



# The Signpost Weekly

July 13, 2014  
Fifth Sunday after Pentecost  
[Miriam Acevedo, D.Min., M.Div., Vicar](mailto:Miriam.Acevedo@stc.org)  
Visit us at <http://www.saintcs.org>

**St. Christopher's Episcopal Church**  
187 East Road Hampstead, NH 03841  
Tel. (603) 329-4674

News or Info: [signpostweekly@comcast.net](mailto:signpostweekly@comcast.net)

## Calendar

Sunday, July 13

- Eucharist Service, Rite II, 9 a.m. (All Sunday Eucharist services during July and August take place at a single service at 9 a.m.)
- Joan Anderson Funeral, 1 p.m. Please come and share Eucharist with her family.

Tuesday, July 1

- Al-Anon, 5:30 p.m.

Sunday, July 20

- Eucharist Service, Rite II, 9 a.m.

## Summer Vacation Coverage

While Miriam is away, If you are in need of pastoral care while Miriam is away, Rev. Sarah Rockwell will be covering St. Christopher's. Sarah is the pastor of St. Peter's in Londonderry. She can be reached at St. Peter's 437-8333 or at home 437-3241.



Rev. Sarah Rockwell

While Senior Warden Christine Collins and family are traveling on vacation, July 12-27, Junior Warden, Karen Groves will handle concerns related to St. Christopher's that need the leadership's attention. Karen may be reached by phone at 603 887-3834, cell, 603 489-9146, or [email](mailto:karen.groves@stc.org).



Karen Groves  
Junior Warden

## Trellis of the Spiritual Life Bishop's July/August Letter

Dear sisters and brothers in Christ,

I just built a few raised beds in our back

## Joan Anderson

*It is with heartfelt sadness that we will say good bye this afternoon to our friend and fellow worshiper, Joan Anderson, who left this life for one with God Tuesday evening.*

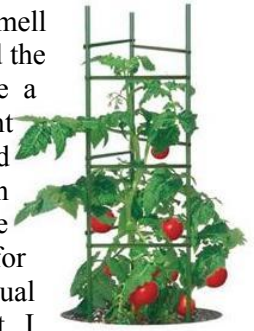


*Please come and share Eucharist with her family this afternoon at 1 PM. Praying together as a community we can offer our condolences to the family and Joan's many friends. We're all going to miss her!*

*A reception will follow, here, at the church, and a sign-up sheet is available in the vestibule if you would like to participate in sharing food after the service.*

Karen Groves  
Junior Warden

yard. The soil is in, all loose and black and airy. There's nothing planted yet but possibility. Already I anticipate the particular smell of the tomato plants. And the basil! It may sound like a strange leap, but the sight of the tomato cages and the plants threading in and out of the wire structure has become, for me, an icon of the spiritual life. Like a tomato plant, I



find I need some kind of structure to my life. In my experience, if the plant is allowed to just grow along the ground, the fruit gets moldy and mushy. The same is true for us as individuals and communities. We make choices to eat moderately, get adequate sleep and exercise, to keep proper borders around one's work. These choices, after a time, don't seem like choices anymore, but are just how one lives one's days. How we live our days is how we live our lives. Now, there's an intimidating thought! Without some structure, some architecture, to the day, I would tend to allow the forces of inertia, gravity, sloth, indulgence, or distraction (just to name a few) to take hold of me and keep me from becoming the one whom God intends.

The tomato cage, or trellis, that the Church has given us to support our growing into the full stature of Christ — to quote that baptismal promise — is called a Rule of Life. It is said that St. Benedict and his sister, Scholastica, saved western civilization from total collapse into chaos after the fall of the Roman Empire by creating his Regula, or Rule. By it the monastic community at Monte Cassino was ordered by a schedule of prayer, work, recreation, service, and rest. How we live our days is how we spend

*Have you invited a friend to come to church with you? If not, what are you waiting for?  
A personal invitation is the best way, bar none, to grow a congregation and bless a friend's life.*

our lives. I find that if I miss reading the Daily Office (that cycle of prayer and scripture reading appointed for Morning and Evening Prayer), I begin to lose a sense of spiritual and emotional stability. Without immersing myself in the stories of the Bible, I lose a capacity to see how the present stories being spun in our churches' experiences have anything to do with God's promise. If I don't take time daily to connect with Polly and our children, we all suffer and get cranky. Without exercise and proper diet...well, there's the image of the rotting and mushy tomato. If I neglect to see my spiritual director regularly, and if I don't practice asking for God's forgiveness and amendment of life in the Sacrament of Reconciliation, I would tend to be even more myopic and self-absorbed than I already am. The fact is that we all have a "Rule of Life" in our patterns of daily living that keeps us stable. The question is, how does that daily schedule either build up or diminish our life in Christ?

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Summer is a splendid time to find time with a spiritual companion or perhaps with a journal in prayer and to ask, "What daily habits are working for us? Are there ways we are squandering our time or life-energy? Can we commit to prayer, spiritual reading, even if just for a small portion of the day?" If you are going to make changes to your own Rule of Life, it helps to do so with a partner, perhaps a small group at church, with whom you can find support. Jesus always works with the disciples in pairs or small groups. Don't be too lax, or too rigorous. Allow time for your own nourishment, and allow time to reach out to others.

The beauty of the tomato cage is that those wires are strong and stable, but there are large openings between them so the vine can grow and stretch in freedom toward the light and water that nourish it into fullness. May your Summer exploration in the spiritual life be fruitful. Your brother in Christ, +Rob

<http://www.nepiscopal.org/bishops-column-julyaugust-nhen>



**Back to School Backpacks from the Food Pantry**  
As I mentioned in last week's Signpost, we will be starting to register for back-to-school backpacks beginning the middle of July. They will be distributed August 14 and 21st so that families have them in time for the start of school. We expect to prepare and distribute backpacks filled with grade appropriate school supplies to 46 students this year. [Fran Rosenau](#)

**Wish List -**  
Backpacks (no cartoon/action/pop characters), pens, pencils & erasers, colored pencils & markers, crayons, glue & glue sticks, notebooks, 3 ring binders & filler paper, construction paper, rulers, paper clips, scissors, calculators, and any other related school supplies. Donations may be placed in the food basket on Sunday. Food Pantry volunteers will be assembling the backpacks with grade appropriate supplies on August 10th.

**Prayers of the People.**  
Marilyn Towne asks for your prayers for her daughter Kim. Please pray for Arthur Mueller, his wife Carolyn and their children, Arthur received a difficult diagnosis last week and is now undergoing radiation; for JoAnne, Madeleine Dionne-Svitak's sister in law; for Anne Darrah's aunt, Sophie Payne, who is in rehab now and recovering from a lengthy illness; prayers for Joan Anderson; for Ryan; for friends of Marcia Devine, Anita and Gene Sibley; for Kelly, the daughter of Tom and Peggy Baker; for Corinne Dodge's friend, Mariellen; for William Friel; for healing for Maristopher Webber; for Marcia Devine's landlady, Carol Sienkiewicz; for Jeff and Katie Waymouth's daughter, Ginny and family; for Jacqueline Parent, for strength and peace; for Jean Porter's grand-nephew Tyler, for Cheri and her husband Walt, friends of Jennifer and Robert Aiken; for Rosallie Papoutsy; for Geoffery Richardson son of Dave Darrah's co-worker; for Natalie Gallo's brother, Lorin Bielski; for Mark and Ingrid Chapman's son Eric who with God's grace is in safe hands; for Hope; and all who face difficult changes and transitions.

**Serving in the Military:** Please pray Michael Carr, for Del Dooling's cousins, Daniel Canfield, Matthew and Sandra Maloy, and for Paul Gagne. Our most heartfelt gratitude to Jonathan Mason who just completed his tour of duty.

In our Parish Cycle of Prayer: Erik, Karen, Ava, and Natalie Young; The Rev Miriam Acevedo, Carmen Acevedo, and Elizabeth Naters-Gamarra; Keith, Tracy, Julia, Peyton, Kirsten, and Reed Acker; Alexandra and Ian Handel.

Attendance:  
Sunday, 7/6, 9 a.m., 44.

## Joan C. Anderson

Joan C. Anderson, 77, of Manchester, formerly of Windham and Derry, passed Tuesday, July 8, 2014 at Dartmouth-Hitchcock Medical Center in Lebanon, NH, after a period of declining health. She was born July 23, 1936 in Somerville, MA and was the daughter of the late Arthur and Ellen (Whitman) Goodfellow. Mrs. Anderson was raised and educated in Somerville and relocated to Derry in 1962, where she resided for 30 years.

Joan was employed as a nursing assistant and ward clerk at Alexander Eastman/Parkland Medical Center for over 30 years. She was a lifetime member of the Order of the Eastern Star and a longtime member of Church of the Transfiguration of Derry and St. Christopher's Episcopal Church of Hampstead. She was also a volunteer with the Episcopal Diocese of NH, Caregivers and assisted the Derry Police to develop the Senior Health Fair.

Members of the family include her three children, Robin Simard of Manchester, Scott Anderson and Donna Gilbert of Barrington and Hope Anderson of Silver Spring, MD., and her daughter-in-law, Michelle Anderson of Rochester, seven grandchildren, Richella, Rhianna, Richard, Spencer, Nathan, Emily and Christian. Joan was predeceased by her husband, Ronald E. Anderson in 1980 and by a son Dean Anderson in 2014.

There are no calling hours. A funeral service will be celebrated, Sunday July 13, 2014 at 1:00 pm at St. Christopher Episcopal Church, 186 East Road, Hampstead.

In lieu of flowers, memorial donations may be made to the Muscular Dystrophy Association, 360 Route 101 # Unit 5. Bedford, NH 03110, or the Lymphoma & Leukemia Society, 1311 Mamaroneck Avenue, Suite 310, White Plains, NY 10605.

The Peabody Funeral Homes and Crematorium, 15 Birch St., Derry is assisting the family. To send a condolence, or for more information, please visit

<http://www.peabodyfuneralhome.com./index.html>

