

ST. MARGARET'S
ECUMENICAL & RETREAT CENTER

September & October 2023



September & October

All are welcome! For more information or to register for any event, please call or email St. Margaret's: 315-724-2324 or info@stmargarethouseeny.org

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 12:30 PM

Includes main + veggies, salad, bread, and dessert
Please make a reservation by the Friday - 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
Call or email St. Margaret's to sign-up for one or more Tuesdays

On-Going Monthly Activities

Friends of Emmaus House Meetings

2nd Wednesdays at 10 AM at St. Margaret's

Conversations with Rev. Gillett

2nd Wednesdays at 1:15 PM at St. Margaret's (not meeting in October)
Group discussion about Matters of Faith

Grief Support Group

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

Scrabble Day

4th Wednesdays at 9:15 AM at St. Margaret's

What's Cooking with Irene

3rd Wednesdays - Suggested Donation \$17 - Please make your reservation by the preceding Friday. Take Out at 5 PM and Dine In at 6 PM.

September 20th: Chicken Riggies with sides, salad, and dessert

October 18th: Pot Roast with sides, salad, and dessert

All Welcome!

Dear friends,

I hope you are having a lovely summer. Included in this newsletter is information about upcoming events as well as reflections and photographs of our community in action. I'm especially delighted to invite you to our Peace Pole Path dedication to be held at St Margaret's on September 21st, International Day of Peace, at 2 PM. Please join us as you are able and I look forward to seeing you soon!

All the best,

Judith H. Reilly

Executive Director

To contact St. Margaret's please call (315)724-2324 or email info@stmargarets houseny.org.

Special Events

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

Our social action-oriented initiative volunteers at the Grace Church Food Pantry on Tuesdays. If you would like to sign-up to help one or more Tuesdays a month, please reach out to St. Margaret's. 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). Gift cards to Aldi's or BJ's are also appreciated. Thank you for your generosity!

Monthly Meetings at St. Margaret's: It Takes a Village will also hold monthly meetings for those wishing to learn more about the project and for current members to connect. Meetings will be held Wednesday, September 6th from 1:30-2:30 pm and Wednesday October 4th from 10am to 11am. All are welcome! Future meetings will be held based on availability of group members.

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

Work Day - September 11th from 10:00AM to 3:00 PM (any time)

Join us on September 11th to help finish up working on the Peace Pole Path and other projects around St. Margaret's. We'll have any tools that might be needed, but you're welcome to bring your water bottle and your own work gloves if you'd like. A simple lunch will be provided to all of our volunteers. Many thanks!

The Journey: Shepherding God's People (Open to All) - Sept. 12th 2 to 3:30 PM, Oct. 2nd 10 to 11:30 AM, or Nov. 6th 2 to 3:30 PM

You are invited to come and experience a video and bible study series that is fully funded through the generosity of St. Joseph's Pastoral Care, Inc. It is offered to all people who are seeking new ways of finding spiritual wellness throughout the year. You will learn how to navigate this program using carefully chosen videos designated for each month in the year. We will also briefly discuss several bible studies. These studies will offer you the opportunity to delve deeper into each scripture and message. For more information please visit thejourneyvideo.com.

Invited are people of all faiths, questioning faith, or unfamiliar with this faith journey. The presenters are Rev. Carol Jubenville, Methodist Pastor and Fr. John Buehler, Roman Catholic Priest. Please register ten days prior to each event. Registration fee of \$5 (refreshments included) with a max of 25 people. Please bring your laptop, tablet, or phone to use to gain a full experience.

Peace Pole Path Dedication - September 21st at 2pm

Many of you have been able to experience the peace and serenity of the beautiful space that is St. Margaret's. This spring we undertook a project to create a Peace Pole Path through our grounds and gardens. Thank you to all who have made donations and have given their talents to help us along in this journey. On the International Day of Peace, September 21st, we will be dedicating our Peace Pole Path and you are all invited. The dedication will be at 2pm.

Revelations Study Group with Rev. John LaVoe - Wednesdays at 1:30 PM from October 4th to November 8th

The last book in the New Testament is the least understood, with bodacious beasts, bombastic blasts from heaven, and the Armageddon Showdown. Yet, it also shows heavenly visions, glittering city planning, and a thousand year respite free of everything nasty. Is it fantasy, is it prophecy, or is it more than it's given credit for? Why is this book in the Bible?

The Rev. Dr. John LaVoe will lead an "all expense paid" tour of the Book of Revelation on Wednesday afternoons in 6 one-hour segments at St. Margaret's House beginning October 4th. Two sessions ease the way into the book, two more plumb the "why, what, and wherefore" of apocalyptic, and the final two dwell in the eternal Jerusalem from heaven with its peaceful, perfectly de-Satanized 1,000 year prelude. No text book will be required; resources will be mentioned throughout

for those ambitious and intrigued enough to pursue them. Reading the chapters of Revelation will be requested and an occasional exercise suggested.

Please register with St. Margaret's by September 28th. Don't be the first on your block to say "Im a-gedden' out o' here!" Take advantage of this ideal chance to find God's heart, mind, and spirit in the last book of the New Testament: the Book of Revelation. The Revelation to John. The Apocalypse.

The Journey: Shepherding God's People - October 10th from 9:00 to 11:30 AM and/or November 9th from 9:00 to 11:30 AM

For: Clergy, Lay Pastors, Mission Teams, Women and Men's Groups, Activity Directors, Spiritual Coordinators, Hospice and Palliative Care Chaplains, and Senior Housing Personnel.

You are invited to learn more about "THE JOURNEY-SHEPHERDING GOD'S PEOPLE" (thejourneyvideo.com) a video and bible study series that is fully funded through the generosity of St. Joseph's Pastoral Care, Inc and offered to all people who are seeking news ways of finding spiritual wellness throughout the year. This program is geared to inspire and create an environment for group gatherings to look at scripture with new eyes each month.

During this time, we will discuss new ways of experiencing a time of worship along with the opportunity to delve deeper into scripture using the prepared bible studies. This program can be personalized for each setting whether weekly bible study, Advent, Epiphany, Lent or community worship with those who are not able to attend church service in a traditional manner. You, as leaders, will be able to specifically choose what is best for each group setting using the materials.

From our time together you will be able to review all videos, bible studies with attached questions and a poster for each gathering. The goal will be to offer this ecumenical ministry to all who value spiritual wellness by means of grace, hope and reassurance of God's love for all people.

The presenters are Rev. Carol Jubenville, Methodist Pastor and Fr. John Buehler, Roman Catholic Priest. Please call St. Margaret's House to register ten days prior to either retreat. Registration is \$10 for refreshments with a maximum of 25 people. Choose one or come to both! Please bring your laptop, tablet, or phone to use to gain a full experience. If none of these dates are convenient for your group, please call and request a time that would work best for your organization either at St. Margaret's House or your facility.

A Centering Prayer Retreat - November 7th to 10th

Meeting God in Silence and Stillness ~ Learning... and Beginning Again

The retreat will be a time of learning and practice. It is a silent retreat time from after dinner on Tuesday evening through Friday lunch. During meals and times with one another we will observe a holy silence so that we might in that space and time be as available as we possibly can to God's Presence.

The retreat begins on Tuesday, November 7th any time after 3:30pm. Dinner is at 5:30pm and our initial session is at 7:15pm. (Wednesday and Thursday schedules will be posted.) The retreat ends with a sharing and lunch on Friday, November 10th. It is my hope that from this experience one might be more confident in understanding this Christian approach to meditation and its accessibility.

Periods of centering prayer will be in 25 minute sittings in a group setting. Interspersed on the days of retreat, we will listen to DVDs of Father Thomas Keating, Gail Fitzpatrick-Hopler, and Fr. Carl Arico. These learning sessions will help all of us, beginners and beginners-again, to understand prayer as a relationship and some of the basics of centering prayer practice, the four guidelines and the use of a sacred word in the method of centering.

The guidelines include: choosing a sacred word as a symbol of your intention to consent to God's presence and action within; sitting comfortably and with eyes closed, settle briefly, and silently introduce the sacred word; when you become aware of thoughts, return gently to the sacred word; at the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

Father John Crosswaite and Carol Ackley will be the leaders of our learning and prayer. Father John is a retired Episcopal clergy with a formal degree in Applied Christian Spirituality from USF. He has led days of prayer, is an active spiritual director, and introduced the practice of centering prayer in a congregation while he was rector of the River Parishes in the north country. Carol has been active in the Episcopal church and is a trained spiritual director. Carol was chair of the diocesan wide effort, Learning Communities Initiative, along with Father John, and has worked as part of a discernment group in the north country.

Please call or email St. Margaret's if you would like to register for this retreat by October 16th. The total cost of the retreat, overnight stays, and meals is \$300. If you would like to attend but need assistance covering the cost please reach out to St. Margaret's.

“AND IT CAME TO PASS” . . . A Personal Meditation

I am writing this in late summer. On the country roads on which I drive, the fields of corn are tall walls of spiky green on both sides of the road, obliterating any view. Many of the roads are lined in late-summer wild flowers, a colorful mixture of lavender-blue chicory, white Queen Anne’s Lace, spicy-scented phlox, and wild pink sweet peas. The valleys and rolling hills are breathtakingly beautiful, with patchwork fields of crops punctuated with woodland and grazing cattle. I love the beauty and vitality of summer and hate to let it go.

But let it go, I must. Among all of this verdant beauty are unmistakable signs of the autumn to come: the spiky magenta blossoms of purple loosestrife and the budding goldenrod, as well as the apples on our backyard tree. Purple and gold: the royal colors of Fall. Apples for hungry deer as they pass through our property.

Autumn is a poignant time for me. I love the scarlets and golds of the turning leaves, the majesty of the great Vs of squawking Canada geese as they fly south, and the crisp, cooling temperatures, but I am only too aware of what is to come. Gray, leaden skies; white, snow-covered fields; brown, salted roads; leafless trees starkly silhouetted against the sky, and evergreens so dark that they look black.

I hate to let go. But letting go is a very basic life skill that all of us have to learn. As creatures of time, we don’t have much choice. Time moves on, whether or not we choose to try to flow with it. As the Gospel of Matthew states so often, “And it came to pass. . . .” Life comes and it passes. Letting go of people, animals, places, and other aspects of our lives whom we love, involves risk, change, loss, grieving, and trust. These are states of being that we may not welcome, but I have found in the course of my lengthening life that they often result in renewed growth and greater life satisfaction. Bruce Springsteen’s song, “Glory Days” reminds us of what happens to us when we don’t let go. It is a song filled with pathos as middle-aged drinkers at a bar nostalgically reminisce about their high school glory days as football players and homecoming queens.

Perhaps I should say here that the most important quality in this process is trust, ironically the one I mentioned last! We cannot risk if we don’t trust God and God’s presence and action in our lives. When I made the huge decision to take a break from parish ministry to become the Executive Director of Episcopal Social

Ministries in Baltimore, a parishioner sent me a card that read something like “When you leap, God will either give you wings to fly or a net to catch you.” I found that tremendously encouraging. Indeed, God did give me wings to fly in a challenging new and rich ministry, in which I was able to give and to receive in ways in which I never would have otherwise. God gave me the grace to experience Will Rogers’ wonderful saying, “Why not go out on a limb? That’s where the fruit is.”

When we experience the death of a beloved person, pet, or life condition, the gaping hole in our lives seems unbridgeable. Letting go that is forced upon us is perhaps the most painful and difficult to accept. While going through the bereavement of great loss, I have found that throwing oneself on God’s love and compassion gives one hope in the darkness and the courage to keep on. As I have gradually emerged from my bereavement – it usually takes me approximately two years – I am frequently amazed to find that God guides me to “new limbs where the fruit is.” Letting go is a paradoxical experience in which we suffer loss and also new experiences and new growth. But, as we state in our Baptismal Covenant, we do it with God’s loving compassion and ever-trustworthy help.

So, where does that leave me with my reluctance to let go of the beauty of summer? When we get to winter, which we haven’t yet!, I will try to remember that God created winter as well as the other three seasons of the year. I will try to be open to God’s presence in the comfort of warm winter clothes, the crunch of snow beneath my boots, the sparkle of icicles in the intermittent winter sun, the blue-white beauty of pristine snow, and the welcome bright red of the cardinals in our leafless apple tree.

But best of all, autumn and winter are seasons of greater community at St. Margaret’s, as we gather to celebrate our new Peace Path, All Saints Day, Thanksgiving and Christmas; enjoy new study groups and continuing Conversations; open ourselves to new growth during Lent, and joyfully celebrate the season of Easter. St. Margaret’s outreach to our community’s homeless, hungry, and those who are seekers continues regardless of the season – sacred activities for which I am grateful that we do not let go!

Best wishes for a glorious Autumn as we open ourselves to God’s presence in a new season and for the courage and grace to let go! Affectionately, Elizabeth+

(The Rev. Elizabeth Gillett, Chaplain)

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.

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 September 13th and October 11th 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.stmargarethouse.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.



Serving Women & Children
Since 1983



↔ 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.

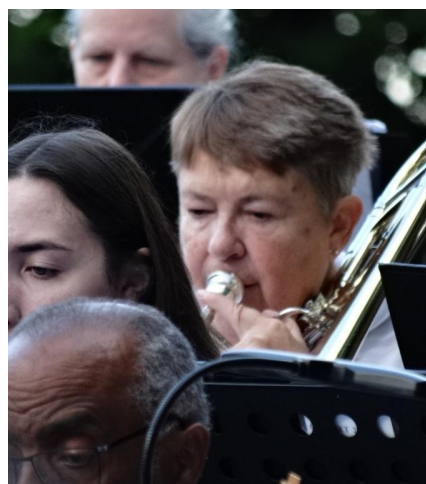


Photos: St. Margaret's Chapel, Living Room, Library, and Meditation Room.

CONTACT INFORMATION & RESERVATIONS:

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

St. Margarets, Friends, & Events!



Photos: Vicky Stockton-Allen, Floyd Community Instrumental Ensemble, Janet Stengel, Sacred Sites Tour destination: Addolorata Prayer Garden in Frankfort, Emmaus House Staff, Safe Church Training, In Bloom, and Two Friends: Donna Mucks and Amy Boulrice.

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