

The Abbey

The Episcopal Church of St. Benedict
Bolingbrook, Illinois

October 2011

SPORTS SPIRIT SUNDAY



SUNDAY, OCTOBER 16
FOLLOWING SUNDAY'S SERVICE

WEAR YOUR FAVORITE TEAM'S APPAREL!
HOT DOGS AND BURGERS WILL BE
PROVIDED. PLEASE BRING A DISH TO PASS.

From the Vicar



Our dog, Odo, gets walked twice a day. A few of our neighbors have remarked: "How great for your dog! You guys are so good to him." We grin sheepishly. We actually walk the dog so that we get out and take walks (and because when we let Odo out in the yard, he jumps the fence and heads for the hills). Someday, we may also join a gym but for now, walking the dog gets us outside and moving around in all but the most extreme weather.

There are ways that living for God and walking a dog are the same. We need little ways to keep our awareness of God alive, every day, every week, every month, and every year of our lives. Maybe a church is like a fitness club or gym: we go to keep reminding ourselves to shape our souls and bodies to God.

What exercises keep us in good spiritual health? Some traditional practices include:

- ✦ attending worship and receiving the Eucharist
- ✦ prayer, grace before meals, and enjoying moments of silence
- ✦ reading scripture and other spiritual books or texts
- ✦ including music, art, and images in our daily lives that bring us closer to God
- ✦ giving gifts of money and/or service to charities that help people in need
- ✦ showing compassion to others
- ✦ speaking the truth in love
- ✦ gratitude and giving thanks

What other things help you feel close to God in your everyday life? Spiritual practices are like preventative medicine: they keep us in good spiritual health so that when the bad stuff hits the fan we're better equipped to stay calm and respond with our best selves, because we know that in the end, all things are in God's hands. When we keep our souls in good health, we're better able to see the abundance of God's grace in our lives and less likely to feel that what we lack is more important than what we've been given.

As summer recedes behind us and fall routines take shape in your life, incorporate spiritual exercises into your life and hold fast to the goodness and generosity of our God.

Heidi +

From the Music Director

Belleplate ringers will be a staple at St. Benedict's coming at the end of October! The workshop this past Sunday was a success and boasted enough numbers to pursue a steady Bell Choir very soon. Although we have enough, there are still opportunities to become part of it. Ringing Belleplates requires absolutely no musical experience or musical literacy, just bring your ambition. See Brian the music director if you have any interest. Time commitment will be minimal.



The choir of St. Benedict also is thrilled to have a totally brand new member, Patty joining our ranks as a Soprano. Patty is relatively new at St. Benedict's and approached me about joining the choir my first day back. She has been with us ever since and we couldn't be happier! Just goes to show you, it really is that easy to become more involved here at church. Singing and ringing aren't the only ways to enrich our worship, we are always on the look out for any kind of instrumental talent to join us for certain days. I know we have lots of people like that here in the pews, so let me know if you would like to give it a go!

From the Wardens

Mortgage Reduction Campaign Update

As we begin the month of October, the feasibility phase of our Mortgage Reduction Campaign is coming to its conclusion. We have had eight families participate in telephone survey/interviews with Andi Tilmann, our consultant from the Episcopal Church Foundation (ECF), and then we invited all remaining pledging households to respond to the same survey, either electronically or through the mail. These were due to be returned as this article was going to press.

The ECF is expected to take about two weeks to compile the responses and any opinions that were shared in the surveys. Their summary report will then be submitted for review to Rev. Heidi, the Bishop's Committee, the Finance Committee, and our Diocesan consultants, and the ECF will offer its own opinions on the results.

At this point, we cannot say if there will be a continuance of the process, or if so, what form that will take. It all depends on what we have expressed through our survey responses, and what our leadership and consultants think is feasible and appropriate from that information.

We wish to thank all of those who participated in the survey in one form or another, as we listen to the Holy Spirit in forming the future of The Church of St. Benedict.

*Joel Wegman and Ruan Wright
Co-Wardens of the Bishop's Committee*

Christian Formation

Don't forget to register your child for Christian Education! This year, we're asking parents to fill out a form for their children and to make a donation of \$25 to help cover classroom expenses. Forms are available in the church office or via email, and checks can be made out to St. Benedict (memo: Christian Ed.) and dropped in the offering plate or sent by mail. Thank you for your support!

Godly Play (for children ages 3-7)

Second and fourth Sundays, after worship, along the green hallway.

Sunday, October 9	The Ten Best Ways	Cindy Johnson
Sunday, October 24	The Ark and the Tent	Renee Wegman

Sunday School (for children ages 8-12)

Second and fourth Sundays, after worship, in the second classroom along the blue hallway.

Sunday, October 9	It's God's Party	Erik Scheets & Sarah Allcock
Sunday, October 24	With Your Whole Heart	Rev. Heidi & Sarah Allcock



Sunday Seminars (ages 13 to adult)

Sunday, October 2: "Little Mosque on the Prairie"

Watch and discuss a 25-minute episode of a Canadian TV show about a Muslim mosque that meets in the basement of an Anglican church in a town in rural Saskatchewan; "... a humorous look at relationships, family, the generation gap, and balancing Muslim beliefs and traditions." (Rev. Heidi)

Sunday, October 30: "Islamophobia"

What do Judaism, Christianity and Islam have in common? Learn about Islam as a religion of ordinary people, not terrorists. (Charles Stewart, visiting speaker.) Sponsored by Grace & Race.

Around St. Benedict

Vicar on Vacation

October 4-10

Rev. Heidi will be on vacation from October 4-10. In case of a pastoral emergency, contact one of the wardens, Joel Wegman at 847-857-9587 or Ruan Wright (630) 378-4193, or call the church office between 9:30 am - noon, Monday through Thursday.

Corn Maze Trip

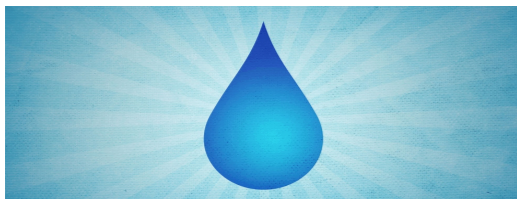
Friday, October 22

Kids ages 8 and up are invited to come along with Adam, Sarah, and Heidi to check out the corn maze and pumpkin patch at Siegel's Cottonwood Farm in Lockport. Tickets are \$12 per child if you fill out a "quiz" on their website, or \$14 on that day. We will leave from the church at 3:00 pm. If any family needs help with the ticket price, talk to Rev. Heidi.

Baptism of Ezekiel Shaw Masters

Sunday, October 24

Join in the celebration of welcoming Ezekiel into the body of Christ!



All Saints Memory Slideshow

If you would like to submit a photo of a loved one for the memorial slideshow at the All Saints liturgy on Sunday, November 6, you may scan it and email it to our office at info@stbenedict.ws or you may bring an actual photo to the church office and we will scan it for you (leave it with your name so we can return it to you). If we received your photo last year, check with the office - it may still be on file. We need all physical photos for scanning by Monday, October 31, and all emailed photos by Wednesday, November 2. You may also bring a framed portrait to church on All Saints Sunday, if you prefer, and we will set it out for display.

St. Benedict Annual Pet Blessing Saturday, October 1, 2:00 pm



The Church of St. Benedict invites you to our annual Pet Blessing.

All animals and their people are welcome!

This and That

Stroke Screening

Stroke is the fourth leading cause of death in the United States, and this catastrophic event can strike without warning. In fact, four out of five people who have had a stroke showed no apparent warning signs prior to their attack. But, strokes can be stopped in their tracks. On Wednesday, October 19, 2011 at Joseph and Sarah Levy Senior Center there will be a Life Line Screening preventive health event to scan for the risk of stroke and other vascular conditions. Packages range from \$129-159



Birthdays and Anniversaries

As we check and double-check the information we have for the families of St. Benedict, we would like to ask everyone to peruse the information we have and let us know if it is accurate or if it needs to be changed. The church office emailed folks with the lists and they are also available in the narthex for your review. Please take a moment to check the dates for your birthdays and anniversaries for accuracy.



Around the Diocese

Anti-racism Organizing & Training

October 20-22, 2011

**Cardinal Meyer Center, 3525 S. Lake Park Ave., Chicago
Contact: The Rev. Gary Cox (gary.cox@alum.ssw.edu)**



Presented by Crossroads Anti-Racism Organizing and Training and the Diocese of Chicago, this 2½ day workshop explores the historical development of racism in the U.S.; how it is perpetuated in institutions and how it continues to manifest itself in our culture; and how it affects both people of color and white people. Thursday, 6 pm to 9 pm. Friday, 8:30 am to 6 pm. Saturday, 8:30 am to 5 pm.

Thank You!

to **Mark Wright** for repairing the shed roof by replacing the shingles that were blown off this summer.

to **Sheeba Eapen, Ruan Wright, Andrew Wright, Esther Simonson, Suzette Simpson** and **Donna Williams** for manning our Outreach booth at the Pathways Parade/Oktobefest event.

to **Joel Wegman**, for formatting his slideshow on the Church Assessment Tool survey results for our website.

to **Jill Crisman**, for sending our 12-step groups thank you notes and treats to show our appreciation for their ministry.

to **Erik Scheets and Brian Cromer** for completing their Keeping God's People Safe training.

to **Bill Scheets**, for installing Publisher on the church office computer.

to **Jill Crisman** for coordinating T-shirt sales.

to **Don Williams** for coordinating the Ministry Fair.

to **Steve and Cindy Johnson** for providing tables for the Ministry Fair.

to **Joel Wegman** for donating a new clock in the first classroom.

to **Red Brownson** for his donation of two picnic tables.

to **Ruth Denofrio** for the decorative flag outside of the front doors.

to **Sunshine Vega** for becoming an usher.

to **Jill and Mike Zarnott** for donating a St. Benedict welcome banner.

to **the anonymous gardener** who placed mums in the planters outside of the front doors.

to **eight anonymous parishioners** willing to be personally interviewed regarding a potential capital campaign.

To the kids who were part of Youth Sunday: **Matthew Bauman, Grace Henderson, Sophia Henderson, Lauren Kyser, Kaitlin Pritchard, and Amy Wegman.**

to our coffee hosts for September: **The Conlin family, Vince Macikas, Ruan & Andrew Wright, and Sheeba Eapen.**



Special Thanks from September's Harvest BBQ

St. Bene's Master Chef	Chuck Wallace
The Pick Up Band	Steve Johnson, Bill Scheets, Al Marvan, Sandi Haynes, Anna Weaver
Bon Fire for the S'mores	Roger Ostrovecky
Co-coordinators	Cindy Johnson and Linda Scheets
Set-Up and break-down	Andrew Wright and Eric Scheets
Bean Bags	Chuck Wallace
The great side dishes and the making of this great evening	Everyone!

Coming in November

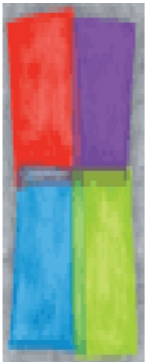


All Saints Sunday
Sunday, November 6
9:00am Eucharist, with special music, incense, and memorial slideshow

Celebrate all the saints among us, those still living and those who've gone before. Bring a photo of a loved one or email one to the office to be included in the slideshow.

The Awesome Auction
Saturday, November 12

An evening of good food, great fellowship, and a fabulous auction and raffle of items and services donated by *you.* This year's grand prize is a trip to Camelback Marriott Resort in Arizona! But items of all sizes are important: do you have a item or service to donate? Maybe it's a pan of brownies, two hours of yard work, an item from your workplace, or a crocheted shawl? Donation forms will be available very soon. Contact the church office, Ruth Denofrio, or Barry Conlin for more information.



Vicar on CREDO Retreat

Oct. 31 - Nov. 7
 Rev. Heidi will spend a week at the Lake Logan Conference Center in Canton, North Carolina. CREDO is a sort of clergy "check-up" program sponsored by The Church Pension Group to get clergy to focus on wellness in four areas: spiritual, health, vocational, and financial. The Church Pension Fund pays all but \$500 of the conference costs and send clergy home with a "wellness plan" to ensure that they will be able to continue to do ministry for the long haul.

BC Highlights

HIGHLIGHTS of a meeting of the Bishop's Committee
held on Monday, September 19, 2011

Present - Rev. Heidi Haverkamp (Vicar), Joel Wegman (Warden), Ruan Wright (Warden), Jill Crisman, Cindy Johnson, Frank Klupshas, Don Williams, Margaret Bauman (member and Clerk); Apologies - Reneé Wegman (Treasurer)

Meeting Commenced at - 7:01pm

Bible Study - Don: reflection on Psalm 133

August budget report - Joel, for Reneé: pledge support, \$7,269 is down 25% for the month but up 107.7% year-to-date; plate offerings support, \$1,050 is up 68% for the month and up 130.9% year-to-date; Diocesan mortgage support, is the fifth payment received this year and we should be receiving three more.

Reflection with the vicar on her upcoming four-year anniversary with St. Benedict and brainstorming some ways to help her balance her workload.

Stewardship & Fundraising in a faith community: Rev. Heidi: Asked the BC to pray about their household yearly giving for 2012. The BC is asked to make their 2012 pledges first so the stewardship team can offer that whole number as a starting point and inspiration for the campaign as a whole.

Possible outreach: hosting a Winter Farmer's Market with Faith in Place (FiP) - Jill: Faith in Place organizes organic/family farmers to come together at places of worship around Chicagoland from November to March. It would be held in the Parish Hall at no monetary to us, just manpower. Jill anticipates needing 8 volunteers, at minimum. We would be responsible for "public relations", i.e., getting the word out, but there is no requirement from FiP that we use "paid" advertising. Jill had thought it might be good to coordinate the date with Jane Addams early-December craft fair. Ruan volunteered to co-lead this with Jill.

Bishop's Committee projects: We reviewed and discussed some recent projects over email: Feasibility Study progress, the Ministry Fair, Harvest BBQ, the booth at the Pathways Parade, and ongoing work to find more effective ways to invite newcomers to feel more a part of our ministries.

Thank yous for The Abbey - Margaret

Blessing of holy water - Rev. Heidi: Rev. led the BC in this short, but beautiful, rite.

Compline (BCP 127) was led by Frank

Meeting Concluded at 9:07pm

Date of Next Meeting - Monday, October 17, 7:00pm



Rev. Heidi Haverkamp, *Vicar*
revheidi@stbenedict.ws

Joel Wegman, *Warden*
Ruan Wright, *Warden*

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Cindy Johnson, Frank Klupshas,
Donnie Williams
Bishop's Committee

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Sunday Worship 9:00 a.m.

Office Hours
Monday - Thursday
9:30 am - Noon



The deadline for the November issue
of *The Abbey* is Thursday, October 20.
Please send your articles to
stbenedictabbey@gmail.com.
Questions? See Tish Wallace.