



# THE CALL

CELEBRATING 125 YEARS  
ST. ANDREW'S  
EPISCOPAL CHURCH  
WELLESLEY, MASSACHUSETTS

NO. 383  
SUMMER 2019

## Four Pillars of a Meaningful Life



The Rev. Adrian Robbins-Cole

**A**S WE CELEBRATE St. Andrew's 125th Anniversary with much joyous outward celebration, including our very successful Capital Campaign, our Gala party on November 2 and the 125th Festival Eucharist on November 24, it is worth pausing for a moment to ask what it is we are celebrating. We are celebrating more than just a 125-year-old building, as handsome as it may be.

This made me reflect again on the sermon I gave at our annual meeting this year based on a TED Talk. TED Conferences LLC (Technology, Entertainment, Design) is a media organization that posts talks online for free distribution under the slogan "ideas worth spreading." I had heard which really brought home to me the importance and value of being part of a church community. The TED talk was entitled "There's more to life than being happy" by a young woman named Emily Esfahani Smith.

Recognizing that she and her peers were finding life based on the pursuit of personal happiness and success an empty and anxiety provoking experience, she spent five years as a graduate student and she then spent five years studying this issue, looking into psychology, neuroscience, and philosophy to try to discover what makes life fulfilling and meaningful.

What she concluded was that there are four pillars of a meaningful life, which I found coincided with so much of what I believe St. Andrew's is about and, more importantly, about the basis of our faith in the teaching of Christ.

So, let's look at these pillars.

### **Belonging**

*Belonging* is about being in relationship with others who value you intrinsically and who you value as well. Now we all know belonging to a group can be corrupted, like in cults or organizations that deliver what she called "cheap belonging" based on who you hate or who you exclude. But true belonging, she said, springs from love. It is something you can cultivate by choosing to treat others as humans. Or, in other words, as Jesus said, "to love your neighbor as yourself" and to "do unto others as you would have them do to you." This is one of the non-negotiable elements of the Christian faith and of church life. Community and belonging are also among the things that people say they value about St. Andrew's.

### **Purpose**

The second pillar is *purpose*, which she says isn't about finding the perfect job or a similar attainment, but it is about stepping beyond yourself, and is more about what you give rather than what you get. The key, she said, is using your strengths to serve others. This takes us to the heart of our parish mission statement, which is about helping people to experience Christ's love and then encouraging them to share that love with the world by helping them to recognize how they can use their gifts and talents to serve others.

### **Transcendence**

*Transcendence* is the next pillar, which she defined as moments when we step beyond ourselves, those moments when we are lifted above the hustle and bustle of daily living and our sense of self fades away and we feel connected with a higher reality. She mentions the church as one of the places where this can happen. She said a study found that transcendence makes people less self-centered and more generous in helping others. One of the things we value most at St. Andrew's is our worship, our music and our beautiful sanctuary, which help us experience this sense of transcendence.

### **Storytelling**

The final pillar is one I could not have predicted, and she said it surprises people. But then, as I reflected on one of the main focuses

*continued on the next page*

## In This Issue

### Rector's Letter

#### Four Pillars of a Meaningful Life

Rev. Adrian Robbins-Cole 1

### Warden's Message

#### Taking Our Faith with Us

Paige Manning 2

### Getting to Know Emma Barry

Rev. Margaret Schwarzer 3

### Finding My Faith at Wellesley

Lia James 4

### A Sojourn with the Youth of St. Andrew's

Betsy Millane 5

### Putting Faith into Action The Outreach Program

Cam McCormick 7

### Summer 2019 Calendar and Congratulations to the Class of 2019

Insert



A publication of  
St. Andrew's Episcopal Church

PARISH OFFICE: 79 Denton Road,  
Wellesley, MA 02482-6404  
781.235.7310 | FAX: 781.235.0067  
[standrewswellesley.org](http://standrewswellesley.org)

PUBLISHER: Dan Dent  
EDITOR: Katharine Clark,  
Parish Administrator  
[kate@standrewswellesley.org](mailto:kate@standrewswellesley.org)

## Four Pillars of a Meaningful Life *continued*

of what we do in church and one of the fundamental pillars of the Christian faith, it really should not have surprised me. And that pillar is *storytelling*. She said a natural part of our lives is the story we tell ourselves about ourselves, which helps explain why we are who we are. But she goes on to say that we often don't realize that we are the authors of our own stories and have the power to edit, interpret, and re-tell our own stories.

To exemplify this, she told the story of a football player she met who had been paralyzed in an accident. The story he told himself was "My life was great when I was playing football but now look at me." But then, with time, he began to tell himself a new story. "Before my accident my life was purposeless—I partied a lot and I was pretty selfish. But my accident made me realize I could be a better man." This edit changed his life and he discovered his purpose was in mentoring kids. Psychologist Dan

MacAdams uses a very familiar word to describe these stories: Stories of Redemption. This is where the good redeems the bad.

Isn't this what the Bible is about, and isn't this one of the main things we come to church to hear? Stories of redemption can inspire us to rewrite, edit and interpret afresh our lives and their direction. This is what we mean by the spiritual life. And this is what we are committed to at St. Andrew's.

And so, the next time someone asks you "why do you go to church?" tell them "because there's more to life than being happy." Tell them because you are seeking meaning in your life based on the four pillars of community, purpose, transcendence and storytelling. And, oh yes, tell them churchgoers also live longer, healthier lives!

Yours in Christ,

## Warden's Message

### Taking Our Faith with Us



Paige Manning, warden

SINCERELY HOPE that all of you love St. Andrew's as much as I do. It is truly a wonderful place and a community for worship. But we can't always be in our home parish and, particularly as school vacations and pleasant weather usher in the summer months, we

have the opportunity to seek out other ways to connect with God and our spiritual selves.

How can we take our faith with us when we are away? The simplest way is to continue our personal relationship with God through prayer and meditation wherever we go. We might supplement our usual prayers with thanksgivings for the natural beauty we see as we travel, and gaze upon a beautiful coastline, or a magnificent mountain range, or any smaller wonder in between. We can pray for God to keep us safe as we travel by land, air, and sea.

There are many ways to connect with our faith through print, audio, and online media.

Consider reading (or re-reading) portions of the Bible, or an inspirational book like the one on the life

of St. Paul, *Meeting God in Paul* (our Lenten reading!).

You can listen on the radio or online to church services broadcast live or saved to podcasts (such as WBUR's broadcast of Sunday services from Boston University's Marsh Chapel).

You can find an abundance of sermons and inspiring lectures and reading online with a simple Google search. But for the very best sermons, go directly to our website, [standrewswellesley.org](http://standrewswellesley.org), click on Worship, then Resources, and the

Sermons tab for three years of audio recordings of our recent Sunday sermons. You can also visit the websites of our diocese ([diomass.org](http://diomass.org)) or national church ([episcopalchurch.org](http://episcopalchurch.org)), then search for "sermons."

But one of my favorite experiences while away from home is to sample a live service at a nearby church, generally Episcopal, but it's also fun and interesting to visit other denominations and faiths occasionally. I have attended small, cozy worship services at St. John's in the Mountains Epis-

copal Church, in Stowe while on vacation in Vermont; a fire and brimstone service in the Highlands of Scotland; and more recently, a service at the magnificent Grace (Episcopal) Cathedral in downtown San Francisco. In addition to the normal benefits of worship, it is wonderful to experience novel music and voices, and to meet folks from different backgrounds and maybe different traditions.

I hope you have a wonderful summer, and that you keep the faith! Wherever you are!

## Getting to Know Emma Barry



Emma Barry

*Emma Barry is a member of St. Andrew's youth program. This year, she has served as an acolyte, taught a 9am Christian learning series class on medieval manuscripts, and taught in our St. Andrew's church school. Emma and her family are long-time members of the church. We invited Emma to introduce us to her artwork, her experience as a Girl Scout, and her family.*

—The Rev. Margaret Schwarzer

**When did you discover you really liked to create art, and what makes medieval manuscripts so appealing?**

I have been interested in art ever since I could hold a crayon. Something I find really compelling about medieval manuscripts is the sheer amount of detail they include.

Not only do they utilize complex patterns and illustrate the writing, but they use symbolism to add to the stories. The art itself is a story as well as the written work, which I find beautiful.

**What would you like to teach us about medieval calligraphy?**

One of the things I found most interesting about medieval calligraphy and illumination is that each task in the book was allocated to a different person. The monks (and some nuns) who made illuminated manuscripts worked in a sort of assembly line, where each person worked on one aspect of the page. There was the scribe or calligrapher, then a monk who only did leaves, then one who only did angels, and so on. I found this interesting because I initially thought one artist would do one whole page.

Each illuminated manuscript is a testament to the power of teamwork. When I made my manuscript, I didn't have an assembly line of brother monks to help me out, but I managed to get by!

**Does your inspiration for creating art come in a flash or is your process slower, more of an act of discovery? Is it prayerful?**

I would say that my inspiration for art usually comes quickly, and it is

something I can coax out if I need to. I often end up modifying my product from the initial idea I had, though, so it is a bit of a journey along the way.

I find the act of making art very calming, almost prayerful in a way. Usually I will listen to music while I create, which helps me relax my mind. I often get lost in the details of a drawing or painting, and I'll lose track of time.

My experience with the illuminated manuscript was particularly prayerful because of the subject matter, and it gave me great appreciation for the dedication the illuminators must have had. My hand was pretty sore by the end, and I remember appreciating their religious dedication even when it must have hurt a little!

**How do you see your strong participation in Girl Scouts connecting with your faith?**

I find that many aspects of the Girl Scout law connect with Christian values. Girl Scouts aim to give girls a voice in order to spread good into the world, much like Christ bids us to spread good. Being a Girl Scout also helps me connect with nature, one of God's most beautiful creations. Experiencing nature has cultivated my sense of stewardship toward the earth.





My favorite part of scouting is experiencing fellowship with others in the middle of nature. One trip

that stood out to me was when four girls, two leaders, and I went backpacking in New Hampshire. I remember that after carrying my heavy pack for the first few miles of our hike to the campground, I began to get tired and a bit miserable. But, being in the company of my friends helped me to see past my discomfort and experience genuine moments with them while surrounded by beautiful nature.

**What do you want people unfamiliar with our church to know about St. Andrew's?**

The first thing that comes to mind is how kind and supportive the community is. I have belonged to St. Andrew's all my life, and I was confirmed an Episcopalian in fall 2018. I have experienced other religious atmospheres besides St. Andrew's, namely at the catholic-affiliated school I attend, and none of them has been as accepting and caring as St. Andrew's.

This church makes me feel loved and cared for no matter what I may be going through. We have a great community and so many people here are supportive of one another, whether in church school, the choir, or serving as an acolyte. The genuine friendliness and love are what makes St. Andrew's home for me.

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

That's a tough one! I want to tell Him how grateful I am for all the blessings I have received. He has given me so many gifts in this life and sometimes it feels hard to be grateful for all of them at once. I hope I will be able to stand before God and know I did my best to be a blessing unto others, and to spread love through the world.

I suppose I want to say "Thank you, God." I know that may sound a bit bland, but I am truly, truly grateful for how He has blessed me and continues to bless me.

## Finding My Faith at Wellesley



Lia James

*Lia James attends Wellesley College and is an active acolyte and reader at St. Andrew's. We invited Lia to tell us what faith and St. Andrew's Church mean to her.*

**A**TTENDING WELLESLEY College has been a magnificent opportunity for me to discover the truly personal side of my faith. Growing up, church always meant

"family" in a very literal way, with my grandparents, aunts, uncles, cousins, and other relatives sitting together for a few hours on a Sunday morning to pray and be together. It wasn't until I joined St. Andrew's that I learned how big my "family" truly is.

Being a student at Wellesley has taught me to figure out the ways in which I choose to represent my spiritual self in secular spaces. Living by example has always been a concept reinforced by my family, but I saw the value of doing that once I went off on my own.

It can be hard to juggle figuring out your vocational calling while trying to maintain your spiritual call to evangelism. So, I see college as a time where I can spend time figuring myself out in relation to God and letting that freedom to find Him be my evangelism.

Cold winters here took a lot of getting used to, especially being so

far away from my warm and sunny home in Jamaica. In times like these, I've also found the value in living spiritually and connecting to God in times when I feel alone. I know that a multitude of facets of my Wellesley experience will have lasting implications on the rest of my life—my major, my friends, the walks around the lake—each a meaningful experience. All of these are magnificent threads that are constantly being woven together to create the tapestry of my time at Wellesley. I like to think of my spirituality as the thing that keeps these threads from getting caught. In the craziness that can sometimes arise in such a liminal space as college, I've learned to truly appreciate the constancy of the Episcopal faith.

I know that, after college, the spiritual journey I am taking will help guide my decisions in ways that I can't understand right now. I am so excited to see what they are.

# A Sojourn with the Youth of St. Andrew's



Betsy Millane

*As part of our commemoration of 125 years as a parish, I was given the extraordinary and joyful task of talking with a group of young members about their perspectives on and hopes for the church. Elizabeth Martin, Julia and Alexa Pekowitz, and Grayson Houghton sat down with me to speak, eloquently, about their thoughts on their church.*

## How are they involved in the church?

For one member, moving up in responsibility as an acolyte was a wonderful experience. She “loves being in this community of people,” and being part of the service is great. Another one volunteers in the church school, and loves to see the different activities, connect with the kids through crafts and games, teachings of the Bible, learning about God. All have attended church school and it’s a topic they were happy to talk about.

## Church school

They all loved going to classes when they were young, learning about the Bible, learning about God. In Rite-13 they had fun with the span of teachings—history, the Bible, science, and God. They found these topics “great to talk about.” They feel it is “fun” and the discussions are open. Youth Group provides them with a good, “safe place” and “grounds” them.

In their church groups they’ve learned they can make a difference

to others perhaps less fortunate than themselves. Through fundraising they are “thrilled” and deeply impressed that they can make a difference in other’s lives. Knowing this further empowers them. El Hogar was mentioned specifically because it is a wonderful initiative they love.

One said it was a good moment when she figured out that “if each of 20 kids donated \$10, they could take that \$200, donate it to charity, and make a big difference to others.” She feels “very lucky” to be able to do this. B-SAFE is another wonderful program for them.

In Confirmation they are given a “space to learn.” They remembered the phrase “it’s now of our own accord” and they appreciated their growing involvement in the lessons and in the church.

Confirmation creates a “different experience” for them as their discussions are more significant and they feel “more freedom” to express themselves. Confirmation is a “different environment.” It’s “more laid back” and “a retreat,” of sorts. It’s also a wonderful way to connect with others who attend different schools.

## What church programs do they love?

Music connects them with church, they all told me. The choir gets high marks and runs through all of their talk about the church. They love to sing, all of them. The

sermons “connect the Bible readings to their lives” and they like the “understanding” the sermons bring, although one said that when her mind wanders during the sermon, she knows that there is coffee hour coming up, and the thought of friends and food get her through!

## What traditions are especially loved?

They love the traditions, and a Christmas Eve service is tops. The carols, especially *Joy to the World*, the last hymn, creates “unmatched joy” in one interviewee. They also find it heartening to see all the families at this special service, especially the ones that rarely make it together to church there to celebrate. The “stories, retold” are “powerful and meaningful.”

Easter services are something they look forward to. Pancake supper is a huge hit with them. Friends of theirs are often invited to accompany them and they proclaim their friends “love to come to this church.” Maundy Thursday got high honors, too. “Why Maundy Thursday?” I asked. The response was enthusiastic: The food, the grape juice, the ping pong balls, and stories, always.

## What else do they love about church?

One, who regularly attends the 10am service with her family, says it’s a “constant” in her life. She loves “connecting with people at the service and after.”

*continued on the next page*



Detail from artwork by Emma Barry



## ***A Sojourn with the Youth of St. Andrew's*** continued

All of them mentioned the coffee afterwards, especially enjoying the “banana bread” and “lemon poppy seed muffins!” They look forward to “seeing what others have brought to snack on!” Beyond the food, they enjoy joining their parents there and talking with their parent’s friends. There’s “always someone to get to know better.”

### **What church teachings do they put into effect outside the church?**

They’ve learned “A greater sense of right and wrong,” fair and generous. “Church,” one offered, “has given me perspectives.” Instead of “judging another’s behavior,” she wonders, “where they are coming from” and views their actions and voice with “compassion and respect.”

### **How do they see their faith now?**

Their faith, they feel, is “developing.” There’s “no label to it, no defining it,” but it’s there. Faith is “something that lies beneath everything,” and they find that they are “defining it for themselves, not St. Andrew’s.”

One explained how she had lost a grandmother. After the funeral service, she went to the beach that her grandmother had loved to contemplate her loss and the sadness she felt. At the beach birds suddenly appeared. Her grandmother had loved birds and watched them often from that spot. She felt that perhaps her grandmother had sent the birds to her as a sign that all was well. Her faith in heaven and the goodness of God was reaffirmed in that moment.



Detail from artwork by Emma Barry

### **Who have they learned from at St. Andrew’s?**

I was impressed by the confidence and trust these kids have in everyone they had worked with at St. Andrew’s. They kept referring to the adults who have encouraged them and supported them, adults who have made their activities fun. One special adult, Wardie Mannix, made a point of coming to events outside of church. Miss Amanda, who literally brings out their best voices, continues to be a meaningful contributor to their lives.

They miss Cat! It’s been a challenge of sorts to deal with her absence, although they “love Adrian and Margaret.” Adrian has come to teach in Cat’s stead and they very much enjoy seeing and hearing him. They are also looking forward to the next minister.

The Confirmation teachers, Ansley Martin among them, are very special, important people to them. Why? It isn’t just that these are the teachers who are preparing them for a more vibrant role in the church but because these teachers are listening. They are teaching them relevant church stories and then listening as the students sort their thoughts out about them. That practice empowers them all and strengthens their bond to the church. Adults, they pointed out again and again, have “given them a voice,” and given them confidence to use it in the church.

Church is for them a “safe place,” a place, if needed, to bring their problems and trust there will be help.

### **Will they seek out a place to practice their faith when they go to college?**

One said she would “look for something reflective and seek a service that will offer that.” She exclaimed, “the idea of that brings me so much joy!”

### **Where do they see themselves in the Church in 10 years, post college?**

They see themselves attending church but “not super involved.” Later they see themselves teaching church school, connecting with kids.

### **What would they want for their own children?**

They see no harm in “enforcing the structure of church to their weekend” and say they would want their children to “share the same beautiful lessons and their confirmation experience.” If they live in Wellesley when they are working, they will make it a priority to bring their kids to St. Andrew’s. They all agree they would expect attendance at church school and perhaps teach, “if the kids would allow it!”

### **What would they hope would still be going on at St. Andrew’s in 15 years?**

“The choir!” was a resounding response. In addition, the church service is very important. The sermon “gives me a new perspective,” said one. They never want it to disappear. As important as these programs are to them, they concede that “all is important.” The programs that aren’t significant to them “may be very meaningful to others.”

*It was an honor to talk with these bright, confident youth. In reflecting on our conversations, I realize that they have been in very caring hands and have learned much from the church. I can also see that, from the experiences they shared, and thanks to the great energy and commitment of so many adults, they have great confidence in what they can contribute to the church, to the community, and to God. What a blessing it is for me to have been able to talk with them and what a blessing it is to have them with us at St. Andrew’s.*

# Putting Faith into Action

## The Outreach Program



Cam McCormick

**T**HE SPRING 2019 ISSUE of this newsletter contained two messages about our 125th anniversary, reminding us of our worship and fellowship traditions dating back to 1894. We also have a long tradition of caring for the hungry, poor, and needy both near to us in Wellesley and far-

ther from home. Part of our 125th celebrations will include an opportunity to continue these outreach efforts with a project that we hope will involve many members of our parish and community.

On our Day of Service, October 19, 2019, we will have a meal-packaging event to create 12,500 dried meals to be donated through food banks in our county. And we will create this mountain of meals in just one hour! Here's how it will work:

A national organization, named The Outreach Program, through its local representatives End Hunger NE, Marshfield, MA, has organized the packaging of millions of meals over the years. End Hunger NE has partnered with many organizations near us, and they have a very efficient process. We will set up ten long rows of tables in our parish hall, and volunteers at these assem-

bly lines will scoop and weigh the dried ingredients into plastic bags, which are heat-sealed and packed into boxes. The outreach committee has generously approved a grant of \$4,000 to support this effort.

Here's the best part: the process is so efficient that we can create meals for 12,500 people in just one hour! We hope that many volunteers, of all ages, will participate in this high-impact and fun outreach service event. Watch your leaflet, e-Pistle and in-church announcements for more details on how to sign up, and save the morning of Saturday, October 19 for your whole family to help this meaningful and simple service opportunity.

Organized by: Al & Zebby Dubé, Greg Hunter, Nancy Jones, Cam McCormick, and Doug & Lois Mizzi.



## St. Andrew's Episcopal Church, Officers, and Staff

**Warden** David Hamlin david.hamlin17@gmail.com

**Warden** Paige Manning pmanning@goulstonstorrs.com

**Treasurer** Arnout Eikeboom treas@standrewswellesley.org

**Clerk** Sarah Harris sarginnharris@gmail.com

**Rector** Rev. Adrian Robbins-Cole adrian@standrewswellesley.org

**Associate Rector for Adult Formation and Membership**

Rev. Margaret Schwarzer margaret@standrewswellesley.org

**Assistant Rector for Youth and Family**

Maria Kano Ordination June 1, 2019

**Pastoral Associate** Rev. Karen Vickers Budney revkar7@comcast.net

**Parish Administrator** Katharine Clark kate@standrewswellesley.org

**Music Minister** Helen Ward Mannix wardie@standrewswellesley.org

**Financial Secretary** Ruth Hubert ruth@standrewswellesley.org

**Christian Learning Coordinator**

Susan Jackson susan@standrewswellesley.org

**Director of Youth Choirs** Amanda Kern amanda@standrewswellesley.org

**Sexton** Stephen F. Killeen steve@standrewswellesley.org

**Assistant Sextons** William Clover and Matthew Killeen





CELEBRATING 125 YEARS

# ST. ANDREW'S EPISCOPAL CHURCH

79 DENTON ROAD  
WELLESLEY, MASSACHUSETTS 02482

Non Profit Org  
U S POSTAGE  
PAID  
Boston MA  
Permit No 54023

ADDRESS SERVICE REQUESTED

Artwork: Emma Barry



# CALL

An illuminated manuscript was a book that was written and decorated by hand. An illuminated man-

script is more illuminated (decorated) with gold leaf and precious metals. They were usually religious and were used in monasteries and churches.