



# THE CALL

ST. ANDREW'S  
EPISCOPAL CHURCH  
WELLESLEY, MASSACHUSETTS

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## The Season of Epiphany



The Rev. Adrian Robbins-Cole

**T**HE SEASON OF EPIPHANY has a special place in my spiritual heart, because it is a reminder of how Christ is constantly knocking at the door of our souls, to reveal himself further to us. The word “epiphany,” from the Greek word *epiphaneia*, means “a sudden revelation of the divine.” Like many in the Episcopal tradition, I experience life as a journey, punctuated by experiences of God that lead us towards the destination of an ever-closer relationship with God.

These epiphanies might be dramatic conversion experiences, like St. Paul’s on the road to Damascus, which we often hear people from the evangelical wing of Christianity speak about. But in my own life, the epiphanies I have experienced have been smaller and gentler, which seems much more in character with the way Episcopalians approach faith. They have been

more like the famous experience of John Wesley, the founder of the Methodist Church. He had gone reluctantly to a Bible study meeting one Sunday evening at a Moravian chapel on Aldersgate Street in London (the year was 1738), and while Martin Luther’s preface to the Epistle to the Romans was being read, he said, “I felt my heart strangely warmed. I felt I did trust in Christ.”

Even though this was a small, gentle revelation, it had an enormous impact on Wesley. However, in my own experience and that of others with whom I have spoken, the gentle epiphanies do not necessarily dramatically change us, but rather gradually reveal Christ more fully in our lives.

The definition of an epiphany as an unexpected or sudden manifestation of the divine seems to imply that this is an experience over which we have no control—it is something that happens to us. The story of the three kings or the magi tells us otherwise. They had their epiphany of Christ in the manger because they had a discipline of being on the lookout for signs of God. Thus, their eyes were open to see the star that led them to Bethlehem.

Like the magi, we need to make sure our eyes are open to observe God’s epiphanies to us. Although it is God knocking at the door of our hearts, like Christ in Holman Hunt’s picture of Christ, “The Light of the World,” it is up to us to open

the door. In Hunt’s painting, there is no latch on the outside of the door for Christ to open; we have to open it ourselves to let him into our souls.

In his wonderful book *Being Disciples*, which a group of us read in November, Archbishop Rowan Williams says that as disciples of Jesus, we need to develop skills of awareness that help us not to miss God. He says this awareness is inseparable from a sense of expectancy that God is going to speak or show us something. He compares it to being like experienced bird-watchers, who have cultivated a poised alertness, so that they see the bird when it appears.

As disciples, we are called to cultivate a similar poised alertness in our everyday life, so that we see Christ when he appears to us. It is through a disciplined prayer life, through the reading of scripture, and by coming to church and being with other disciples that we train ourselves to have the awareness to see God.

I live with a sense of expectancy about how Christ might speak to me afresh. When I enter a new situation, or find myself with a new person, I am always wondering how God might speak to me in this situation. It brings an enormous sense of hope and excitement into my life. This sense of awareness and expectancy is not something that is natural to me, but it is something I have intentionally learned

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and cultivated through a practice of contemplative prayer and meditation, reading the Bible, and regular attendance of worship.

If you are still looking for a New Year's resolution or have already given up on the resolution you have taken on, I would suggest reading Williams's book *Being Disciples* (87 pages) and cultivating the art of awareness and expectancy.

It can transform your life, filling it with renewed meaning, purpose, joy, and excitement.

Yours in Christ,



## Warden's Message

### Day of the Three Kings: Christ revealed to the faithful



Michael Vanin, Warden

**E**PIPHANY, ALSO KNOWN AS the day of the Three Kings, is a well-known story; it is the moment when Christ is first revealed to the faithful. As told by Matthew 2:9-11, *The three wise men followed the star to the place where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense, and myrrh.*

In our modern age, Epiphany is about discovery. As I pen my last article for *The Call* as warden, I realize that over these past three years I have discovered much about myself, about my faith, and about my love for St. Andrew's. You might think these items are

separate and distinct, but along my spiritual journey, the lines of demarcation are hard to distinguish.

Any warden who has served before me has generously given his or her time and talent to our wonderful church, vestry, and congregation. As Shakespeare wrote for King Henry IV, "Uneasy lies the head that wears the crown," similarly he could have been giving voice to the wardens who have come before me. The job is demanding, no doubt. But over my tenure, I have had the benefit of standing on the shoulders of giants.

So, what does this have to do with my discovery of personal faith in this season of the Epiphany? I believe that the best leaders are those that serve the interest of others. Throughout my time as warden, I have constantly looked to discover how I can best accomplish the charge set before me: to realize my God-given gifts, bring them to the job of warden, and leave St. Andrew's better in my wake.

Since serving, I have discovered that I am more aware of my limitations as a Christian, and I seek to improve this part of my life. I have discovered that our clergy are a deep reservoir of knowledge, and through them I have learned a great deal about scripture and liturgy. I have discovered the amazing



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tapestry that makes up the congregation and that the job of warden is not that "heavy." For me it has been a joy and a privilege.

Whatever small legacy I leave behind as I retire, I've discovered that I am a better person for the experience. I have gotten much more

from the job of warden than I ever thought possible.

I thank you, St. Andrew's, for this honor. At the end of my term in January 2018, I know I will miss the camaraderie, the challenges, and the call of duty. As my wife,

Kris, said recently: "What are you going to do with yourself?"

I guess I'll just have to discover what's around the corner and embrace that next phase of my life.

## Eating Up the Darkness with . . . Wit and Wisdom



The Rev. Margaret Schwarzer

**T**HIS YEAR, IN THE MIDST of winter's early darkness and cold weather, we have over 30 members of St. Andrew's gathering monthly to read Holy Scripture. We study the Bible together, reflect on its lessons, and apply it to our own lives. The title for this article comes from a line in T.S. Eliot's *Murder in the Cathedral*, but I am assigning it to our St. Andrew's Bible Circles and Bible Studies. In the midst of winter's darkness, wit and wisdom abound.

You are invited to try out one of our gatherings this winter. Each meeting has its own charac-

ter, so the odds are good that you will find a gathering that is right for you.

One of them has been meeting monthly for over 61 years. On my first time out as leader of that Bible Circle, one of its members said, "I just want you to know that we have been meeting in this Bible Circle every month since before you were born!"

It is no small thing to have a continuous Bible study group for 61 years. As you might guess, the group has a great blend of scholarship and humor. I have come to love the insights and camaraderie of our morning Bible Circle. It meets on the second Tuesday of the month from 10:30am to 11:30am.

This year, we are studying the

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**"Your word is a lamp for my feet, a light on my path."  
(Psalm 119:105)**

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*Gospel of John: A Cosmic Perspective.* We also have a Bible Circle studying *John* in the evenings from 7pm to 8pm on the second Wednesday

of the month. It is also vigorous and wise, full of the good humor of people who have finished a workday and come together to spend an hour in soulful fellowship. Different insights emerge in each group, and I value the opportunity to participate in both of them.

Adrian facilitates our third Bible study group. Our Men's Bible Study meets at 8am on the second Saturday of the month. This year, the group is studying *Galatians*. If you are in the mood to share a simple breakfast with a bunch of guys who all want to deepen their spiritual life, the Men's Bible Study is for you.

The season of Epiphany invites us to recognize that signs of grace are all around us. As John's Gospel proclaims, "The light shines in the darkness, and the darkness could not overcome it." (John 1:5)

Come try out a Bible study this winter and stay for a month, a year, or even 61 years, like a spirited member of our morning Bible Circle. We want to share our study of scripture with you, and learn from your insights and stories.





# Faith and Girl Scouting at St. Andrew's



The Rev. Catherine "Cat" Healy

**A**S YOU'LL LEARN FROM THE interview on pages 6-7, Girl Scouting has always been a crucial part of my life. For more than a century, Girl Scouts in the United States have been developing character and leadership skills, exploring the world around them, and helping those in need. This summer, Wendy Barry and I had the incredible privilege of leading St. Andrew's Girl Scouts Emma Barry

(age 13), Clara Eikeboom (12), Alexa Pekowitz (10), and Julia Pekowitz (12) as they linked their commitment to Scouting with their Christian faith by earning the *I Live My Faith* religious emblem. This award program encourages Girl Scouts to deepen their experience of belief, prayer, Christian living, and the sacraments of the church.

The Scouts earned this emblem over the course of a three-day retreat on Squam Lake in New Hampshire. The award requirements demanded that they put their creativity to work; tasks included performing a skit about the four marks of the church (one, holy, catholic, and apostolic), designing card games around the corporal and spiritual works of mercy, writing poems about their encounters with the sacraments, and creating their own religious art. They also completed a community service project, making fleece blankets

for children at Family Promise Metrowest.

Though all of these activities kept them busy, the girls still managed to make time for hiking, swimming, canoeing, campfire singing, and (of course!) s'mores. Everyone was very grateful to St. Andrew's parishioners Paul and Barbara Shellito for generously allowing the group to use their lakeside cabin, and to Dan and Susan Kemp for the loan of their canoe!

Prayer in all its forms was a central focus of the retreat. At the end of each section of the award program, the Scouts designed and led their own worship service; on Sunday morning, they rode a ferry to worship on Church Island, an outdoor chapel accessible only by boat. They also learned Christian songs and made time for silent contemplative prayer. Clara said, "My favorite part of this weekend was when we sat on the dock [by the lake outside our cabin] and prayed.

Photo: Courtesy Cat Healy



Clara Eikeboom, Emma Barry, Julia Pekowitz, and Alexa Pekowitz on the ferry to Church Island





Cat, Emma, and Alexa on the ferry to Church Island

It was dark outside, and we used the lanterns we had made for the prayer section of the award, and I really enjoyed relaxing and praying to God.”

All the participants said that they felt a natural connection between faith and Scouting. Emma explained, “The Girl Scout Law talks about respecting other people, loving other people, doing good deeds, and as Christians, we should be doing the same thing. We should be loving one another.” Alexa agreed: “Both being a Christian and being a Girl Scout are about making good choices and making the world a better place.”

*I Live My Faith* was a wonderful learning experience for both the youth and the adults who participated, all of whom are eager to complete the next religious award in the Scouting sequence. (Both Girl Scouts and Boy Scouts are eligible to earn new religious emblems at each rank of Scouting.) They also highly recommend the religious emblem programs to other youth.

Julia said, “I would encourage other Scouts from St. Andrew’s to do this kind of a retreat because it really helped me connect my Scouting experience with my religious experience, and I got to see all kinds of new connections that I hadn’t noticed before.”

Is there a Boy Scout or Girl Scout in your family who would be interested in earning a religious emblem? Are you an adult who would like to help lead the next Scouting award adventure for Scouts from St. Andrew’s? Just reach out and let me know!

Photo: Courtesy Cat Healy



Emma on West Rattlesnake Mountain

# Getting to Know Cat Healy and Heather Canapary



Dan Dent

IN THIS ARTICLE, The Call continues its series of conversations with St. Andrew's clergy to give the parish an opportunity to learn a little more about our church leaders. Here we meet St. Andrew's assistant rector for youth and family, Rev. Catherine (Cat) Healy, and her wife, Heather Canapary. Heather and Cat have been married since 2011, they have two cats, and they live just next door to the church.

## How did you meet?

**Cat** We met when we were 18 years old. The summer after

our freshman year of college, we worked together at a Girl Scout camp in Columbiaville, Michigan. We were assigned to the same staff tent, and the rest is history.

**Heather** I grew up in the Chicago area, as did Cat. We actually attended the same summer camp as kids, although we didn't know each other then. We each stayed in touch with a counselor from that camp, who later became the camp director we both wound up working for.

## Which experience together says the most about who you are?

**Cat** For our honeymoon, we spent a week canoeing and camping in Ontario at Quetico Provincial Park, a wilderness area known as the "Canoeing Capital of Canada."

**Heather** I did the cooking over a campfire each night, and Cat was in charge of setting up the tent. We took turns portaging [carrying] our canoe. Camping is one of our favorite things to do together.

**Cat** We had so much fun on that trip. Last year, I shared our experience in Canada with Barbara

and Paul Shellito, and they ended up going on the same trip!

## Tell us about someone who has influenced your decision to pursue your career.

**Cat** For me, the biggest influences were the religion teachers I had in Catholic school. They taught me so much about church tradition and Scripture, and filled me with passion for the Christian faith.

**Heather** My mom was a teacher for 35 years before retiring three years ago, and she was one of the most dedicated teachers I've ever known. She never ran out of new ideas for ways to help her students succeed. Now I teach math and science at Wellesley Middle School, and I try to be as committed and creative in the classroom as she always was.

## What was your early career like?

**Heather** After graduating from the University of Oregon with an environmental science degree, I worked as an industrial hygienist—we managed asbestos abatement in old buildings—and eventually, I went to graduate school for education. I've always loved teaching; before I became a classroom teacher, I taught outdoor recreation, wilderness medicine, and after-school enrichment.

**Cat** I got my first youth ministry job in 2006 and have been working for the church ever since. Before I went to seminary, I was the director of youth, young adult, and campus ministries for the Diocese of Oregon. But I've also had lots of weird part-time jobs along the way, from paralegal to puppet builder.

## Looking back, what advice would you give to yourself for your first year in your career?

**Cat** I would go back and tell myself that almost nothing is really a crisis. I think Heather would give

Photo: Courtesy Cat Healy and Heather Canapary





herself the same advice, since her first teaching job was so hard.

**Heather** My first job after grad school was in a tiny, rural school district in Banks, Oregon. At the time, half of my classes were with high school students where I taught science, and the other half were in middle school where I taught both math and science. I had 200 students that year, including one class section of 38 kids. My advice to my younger self: "It gets better."

**What do you do when you aren't working?**

**Cat** I love to read and to be outside, especially on my bike, and I'm learning to play the guitar. My favorite books are contemporary fiction and non-fiction books about religion.

**Heather** I like to read, too, mostly science fiction, and to cook, and I'm learning how to play golf. I've also run four marathons.

**When you get to heaven, what do you want to say to God?**

**Cat** I'll ask for directions to some deceased family and friends I would really like to see again. My questions about the platypus can wait.

**Heather** I figure Cat is going to get me into heaven, so I'll just hold onto her ankles on the way in and tell God, "Thanks!"

Photo: Courtesy Cat Healy and Heather Canapary



**What would you like everyone to know about the other person?**

**Cat** People should know that where I'm oblivious, Heather is

extremely observant. That's what makes us a good match.

**Heather** People should know that Cat is an open book.

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