakersville, McDonough, and Wilson Schools, and the Manchester Developmental Preschool. Free tickets are available in the church office or from any member of the Outreach Committee.

The Cat in the Hat and a clown will be there to join in the activities. Bring your children, your grandchildren, your friends. Listen to stories, make some crafts, and enjoy a delicious breakfast.

We also need help in a variety of forms. You can sign up on the kiosk to bring food, set up, cook, serve, clean up, or help with crafts. Monetary donations are also appreciated.

Contact Nancy-Ann Feren, 627-2503, [NFeren@comcast.net](mailto:NFeren@comcast.net) if you have questions.



## **Grace Episcopal Church**

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### Clergy

The Rev. Dr. Marjorie Gerbracht-Stagnaro, Priest In-Charge  
The Rev. Joan Barr Smith, Deacon

### Vestry

Christine Anderson, Warden                      Ellen Zimmerman, Warden  
Karen Furtado, Clerk                              Ed High, Treasurer  
Richard Feren, Assistant Treasurer

2010-2013 Janet Knab, William Bochinski, Edward Doyle  
2011-2014 Kate Murphy, Ann Hewins, Katharine Strong  
2012-2015 Mary Carol Collings, Linda Heath, Kevin von Braun

### Staff

Mark Cleveland, Director of Music  
Carter Beck, Organist  
Justin & Nicole Otto, Church School Coordinators  
Marlene Thompson, Administrative Assistant  
Emery Freethey, Sexton  
Lydia Adams, Parish Visitor  
Susan Senneville, Nursery Care Giver

### Newsletter

Lauren Cline  
[Lauren6997@yahoo.com](mailto:Lauren6997@yahoo.com)

### Next Newsletter Deadline

March 15, 2012 (please format submissions in .doc format)

***Grace Notes***

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[www.gracechurchmanchester.org](http://www.gracechurchmanchester.org)  
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