



ST. MARGARET'S
ECUMENICAL & RETREAT CENTER

July & August 2023



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On-Going Weekly Activities

Worship Services Wednesdays at Noon

Zoom and In-Person Worship Services - All Welcome!
Please contact St. Margaret's for the information to join by Zoom.

Wednesday Lunches at 12:30pm

Includes main + veggies, salad, bread, and dessert
Please make a reservation by the Friday before 315-724-2324
Suggested donation \$13 per person

It Takes a Village | Tuesdays from 2-5 PM

Tuesdays from 2 PM - 5 PM at Grace Church Food Pantry, starting June 6th
Call or email St. Margaret's to sign-up for one or more Tuesdays

On-Going Monthly Activities

Details about our monthly events can be found under Special Events.

Friends of Emmaus House Meetings

2nd Wednesdays at 10AM at St. Margaret's
New Members Welcome!

Conversations with Rev. Gillett

2nd Wednesdays at 1:15 PM at St. Margaret's
Group discussion about Matters of Faith - All Welcome!

Grief Support Group

2nd Tuesdays at 6:30 PM at St. Margaret's

Scrabble Day

4th Tuesdays at 9:15 AM at St. Margaret's
Join our Scrabble group for a fun morning - please let us know if you will be joining us and/or staying for lunch by the preceding Monday.

What's Cooking with Irene

*We will not be hosting our monthly dinners in July and August.
See you in the fall!*

All Welcome!

Dear friends,

Here we are in the throes of summer! There are plenty of activities and events to participate in at St. Margaret's throughout the warmer months: join us for one of the Sacred Site Tours; come for St. Margaret's Day; maybe you'd like to participate in our Peace Pole Path – be sure to check out the section on the Peace Poles and see how you can get involved.

The patio here is a wonderful place to catch a little sun and breeze while enjoying God's beautiful creation. Take a little walk around the property. If you enjoy gardening, come and help weed or water the gardens. And speaking of the gardens, if you have one at home and have an overabundance of vegetables or fruits, think of your neighbors in the community who often don't enjoy fresh fruits and vegetables. If you don't have a place to send them, we'll get them to someone in need!

Come with a book or tablet and enjoy the peace and tranquility of the house. Enjoy some stillness that you might not have elsewhere. All are welcome!

Looking forward to seeing you soon!

All the best,

Judith H. Reilly
Executive Director



Photo (above, left to right) from St. Margaret's Day 2021 with Sister Kristina Frances, Executive Director, Judy Reilly, Sister Promise, and Board of Trustees President, Cheryl Logan.

Special Events

It Takes A Village - Tuesdays from 2:00 to 5:00 PM

Our social action-oriented initiative will be volunteering at the Grace Church Food Pantry on Tuesdays starting June 6th. If you would like to sign-up to help one or more Tuesdays a month, please reach out to St. Margaret's to get involved.

If you would like to assist, but are unable to help on Tuesdays perhaps you would consider donating shelf stable foods (canned vegetables, coffee, coffee filters, peanut butter, jam and jelly, canned fruits, canned meats, mayonnaise, pasta, and the like). Thank you for your generosity!

Thank you to the Episcopal Diocese of Central NY for funding to support this program!

Grief Group - July 11th and August 8th at 6:30 PM

St. Margaret's hosts a peer-facilitated group to support anyone experiencing loss Second Tuesdays from 6:30 to 8:00pm. *Please reach out if you have questions.*

Friends of Emmaus House - July 12th and August 9th at 10 AM

Friends of Emmaus House is a group of volunteers who provide support to help meet the needs of the house & guests and meet on Second Wednesdays at 10am at St. Margaret's. *New Members Welcome!*

Scrabble Day - July 26th and August 30th at 9:15 AM

Join us for Scrabble! Our scrabble crew meets Fourth Wednesdays at 9:15am. *Please let us know if you would like to stay for lunch by the preceding Monday.*

St Margaret's Day - July 19th (updated)

We will be celebrating St. Margaret's Day on Wednesday, July 19th, during a special Holy Eucharist service followed by lunch. Please note the date change from our previous announcement.

All welcome - if you would like to stay for lunch please let us know by July 12th.

Quilt Raffle Fundraiser for St. Margaret's



Drawing to be held during our St. Margaret's Day Celebration on July 19th

Tickets: \$2 Each; \$5 for 3; \$10 for 7 - available at St. Margaret's

Our sincere thanks to Suzanne Bauer for her beautiful work!



Photos (above) from St. Margaret's Day 2022

PRACTICING HEAVEN NOW

We live in a noisy world. Constant noise surrounds us, often in the form of “music,” on the street, in restaurants, in supermarkets, at gas stations, in medical waiting rooms, and in work places. In many homes, the television or the iPhone supply background noise for the occupants. Silence is anathema!

We also experience interior noise. If by chance we happen to find ourselves in silence, we become aware of the clamor of our thoughts, doubts, anxieties, fears, and even pain. Quick! Turn on a device to drown them out! This is a spiritually malnourished way to live. If hell may be defined as the absence of God, one might say that living like this is a close approximation of hell. Not that God is absent; God’s presence is drowned out too.

In this context, we remember an Old Testament story of the prophet Elijah. He has defied the wicked queen Jezebel and, consequentially, has to flee for his life. He ends up in a desert mountain cave, and, in despair, prays to God to take his life. God’s response comes to him not in a thunderous storm, nor in the following whirl wind, but in the resulting silence as a “still, small voice.”

Today, God continues to speak to us in a “still, small voice.” One of the best ways to hear it is in silence. For those of us who may not be accustomed to silence, this may feel like a challenge. I have found from experience that it is helpful to ease into it. First of all, one has to find that silence. It may mean rising before the rest of the household, taking a walk alone, eating lunch on a park bench, or, as a last resort, sitting in the bathroom behind a locked door. Or come to luxuriate in the peaceful silence at St. Margaret’s House!

Begin your prayer time by starting out small, for 15 or 20 minutes. Set a timer if you need to. Begin with some deep breathing, visualizing breathing in God’s love and light, while breathing out your inner noise. When you feel calmer, try just to let go into your interior, perhaps praying, “Come, Lord Jesus.” If you are bothered by distractions, try to simply note them and then let them go. It may be helpful with persistent distractions to note them on a piece of paper, promising to come back to them later. The more often that you do this, the easier it will become.

When you feel ready, let your prayers come. There is no right or wrong way to do it. Simply talk with God as you would your best loved and most trusted friend. When you have finished, listen for God's response. That "still, small voice" may come in a variety of ways, so try not to let expectations blind or deafen you. Also, God's responses come in God's time, not ours. We don't always receive an immediate response. The topic of prayer is a huge one; there are many ways to pray. If one way doesn't feel fruitful, experiment until you find one that is. But, however we pray, silence is an important preliminary. In these matters, a spiritual guide or friend can be very helpful.

Richard Rohr, the noted spiritual author and guide has some helpful observations about prayer. He writes: "The word 'prayer' has often been trivialized by making it into a way of getting what we want. But I use 'prayer' as the umbrella word for any interior journeys or practices that allow you to experience faith, hope, and love within yourself. It is not a technique for getting things, a pious exercise that somehow makes God happy, or for entry into heaven. It is much more like practicing heaven now."

He also writes: "This is one good thing that silence and waiting has taught me: our lives are always usable by God. We need not always be effective, but only transparent and vulnerable. We are instruments, no matter what we do. Silence is the ability to trust that God is acting, teaching and using me – even before I perform or after my seeming failures. Silence is the necessary space around things that allows them to develop and flourish without my pushing.

God takes it from there, and there is not much point in comparing who is better, right, higher, lower, or supposedly saved. We are all partial images slowly coming into focus, as long as we allow and filter the Light and the Love of God, which longs to shine through us – as us."

Amen! I hope that during these summer months of July and August, we may be able to increase the amount of silence in our lives, becoming more effective filters for God's Love and Light, and practicing heaven now.

Elizabeth+

The Rev. Elizabeth Gillett, Chaplain

Sacred Sites Tours - July 10th and August 7th

We are excited to bring back our popular group tours of local area holy places this June, July, and August! *Please call us to reserve your seat! By donation.*

On Sunday, June 4th, we visited the Định Thành Buddhist Temple in Frankfort. June 4th was Vesak Day, a special day to remember the birth, enlightenment, and death of the Gautama Buddha.

We will meet at St. Margaret's at 9:30am to carpool to the following sites:

July 10th	The Eucharistic Miracles of the World Exhibit at the Good News Center and local religious sites
August 7th	Oneida Community Mansion House



Photos (above) from our June 4th Sacred Sites Tour

Summer Concert Series - July 13th and August 1st at 7 PM

We are excited to continue our Summer Concert Series in 2023! We will provide refreshments each night. Our August evening will also include an ice cream social. Please bring lawn chairs or picnic blankets. In case of inclement weather, events will be held indoors.

These concerts are free, thanks to a grant from Stewart's Shops Foundation! Donations will gladly be accepted to support the ministries of St. Margaret's and Emmaus House.

July 13th	2 Friends: Donna Mucks and Amy Boulrice
August 1st	Floyd Community Instrumental Ensemble

Emmaus House

Thank you to all who donate necessities and niceties to the women and children staying at Emmaus House! New Home Welcome Kits and Hygiene Supplies are always in need. Donations may be brought to St. Margaret's or directly to Emmaus House. Thank you for your kindness.



Serving Women & Children
Since 1983

Friends of Emmaus House is a group of volunteers who provide support to help meet the needs of the house & guests. This is done through donations, fundraisers, and our annual Open House. We typically meet the 2nd Wednesday of each month to determine needs and find solutions to those needs. Upcoming meeting dates are July 12th and August 9th at 10am at St. Margaret's. *New Members Welcome!*

Monetary Donations: Donations can be mailed to St. Margaret's or made through our website: www.stmargarethouseny.org. All checks should be made out to "St. Margaret's." Please write "Emmaus House" in the "for" line if you would like your donation to go to Emmaus House. All donations are tax-deductible.



↪ Community Donation & Volunteer Opportunities ↩

Shelf Stable Goods for Grace Church Food Pantry: St. Margaret's is accepting shelf stable goods (pasta, rice, canned goods, peanut butter, etc.) for the Grace Church Food Pantry. Donations can be dropped off at St. Margaret's.

Donations for Hope House: Needs include diapers (ten pounds and up), baby formula, toilet paper, toothbrushes & paste, shampoo & conditioner for all hair types, and coffee. Donations can be dropped off at St. Margaret's or directly at Hope House.

Personal & Group Retreats at St Margaret's

St. Margaret's has meeting spaces for group meetings and overnight retreats. We also welcome members of the community to come and stay at St. Margaret's for personal retreats. Those staying at St. Margaret's have use of the house, library, and chapel during their stay. There are many quiet sitting areas for relaxation and contemplation. We have a lovely path to the Wayside Cross on our grounds. Personal retreats are unguided and offer guests a chance to unwind and reconnect with themselves.

Guest rooms are \$55 per night and include overnight accommodation and use of the house and the guest kitchenette, which has a refrigerator, microwave, toaster, and instant hot water for tea and coffee. Groups of five or more can also have meals included for a total cost of \$85 per night per person.

If you would like to plan a meeting or retreat, please contact us for additional information and scheduling.



Photos: St. Margaret's Chapel, Living Room, Library, and Meditation Room.

CONTACT INFORMATION & RESERVATIONS:

Phone: 315-724-2324 | Email: info@stmargarethouseeny.org

St. Margarets, Friends, & Events!



Photos: Munson Exhibit Presentation, Friends of Emmaus House meeting, Remembrance Garden, Janet Stengel and Vicky Stocton Allen on music, and Mark Bolos plays for our first summer concert of the season. Thank you to all for your presence and participation!

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