The Rev. Matthew P. Cadwell Rector

PENTECOST September/October 2009



DATES OF NOTE

SUNDAY, SEPTEMBER 13
Return to Two Services
8 and 10 a.m.

Church School Registration 9:30 am.

Welcome Back Barbeque following 10 a.m. service

THURSDAY, SEPTEMBER 24
Youth Confirmation Class
in the Parish Hall
7 p.m.

WEDNESDAY, SEPTEMBER 30 Inquirers' Class 7 p.m.

THURSDAY, OCTOBER 8

Bread of Life Dinner

St. Paul's Church Malden

3:30 p.m.

WEDNESDAY, OCTOBER 28
Inquirers' Class
7 p.m.

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OUR MINISTRY TODAY IS OUR INHERITANCE FROM PAST GENERATIONS

The Rev. Matthew P. Cadwell, Rector

Dear Friends,

write this in the waning days of August, having returned from my summer vacation in Minnesota and now looking forward to the busy program year ahead. I hope that you, like me, have had a refreshing summer with some time set aside to enjoy this beautiful corner of the world that we call New England. It's hard for me to believe that I have now been Emmanuel's rector for over a year. I still feel like the new kid on the block, and who knows...maybe I will long into the future. After all, many of you have been part of the fabric of this special place for decades, and in some cases the whole of your lives.

Often, when I walk along the main hallway between the church and the parish hall, I look at the portraits of the clergy from ages past—the Rev. James J. Coggan who served during World War I, the Rev. Stewart Clark Harbinson who was here from the late 1920s to 1951, and, of course, the Rev. John Thorpe who served longest of all from 1951 to 1980. I wonder what these priests were like-what was important to them, what they did well and enthusiastically, and what came as more of a challenge. Not pictured on the walls, but just as important, are all the thousands of faithful parishioners who have ministered here for over 125 years. It's a humbling (Continued on page 11)



Parishioners made their way to the Wakefield Common on July 26 for an outdoor worship service that was interrupted like so many weekend days this summer by rain. Communion was offered in the Parish Hall.

From Our Wardens

WELCOMING BACK OUR REGULAR ROUTINES THIS FALL

Ron Cook, Senior Warden

ur tendency is to welcome everyone back after the summer. However—perhaps you've noticed—a lot has

been going on around here. As we gather in September after Labor Day, we will welcome back some routines and habits that were not part of our summer life together. But, on the whole. we won't be returning as extended family members catching up with each other after a long absence! We will be returning as family getting in gear for the next stage of our life in community—worship. education, fellow-

ship, theatre, and...? Let's see what we can come up with!

We celebrated the first cycle of Matthew's service with us in our two-part Worship on the Common at the end of July. While the term "moveable feast" generally refers to another aspect of our worship life, getting the congregation moved out of the rain and into the Parish Hall as efficiently as we did was a visible example of living our lives with grace. Thanks to all who made that time of worship possible. It was then time to send Matthew on his vacation and refreshment in the wilds of Minnesota!

Laura Beth Noble brought the youngest among us together on a number of Sundays this summer. Thanks to her for keeping the education program with our children going in another guise. I know our children were as delighted to have Laura back as she was to get to work, play, and learn with them again.

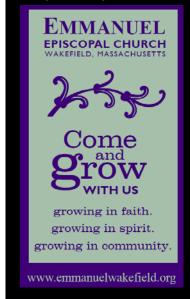
And we had a supply celebrant and a locally-supplied officiant in August. Lyn

Brakeman joined us on August 2 from her regular stint in Gloucester and piqued our interest with her ideas and writings. We hope to have a book group follow up on this in the coming months. Our own Cee Gandolfo took the reins for Morning Prayer on August 9—thanks to you for leading and preaching (see excerpts of Cee's talk on pages 4–5) that day, and thanks to those who supported her while Rector and Senior Warden were wandering elsewhere.

(Continued on next page)



Watch the bulletin and listen for announcements in the coming weeks for more information about purchasing a t-shirt.





This new sign announcing "The Episcopal Church Welcomes You!" has replaced the old dilapidated one that sits along the Main Street corner of our property.

(Continued from previous page)

Your Rector and Wardens recently met to review the past year and evaluate the strengths, needs, and possibilities of the parish in the coming year. We've made great progress in sprucing up our worship space and exterior (clearly evident in the photos, left and on the back cover, taken by Matthew last spring). We're grateful for the added participation in our pastoral care/visitation team. And, many more of you participate regularly to keep our worship and mission life humming along. We'll continue to explore opportunities for additional learning for young and old, even as we prepare for the next Confirmation Class for our youth (see page 6 for details).

What we will be looking for is a few more of you to step up and take the lead on various events and ministries around the parish. There are still opportunities for more of you to find your niche in service and participation—further fulfilling your Baptismal Covenant—enriching your lives and those of your fellow parishioners. Thanks in advance for your prayerful consideration when asked to try something new, and do speak with one of us if you have an idea about how you might contribute! Let us come together to further pursue God's vision for our community.

Matthew has baptized 11 babies since joining us as Rector just one year ago!
Two more Baptisms are scheduled in the coming weeks: one on Sunday,
September 20, and another on Sunday, October 18.



A PRAYER FOR JOY IN GOD'S CREATION

O Heavenly Father, who hast filled the world with beauty; Open, we beseech thee, our eyes to the behold thy gracious hand in all thy works; that rejoicing in thy whole creation, we may learn to serve thee with gladness for the sake of him by whom all things were made, thy Son, Jesus Christ, our Lord. *Amen*.

Our Worship

CHOIR BEGINS, NEW MEMBERS NEEDED Many New Initiatives Planned This Year

Michael Salvatore, Director of Music

mmanuel's Parish Choir will return to the Chancel on Sunday, September 13, to

enhance the 10 a.m. service with their fine singing.

I am hoping to augment our membership this year for a number of reasons and hope that some of you reading this might consider joining us, either seasonally or on a more permanent basis. Emmanuel is graced by a very capable choir, we could stretch even further with a few more musicians. I know there are some great voices out there in the pews—I can hear you on Sunday morning! Please speak with me or any of the members of the Choir if you are interested.

Choir rehearsals will begin with a welcome back and short rehearsal on September 10 at 7:15 p.m. Rehearsals are held regularly on Thursdays at 7:15 p.m. in the Choir Room, with the exception of September 24 and October 8. Singers also gather at 9:15 a.m. on Sunday mornings.

Looking ahead, a concert for voice, trumpet, and (continued on next page)



Special thanks to the members of the Altar Guild and congregation who assisted with preparations for and fellowship after the outdoor worship service on July 28.

EXCERPTS FROM CEE GANDOLFO'S SERMON ON AUGUST 9

As is true of many parishes, the people of Emmanuel enjoy coming together for fellowship, especially when there is food involved. Coffee hour draws most of us together to socialize and eat. You can predict who will be the first to come to coffee hour after the service (this is true of adults and kids). Our barbeques and other meals are always well attended; people come early, stay late, and our space is full of energy and a hum of conversation and laughter. How blessed we all are to be here!

With a name like Cecilia Theresa Gandolfo, you may have guessed that I am Italian. Like most of you, I grew up with a tradition of celebrating special occasions such as birthdays and holidays by gathering together with family and friends. Those gatherings always included good food. I learned early in life that food was an essential part of fellowship and that the kitchen is the most important room in the house. My grandmother (or Nonna), who was blind from a childhood accident, was one of of the most amazing cooks. Her home was a common gathering place. Sundays at Nonna and Nonno's home always meant homemade pasta and a protein (usually roasted chicken, meatballs, or sausages), and a huge salad, followed by coffee and dessert. There was always ample food. If someone came over unexpectedly, there was plenty for him or her to join us for dinner and probably take home leftovers, as well (continued on next page).

(continued from previous page) and strings will be held at Emmanuel in October. I have also begun some preliminary planning with music directors from St. Paul's in Lynnfield and Trinity Melrose for a deanery choir festival to be held in the spring. A December service of Lessons and Carols and possible visits from a Baltimore Gospel choir and Minnesota orchestra later in the year are also in the works.

Watch the bulletin and upcoming editions of The Epistle for updates and more information about these exciting new initiatives planned for this and next year.



With the doors flung wide open to Main Street, some parishioners couldn't resist the opportunity to gather in the front yard on a beautiful summer morning.

(Continued from previous page) People who know my family well say that I have a similar style to Nonna and my mother (I guess the apple did not fall far from the tree). At Emmanuel, I have been involved in cooking for Shrove Tuesday, Coffee Hours, for the Saturday Clean-up Days, and the Pasta Dinner last year. Thus, my cooking has expanded beyond the confines of our home. Similarly, when a friend or family member is in need (grieving or sick), my first thought is to nurture by bringing him or her food; this is second nature to me. It's my hope that the tradition will be passed down through the generations.

In today's Gospel, John tells us Jesus said, "I am the bread of life. He who comes to me will never be hungry and he who believes in me will

never be thirsty." Obviously he was not talking about homemade pasta, soup, and the types of food and drink that I was speaking of.

Jesus is referring to himself as a spiritual food. Christ, was sent to us by God. His presence here on earth was short, but the reason he was sent was to save us. Throughout the year our Gospel and readings retell the stories of his birth, death, rising from the dead, and his teachings and acts while here on earth. We learn, through his death and rising, of Christ's love and of God's love for us as well. Through his sacrifice we are nurtured.

Jesus' sacrifice was not just for those people he met while he was on earth; it was for everyone who believes in him from the time when he was on earth, until forever. So generation after generation continues to be nurtured by Christ's sacrifice. The sacrament of His body and blood sustain us spiritually. It is in this way that our faith in Christ nurtures or feeds us.

"I am the bread of life. He who comes to me will never be hungry and he who believes in me will never be thirsty."

In closing, I've shared my perspective, which was that of nurturing and how that works in my life. I ask you to forgive my literal translation of "feeding us," but that is where my mind went as I thought about this reading. I ask you to think about how you nurture others? How does your faith feed you? I encourage you to continue this conversation and questioning among yourselves.

Christian Formation

EMMANUEL TO OFFER YOUTH CONFIRMATION CLASS

CHURCH SCHOOL REGISTRATION September 13

Registration for Church School classes will occur on Sunday, September 13, at 9:30 a.m.

CLASSES RESUME September 20

Classes will resume the following Sunday, September 20, with a Chapel Service at 9:30 a.m. in the Rectory. onfirmation classes will be offered this school year for youth who are in grades 8 and up (or who have already reached age 13). Confirmation preparation classes offer opportunities for youth to explore the Christian faith, enjoy fellowship together, visit other faith communities, and engage in service projects. There will also be a diocesan overnight retreat.

This year's classes will be team-taught by the Rev. Matthew Cadwell, Ron Cook, and others.

Classes will meet on Thursday evenings approximately twice a month from 7:00 to 8:30 p.m., beginning Thursday, September 24. The confirmation itself will be held at St. Paul's Church in Malden in April.

Please contact the church office (781-245-1374) to register.

THE DISCOVERY SERIES COMES TO EMMANUEL THIS FALL Inquirers' Class Scheduled to Meet Monthly

dults at Emmanuel shouldn't feel left out by all the fun and faith development our youth will be having with this year's youth Confirmation Class! For adults, we will be holding an Inquirers' Class that meets approximately one Wednesday a month through March. We will be using an excellent resource prepared for Episcopalians called "The Discovery Series: A Christian Journey."

The Discovery Series utilizes a multimedia approach, including beautiful DVD presentations, thought-provoking questions, and space for personal reflection. It is designed to help every Christian—new or lifelong, young or old—discover their own path to a life in Christ.

Like our lives, careers and relationships, our spiritual growth is also a journey. This series is intended to help everyone forge a lifelong relationship with God. The series addresses the spiritual life stage of virtually everyone—from the

beginner to those seeking more advanced levels of knowledge. It takes a basic look at our faith and the history and beliefs that bring us together as Christians. It is an invitation to spiritual growth and lays the groundwork to begin or continue a spiritual journey.

Participation in this series is open to anyone in the congregation who may want to explore a deeper faith. It will also serve as an adult Inquirers' Class for those who may be considering adult baptism, confirmation, or reception into the Episcopal Church.

We will meet from 7 to 9 p.m. on several Wednesday evenings: September 30, October 28, November 11, December 9, January 27, February 24, and March 24. Please bring your dinner, if you wish.

Please contact the church office at 781-245-1374 for more information or to register.

Our Fellowship and Pastoral Care

PLEASE REMEMBER IN YOUR PRAYERS

those who are hospitalized, in nursing homes, convalescing at home, or in distress of any kind.

REMEMBER ALSO

the caregivers who offer time and energy to improve the quality of life for those in need.





Family members and the Rev. Matthew Cadwell were all smiles at this baptism on May 24, 2009.



OCTOBER'S BRIGHT BLUE WEATHER

O suns and skies and clouds of June, And flowers of June together, Ye cannot rival for one hour October's bright blue weather;

When loud the bumblebee makes haste, Belated, thriftless vagrant, And goldenrod is dying fast, And lanes with grapes are fragrant;

When gentians roll their fingers tight To save them for the morning, And chestnuts fall from satin burrs Without a sound of warning;

When on the ground red apples lie In piles like jewels shining, And redder still on old stone walls Are leaves of woodbine twining;

When all the lovely wayside things Their white-winged seeds are sowing, And in the fields still green and fair, Late aftermaths are growing;

When springs run low, and on the brooks, In idle golden freighting, Bright leaves sink noiseless in the hush Of woods, for winter waiting;

When comrades seek sweet country haunts, By twos and twos together, And count like misers, hour by hour, October's bright blue weather.

O sun and skies and flowers of June, Count all your boasts together, Love loveth best of all the year October's bright blue weather.

—Helen Hunt Jackson

Our Mission Outreach

CURRENT ECONOMIC CLIMATE DEMANDS CONTINUED FOCUS ON POOR

f you listen to the news regularly or read the papers, it's hard to miss reports such as this one from NPR:

"The troubled U.S. economy is forcing tens of thousands of people to visit food pantries for the first time. But as the demand rises, donations to those pantries are drying up and some places have run out of food entirely..." Food pantries traditionally served the homeless and the working poor, but now they are stretched to the limit as they struggle to

provide food to a new population who find themselves out of work and out of funds.

For our fall Coffee Hour donations, Mission Commission has selected two recipients. We are all familiar with the good work of the local Interfaith Food Pantry whose mission is to support clients who "...are residents of Wakefield that have fallen on difficult times due to job loss, illness, age or economic conditions." Our hope is to collect both funds and food to support the pantry.

Our second charity is Food For The Poor. You might remember Rev. Barry Thiering visited our parish last spring. In his sermon he told us of the tireless work of this organization on behalf of the poorest of the poor in countries such as Haiti. As members of the Mission Commission, we are sensitive to how well a charitable organization uses the money we donate. Food For The Poor has a very impressive rating among charitable organizations for its efficiency in giving. Very little of the

money they raise from private organizations goes into the overhead. According to an article in Forbes magazine, out of a survey "of the 200 largest U.S. charities, Food For The Poor was ranked the fourth-largest recipient of private support. Food For The Poor's charitable commitment ratio was an impressive 97%... [with] an average of 85% for this measure, which shows how much of an organization's total expenses are applied to its charitable purpose, excluding management, overhead or fundraising." If you recall Rev Thiering's visit and the colorful display of pictures of the houses the charity builds and the water pumps they provide for people in developing countries, it is clear that Food For The Poor is channeling their money directly to the people they serve: the oppressed and desperately poor. Rev. Thiering's visit to our church offered us just a glimpse of the breadth of services this organization offers. For more information, please consult their website: www.foodforthepoor.org.

As always, the Mission Commission seeks to find ways to tie in our giving with activities that make our efforts real for both the adults and children of our church. We'll engage the children in collecting for the Interfaith Food Pantry and working on Gaining Ground Farms. We are also hoping to organize a visit to Common Cathedral with members of both the choir and junior choir. Common Cathedral offers an Episcopal service to the homeless of Boston complete with music and lunch, usually provided by the guest choir. Keep your eyes and ears tuned for announcements of coming events this fall.



Coffee Hour donations last spring helped to support the Wakefield Climate Action Project, one of the sponsors of the new Wakefield Farmer's Market (seen above), located at Hall Park on North Avenue, which is open Saturdays until October 17. (Photo courtesy Wakefield Food Market Web site.)

Bread Of Life Dinner to be Served by Emmanuel on October 8 Annual 5K "Walk for Bread" to be Held on Sunday, October 4

Executive Director.

and his brother, in

memory of their

mother, Laura.

hank you to everyone who helped out with our June and August dinners, both of which

occurred on days that were thankfully—like so many days this summer—cool enough to make cooking dinner for 100 manageable in the kitchen at St. Paul's Episcopal Church in Malden. In recent months, we have noticed a significant increase in the number of people coming to receive a meal, driving home the continued importance of this outreach mission.

We will next serve dinner on Thursday, October 8. Please let us know if you can assist by either helping to prepare and serve dinner or by baking cookies, brownies, or other goodies to be served as dessert. We meet at St.

This year's 5K dinner at 5:30 p.m., serve dinner at 5:30 p.m., and are usually on our way home by 7 p.m.

The annual "Walk for Description of the serve dinner at 5:30 p.m., and are usually on our way home by 7 p.m.

The annual "Walk for Bread" to be held on Sunday, October 4, and our bimonthly assistance to the Bread of Life are both great community service projects for our young people.

Please let one of the Coordinators know if you would like to make a donation to the "Walk for Bread" or if you can help out at our dinner on October 8.

CANTERBURY CHILDREN'S CENTER FALL REGISTRATION

anterbury Children's Center, located in the lower level of Emmanuel Episcopal Church, is now enrolling for the 2009–2010 school year. Canterbury is not only a traditional pre-school program but we also offer extended care for working parents.

Canterbury offers several different pre-school programs including a 2-day, 3-year-old class that meets on Tuesday and Thursday mornings from 8:30–11:30 a.m., a good choice for a child who may be separating from home for the first time but is ready to come to school.

If you have any questions about Canterbury or would like to book a tour of the Center, please call the office at (781) 245-9636 or you may also reach us by e-mail: canterbury_cc@verizon.net.

17TH ANNUAL "WALK FOR BREAD" AND 5K RUN Sunday, October 4, 2009 Registration: 12 Noon/Start: 1 PM Pine Bank Park, Melrose



Fall foliage reflected in thewater at Pine Banks Park.

This event benefits Bread of Life and aids in our efforts to help feed the hungry and homeless in Malden, Medford, Everett, Melrose and surrounding communities. Come enjoy healthy snacks and drinks, live music, face painting, and balloons. Bring your kids, the dog, enjoy the day at this beautiful park!

For more information, or to donate a pledge online, go to: www.breadoflifeonline.org and click on the "Events" page. For more information, contact Gabriella at 781-397-0404.

Other News/Events

It's a Guy Thing and a Girl Thing...Again! Men's and Women's Groups to Meet—Separately, Of Course!

THE MEN'S GROUP TO MEET ON SATURDAY, SEPTEMBER 19

The Men's Goup's Saturday morning gatherings got started this past winter and have survived the rains of spring (and summer!) into the sweltering August. We continue this new tradition this fall. Look for us the third Saturday mornings of each month at 7 a.m. in the Parish Hall, for prayer and fellowship, and then at 8 a.m. jaunt down to Brothers Restaurant for breakfast. Our session is usually based around Morning Prayer with input from contemporary or classic writers, including our Bishops on

occasion! We next gather September 19—all men of the parish are welcome and invited to be refreshed by this fellowship as often as your schedule allows.

THE WOMEN'S GROUP WILL MEET TO PLAN DURING COFFEE HOUR ON SUNDAY, SEPTEMBER 20

The Women's Group will get together to plan for the year's events on Sunday, September 20, during Coffee Hour. Whether you've been involved all along or you've never come to a meeting, we welcome women of all ages to share ideas for our upcoming year.



WHERE'S THE BEEF? Annual Welcome Back Barbeque on Sunday, September 13

here's a lot more to our annual "Welcome Back Barbeque" than the traditional hamburgers and hotdogs you'll find at any cookout. Members of the congregation share their own unique and wonderful summer salads and lots of fun and fellowship.

Call the Church Office if you plan to attend and please sign up to bring something to share.

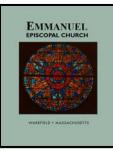


PHOTO DIRECTORIES NOW AVAILABLE

Emmanuel's new photo directory is available in the Church Office.

Stop by to pick up your copy.

EMMANUEL PLAYERS PLOT A RETURN ENGAGEMENT THIS FALL Love Letters to be Performed in October in the Parish Hall

he "Emmanuel Players" return again this fall with a fundraising theatrical production. Love Letters, by A. R. Gurney, follows a relationship over the course of a lifetime, as it is reflected in the letters exchanged between two people. The play centers on just two characters, Melissa Gardner and Andrew Makepeace Ladd III. Using the epistolary form sometimes found in novels, they sit side by side at tables and read the notes, letters

and cards—in which over nearly 50 years, they discuss their hopes and ambitions, dreams and disappointments, victories and defeats—that have passed between them throughout their separated lives.

The play will be presented in the Parish Hall during two weekends in October: Saturday, October 17 and October 23, at 8 p.m. and Sunday, October 18 and October 25, at 4 p.m. More information about ticket sales will be announced soon.

(Continued from page 1) thing to think that the ministry we are pursuing together today is our inheritance from those of past generations.

Of course this inheritance, for which

I know we are all grateful, doesn't mean that things will always be the same at Emmanuel. There have being part of this been lots of changes in the faith community church over the years changes in the liturgies we over the past year. use on Sundays, changes to Like every member the way we do pastoral of this community, ministry (for example, the I have grown and days when the rector might changed, hopefully just show up on your doorcloser to the person step for a visit without first that God wants making an appointment are probably gone), changes to how we use our buildings, and changes in the way we communicate with each other. fact, the Emmanuel community will continue to change and grow with every baptism of a baby and every new parishioner who decides to join us. That's the way it is with a living, breathing organism, like the Body of Christ. We need to change if we are

And yet, in the midst of all these changes some things will stay the same—the welcome that we extend to those who come to share their lives with us; beautiful, inspiring worship services that provide both spiritual refreshment and challenge; an emphasis on educating members of all ages in the Christian faith; a community of care and support for those in need; and our commitment to share a gospel of grace, love, and hope, grounded in the life and teaching of Jesus Christ. These things are

to live and grow.

constant, whatever else may change around us.

The year ahead holds many opportunities for us to continue growing in faith, spirit, and community at Em-

I have loved

me to be.

manuel. Plans are underway for another excellent Church School program for our children, and this year we will be offering Confirmation Classes for youth. There will be a number of adult educaopportunities well, including an Inquirers' Class for anyone interested in learning more about the Christian faith and the Anglican tradition, using a fine video program called the Discovery Series.

Music Director, Michael Salvatore, and I are always interested in finding ways to ensure that our Sunday worship is at once reverent, lively, engaging, and spiritually uplifting. And your Vestry has a number of plans for social events that will help us deepen our relationships with each other as a living community gathered in Christ.

I have loved being part of this faith community over the past year. Like every member of this community, I have grown and changed, hopefully closer to the person that God wants me to be. As we look ahead to the next year, I am glad to be sharing with you all that God has in store for us. I hope you agree that this a great time to be at Emmanuel. I invite you to come and grow with us.

Blessings!



is both fun and rewarding. Every month, our Coffee Hour donations go out into the world to make a difference in the lives of others. Won't you please consider hosting a Coffee Hour this spring?

> Simply sign up in the Narthex.

> > Thank you.

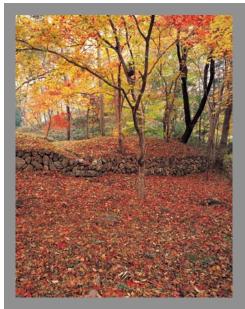
Final Notes



Emmanuel's spruced up exterior and grounds were clearly evident on this beautiful spring day.



Many thanks to members of the Vestry for hosting the wonderful Lemonade Socials we enjoyed after Sunday worship this summer.



UNHARVESTED

A scent of ripeness from over a wall.

And come to leave the routine road

And look for what has made me stall,

There sure enough was an apple tree

That had eased itself of its summer load,

And of all but its trivial foliage free,

Now breathed as light as a lady's fan.

For there there had been an apple fall

As complete as the apple had given man.

The ground was one circle of solid red.

May something go always unharvested!
May much stay out of our stated plan,
Apples or something forgotten and left,
So smelling their sweetness would be no theft.

-Robert Frost

