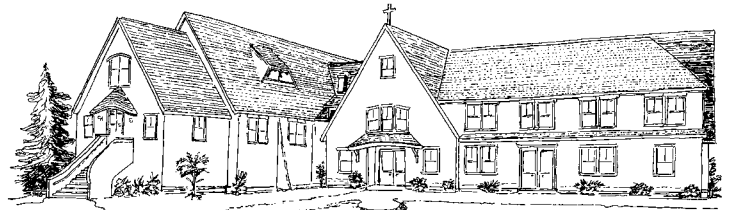


MAY 2008

THE ROCK



THE NEWSLETTER OF ST. PETER'S EPISCOPAL CHURCH

Hooray and Hallelulia, we have the Parish Profile!

After meeting with our Bishops, the Discernment Committee, plus the Vestry for supper, discussion and a review of the profile, we (really just Chris Mclarty) were able to incorporate all revisions into a finished product.

Please check out the St. Peters' web site for the Parish Profile, the survey results with quotes from all of you, and a lovely description of our Mid-Coast. The posting of our Profile is an important step in our process to call a new rector. We now are ready to receive names.



On Monday, May 19th, Vicky Weiderkhr, the deployment officer from our diocese, presented the Discernment Committee with the first batch of names. We will now read and rate them according to qualities we are seeking. The next step is to craft essay questions for the qualifying candidates to answer. After that process has been completed we will conduct telephone and in-person interviews. Of course along the way we are culling and weeding so that in the end a person who matches our wants and needs will receive our call. The Committee is grateful, thankful and feels blessed by God to represent St. Peters' Church in this process. We have come together by design of the Holy Spirit and gotten to know one another at a deeper level as our search progresses. May God continue his blessings as we search on.

Jude Thomas
Tom Putnam

**Bishop Coadjutor,
The Rt. Rev. Stephen Lane
to Visit St. Peter's
June 8th**

ST. PETER'S EPISCOPAL CHURCH
11 White St., Rockland ME 04841
207.594.8191
Fax 207.594.7766
www.stpetersrockland.org
stpeters@stpetersrockland.org



WINDOW OF THE SPIRIT *views into the souls of St. Peter's*

The Grief Following Suicide

by Greg A Marley, LCSW

When my friend died this year, his passing carried with it a wake of shock, sadness, grief, and guilt like a small tidal wave capsizing his family and friends. And questions, so many anguished questions; why didn't I see it coming? Why didn't he tell me what he was feeling? Why didn't I call him that day? Was there something I could have done that I didn't? Why? Why now? There were so many questions, and so few comforting answers.

My friend died at age 48, of suicide, by his own hand and intention; his death carefully planned and carried out as were the details of most of his projects. His life ended in despair and with a deep sense of failure and more than a little paranoia. The way his life ended left his family, his friends and his community in a maelstrom of emotions, dominated by sadness, guilt and anguish. For those left behind, those of us known as survivors of suicide, the process of grieving, of putting to rest the loss of a loved one, is a long and painful road through territory we never wanted to see, nor believed we ever would travel.

When a loved one dies at the natural end of a long and full life, the grieving can be hard as we feel our sadness, accept the loss, and make meaning of it. We begin the process of reorganizing our universe without the person in it, and after a time, begin to move on with life. These are the tasks of grieving. It is a process accomplished through feelings and can be painful and lonely. The first year is the hardest as we face the anniversaries if birthdays, holidays and other memorable times alone.

A death that is not anticipated by declining health or advanced age, which suddenly and prematurely interrupts a normal life span, is more

challenging to accept, more difficult to grieve. The death of someone by a sudden accident is one example. There is no opportunity to prepare, no final farewells, you might kiss them goodbye in the morning fully expecting to see them at days end, and then they are gone... Healing ore difficult by the shock and anguish, the questioning and torment. If the death is that of a child, grieving is so much more difficult, especially for parents. The interrupted life of a child is unnatural, tipping on its head the natural order of the universe.

Suicide is perhaps the most extreme form of a life interrupted; self-interruption. The death is untimely, it is unexpected, unnatural, and it is self-inflicted. The complex soup of emotions faced by the surviving loved ones is equally extreme. To the shock of a sudden death without anticipation or warning is added all of the guilt, regrets, questions and recriminations involved in wondering what else we might have done to prevent the death. The causes of suicide are complex. It is endlessly difficult to know what is going through the mind of an individual in the minutes and hours before their suicide, but know this. The family and friends of the one who dies by suicide will spend countless hours struggling to understand and to make meaning of the loss. They seek to understand the reasons, the triggers, and the pathway to the death. They torture themselves with questions of "Why" and questions regarding "What if". In a tragedy where the full story is rarely known, the family is starved for answers to every detail and motivation. And most of all, they seek to know if there was anything they could have done differently to stop the train before it pulled into its final station.

In the final act, the decision about suicide lies with the individual who travels that path, it is a decision made in a lonely vacuum where tunnel vision shuts out all options save a release from personal pain. We, the living, are left to pick up the pieces, to try and make sense of the loss, and to slowly, ever so slowly, move on with our lives. For the survivor, it often seems like life is moving on without them, as they remain trapped in their grief. Experts in grief estimate that the healing process after suicide takes on average 3-5 times longer than after an anticipated death.

Survivors ask that the people around them accept the impact of the loss of their loved one, to acknowledge the deceased, to call him (80% of suicides involve males) or her by name, and to allow the survivor the chance to talk about their loss and incrementally, over time, heal. Too often, the survivor is faced with the very real stigma of suicide; friends are reluctant to talk about the death, are embarrassed or shy and may even think that mentioning suicide or the name of the deceased might further upset surviving family members. As with all elephants in the room, the survivor is likely already thinking about their loved one, is often ready to talk about them or to, at least, have their death, and their life before death, acknowledged. Healing the grief of suicide takes time and calls upon the survivor's community to be patient. Much of the process happens inside the confines of a person's head and

heart. But it also helps to have people and places where it feels safe to talk about the loss, the deceased, and to tell the story of their passing. Often a group setting with other survivors of suicide is a safe and very healing resource.

Greg A Marley, LCSW is a Clinical Social Worker who lives in Rockland. He has many years of community mental health experience including crisis clinical work intervening with individuals struggling with suicidal impulses. He currently is a consultant trainer with the Maine Youth Suicide Prevention Program providing suicide prevention training throughout Maine. A trained hospice volunteer and former hospice volunteer trainer, Greg is part of a group assisting with training and facilitation for Coastal Family Hospice Volunteers. Coastal Family Hospice Volunteers is offering a survivors group beginning May 29.

Suicide Survivors Support Group Offered

Coastal Family Hospice Volunteers is offering a 6-session group for Survivors of Suicide beginning on Thursday May 29 from 6:30-8:00 in Rockland. It is open to adults who have experienced a loss through suicide. The goal of the group is to offer a resource to survivors of suicide in the grieving process.

Greg Marley, LCSW along with a trained Hospice Bereavement volunteer, will facilitate the group. It will meet on alternate Thursday evenings for six sessions. There will be no charge for the group, but donations will be accepted. For more information and to be considered for joining the group, please call 593-9355.

Coastal Family Hospice Volunteers is a volunteer hospice program licensed by the State of Maine to provide, non-medical, confidential services to those at the end of life, and to their families. Bereavement services are offered to community members grieving a loss.

Thanks to the Men of St. Peter's

I would like to thank the men of St. Peter's for their extraordinary generosity and grace in providing and serving up a delicious breakfast, honoring women on Mother's Day. It was my delight to work amongst them. With all that good work the idea of reactivating St. Peter's men group was broached and we have some men already interested. If any men of the parish would like to explore being part of this, please advise me or Steve Alley.

—Peace, joy and love, Ted+

Blank Wall Gallery?

Have you noticed that for several months, paintings, sculpture, weaving, photography, poetry and other creative expressions are missing from our Gallery of the Spirit? It is time to renew unique and important sharing of our spiritual journeys in this dedicated space. Please consider offering something now to enrich our worship and deepen fellowship. If you have questions, please contact Dorothy Nyman-596-0363, or idnyman@peoplepc.com

Megan Don presents program at Rockland Library

Thursday June 5th at 6.30 p.m. Rockland Library Megan Don will present a talk and meditation and will be launching her new book, *Sacred Companions Sacred Community: Reflections with Clare of Assisi*.

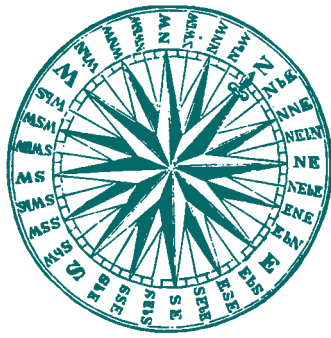
Clare was the companion and oft-times teacher of Francis of Assisi. Megan will guide us through her spiritual journey as a woman, as leader, and initiator of community, showing how Clare's wisdom is relevant to us today.

Megan is the Award-winning author of *Falling Into the Arms of God: Meditations with Teresa of Avila*.

Memorial Day Concert

The 70-member chorus of Down East Singers will present its annual Memorial Day Concert Monday, May 26, at 5:00 p.m. at the Rockland Congregational Church, 180 Limerock Street in Rockland. The performance, with chamber orchestra, will feature Luigi Cherubini's *Requiem in C minor*, which was played at Beethoven's funeral service. General admission is \$15 (under 18 free). Call 236-2463 for tickets. Our own Ann Hurtt, Chris McLarty and Dorothy Nyman are members of the chorus.





WAYPOINTS *activities and notices on our journey together*

Mark your Calendars

As Bishop Knudsen moves closer to retirement and Bishop Lane advances to fill her space, many special events are being planned. Please make a note of them. If you wish to attend any, please contact the parish office or Ted Kanellakis as some events need an invitation.

Saturday, May 3rd at 11 am
St. Luke's Cathedral Portland—
Consecration of Stephen Lane as
Bishop Coadjutor

Sunday, June 8th
Bishop Lane will celebrate the
Holy Eucharist at St. Peter's.
His first Homecoming visit to us!

RETIREMENT PARTIES FOR BISHOP KNUDSEN

Saturday, Aug 23rd
Kennebunk—St. David's

Friday, Sept 5th
Houlton—Church of the
Good Shepherd

Saturday, Sept 6th
Waterville—St. Mark's

Friday, Sept 13th
Portland—St. Luke's Cathedral

Saturday, Sept 13th
Portland—St. Luke's Cathedral
Bishop Lane's Investiture and Seating
as Diocesan Bishop

Vestry Minutes

April 16, 2008

Members Present: Elizabeth Biddle, John Chatfield, Micki Colquhoun, Doug Curtis, Sr., Ferolyn Curtis, Spence Hurtt, Ted+, Tom McBride, JoAnne Murphy, Marge Roberts, Billy Smith, Midge Welch

Members Absent: Jim Bowditch, Ellie Hutchinson, Jude Thomas
JoAnne Murphy chaired the meeting.

Buildings and Grounds. Doug Curtis reported that the cost of outside plantings this spring was \$150 according to Cindy Lucas.

JoAnne addressed a concern regarding the use of the building. Ferris Donoso does not want to be in the position of approving the use of the building. JoAnne would like a two-person committee to work with the rector. At the current time, Ted+ calls JoAnne and John Chatfield to discuss. Micki Colquhoun asked what about having someone from St. Peter's at the church when an outside group is using the space. There is an application form for using church space. JoAnne said that Ferris can send out the forms, but the form needs to include instructions for where to send it. Elizabeth Biddle suggested having Ferris referring the request directly to Doug, as Junior Warden, after Ferris checks the calendar. Ted+ requested that at some time, any new procedures be discussed with the church space users.

JoAnne then discussed problems with the kitchen, including dirty floor, trash not put away, the freezer unplugged, etc. Ted+ suggested an oversight committee for the kitchen, including David Grima.

Doug said that the new sign for the interim pastor would be ready the next day. The discussion then turned to the "no smoking" signs. The signs should not be on the building, but should be free standing and at each end of the brick sidewalk with ash containers nearby. Elizabeth suggested that the words be "St. Peter's thanks you for not smoking."

JoAnne reported that she had received a message that the Rockland police wanted to talk to her; Doug will follow up.

Doug had found a floor machine at EBS for \$150 that will clean floors. Also, the Episcopal Church Women (ECW) has offered to split the cost for a professional cleaning of the parish hall. Linda Mann will call Marilyn Smith and ask her to contact Doug. JoAnne will talk to David Grima regarding having Loaves and Fishes pay for the other half.

Doug reported that the kitchen railing had been re-plastered and painted. He said that it would cost \$400 to fix the outside steps and that we must have a railing.

Discernment Discussion. Elizabeth asked that the vestry see the final draft of the parish profile before distribution to the parish. Micki pointed out that the financial section needed to be fixed.

Treasurer's Report. Micki said that JoAnne's name must be added as a second signature for the rector's discretionary fund. The motion was approved. Micki said that a second resolution was needed on Ted's deferred compensation. An addendum to the letter of agreement will have \$100 per pay period, effective May 11, be deferred until January 2009. The motion was moved and approved.

Micki reported that the audit with Don Hunt will take a few days over the next couple of weeks.

Micki will e-mail the treasurer's report. It has been delayed because of a switch over to Quick Book.

Laura will send out the pledge statements next week. It was suggested that Anne Hurtt or Liz Hunt could hand them out to people in church.

Micki said that another name is needed on the Loaves and Fishes account; it was moved and approved that Micki's name be added.

Updates. JoAnne discussed requests for use of the rector's discretionary

fund. At present, Ferris gets a request, notes the name, and checks with the Salvation Army and others regarding the requester. It sometimes takes her as long as 45 minutes. Ferris then checks with Ted+ who makes the final decision. One question is, should the money be used only for St. Peter's parishioners or for the community at large. Ted+ pointed out that it is a two-way street with the Salvation Army; also, he contacts other pastors. Ferris has no parishioners asking her for funds; it is assumed these requests go directly to the rector. In the past, Isabel Polk took care of the community needs, while the Ralph Moore took care of the in-house requests. Midge Welch noted that with the current economy and the loss of state services, community needs are apt to grow. Ted+ explained that he often bought \$25 grocery cards and that Ferris can hand them out in his absence. JoAnne asked that this topic be discussed again next month.

JoAnne stated that Spence Hurtt's issues would be addressed next month, as well.

Elizabeth noted that work needs to start on the by-laws.

John Chatfield discussed a bequest that is contingent upon the sale of property in Bremen; it should be around \$30,000 but may take 1 to 3 years.

Ted+ informed the vestry that Holly Antolini has accepted a call in Cambridge, MA.

The next meeting of the vestry is Wednesday, May 21 at 5 p.m.

Respectfully Submitted:

Linda Ames Mann

Fresh Fish!

Please see the bulletin in the Parish Hall explaining how you now can buy your fish directly from local fishermen through the Community Supported Fishery. (CSF).

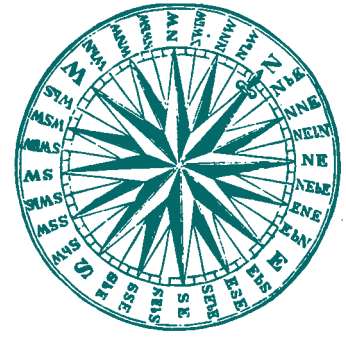
New Name Tags are in the offing

One of our stated goals in the Evangelism Commission is to improve our ministry to one another and welcoming newcomers. Many of us do not know everyone's name because we are new to St. Peter's, go to a different service, or are able to come only occasionally. The new name tags will be a great way to remedy that. And they will be easy to fasten with magnetic backs—no pins, or dangling elastics.

Please indicate on your form (found in the Sunday bulletin or from the office) the exact way you want your name printed, and whether or not you have a pacemaker. If so, you will be provided with a pin tag rather than magnetic tag that could interfere with your pacemaker. Won't it be nice when we don't have to whisper to each other at coffee hour, "Who is that in the green dress?" And how helpful nametags will be for our new bishop and when our new rector arrives!

Area Interfaith Outreach Food Ministry

The AIO food pantry still has empty shelves and many of our brothers and sisters have empty stomachs and pocketbooks. Can we open our refrigerators and cupboards full of food and forget them? One way to remember is to buy at least one extra jar of peanut butter, can of hearty soup or whatever nourishing item looks good, as we are shopping. Leave it on the front seat of our car, and there it is on Sunday morning! All ready to go into the narthex cart. What a great feeling! Try it.



WAYPOINTS activities and notices on our journey together

Godly Play

Valerie Wells attended a workshop on Godly Play which she will report on more fully in the next edition of the Rock.

Meanwhile, Buttons the clown, wonderfully demonstrated through Godly play, the nature of the Trinity, for congregants on May 18th.

From the Interim Pastor's Perch



The Bishop Is Coming, The Bishop is Coming!

Some time ago, I started a sermon with a funny story told about himself by a former Archbishop of Canterbury. I had read it in a book entitled *Holy Humor*, by Carl and Rose Samra, members of the Fellowship of Merry Christians. It went:

The Most Rev. Robert Runcie, retired Archbishop of Canterbury, wrote in his book, *Seasons of the Spirit*, that he once got on a train in England and discovered that all of the other passengers in the car were patients at a mental institution being taken out on an excursion. A mental hospital attendant was counting the patients to be sure that they were all there: "One, two, three, four, five..." When he came to Runcie, he said, "Who are you?" "I am the Archbishop of Canterbury," Runcie replied. The attendant smiled and, pointing to him, continued counting, "...six, seven, eight..."

The word recognize comes to mind. The verb has a few meanings, but two particular ones, I believe are relevant. One has to do with identifying one who was previously seen or known. We see or hear someone with whom we have experience and so all that they have been to us comes back. The important thing is that we have given them a place in ourselves and we can now expand on that experience.

The other meaning is one which has to do with showing appreciation of service or merit, as by some reward, for something someone has already done. What they have accomplished is highlighted for all to show appreciation.

To more or lesser degrees, some of us at St. Peter's have seen, heard or met our new Bishop Coadjutor, The Rt. Rev. Stephen Lane. I have had the pleasure on several occasions to meet and speak with him. Right off I liked him, he makes one feel how important they are to him. That continues each time I have occasion to be with him. I for one of many, am grateful that he will succeed our Bishop Chilton Knudsen, who is wonderful in so many ways and has given to this diocese many gifts of love. Through her outstanding pastoral leadership she has brought us to a healthier place over these ten years of her Episcopal oversight.

On Sunday, June 8, 2008 we at St. Peter's will have the honor of receiving our new Bishop Coadjutor as he visits, celebrates, preaches and leads us in worship at the one worship service that day at 10am. He will also preside over the Baptismal Rite making the sign of the cross with holy oil of Chrism on the forehead of Xiara, one of our children, at St. Peter's, healing her with the Holy Spirit in Baptism and marking her as Christ's own forever. After worship, we will gather to better acquaint ourselves with bishop Steve. We will also perhaps more subtly come to recognize again the Spirit of Christ given to the Church in the persons who have been called to the awesome and wonderfully important ministry of overseeing the church throughout history in the past and into our present time. Bishop Steve will help us to recognize within ourselves the special ministry of the baptized from Xiara, to the more venerable of our members. In all this Christ Jesus our Lord and our God will be recognized for all that has been and continues to be received at God's gracious and generous hand. Join us, as we come to recognize Christ in one another from newly baptized, to bishop.

Amen TK+

COME TO THE SALE!

Plant and Garden Sale
Saturday, June 14
8 a.m. – noon at St. Peter's Church

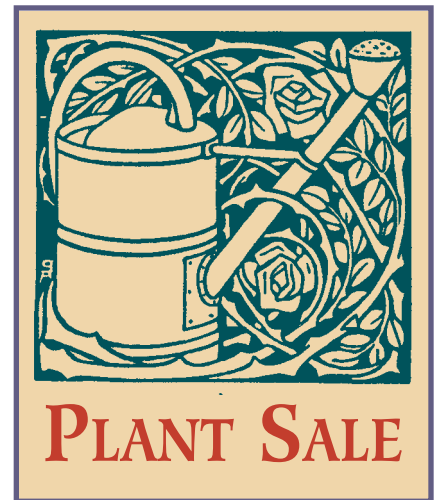
There still is time for you to:

1. Sign up to work at the Fair (call Mary Alice Bird 596-626 or Chris McLarty 236-4244)
2. Contribute plants or garden accessories from your house and garden (perennials, annuals, herbs, or vegetables) – drop them off at the Church on Friday afternoon from 1 – 6 p.m., May 13.
3. Bring all your friends to the Fair and buy plants to “adorn” your house and garden.

In addition to a large supply of “hardy” perennials harvested from St. Peter's own “hearty” gardeners, this year we will also offer a large selection of bedding plants and annuals. If you have ordered these in advance, be sure to remember to pick them up Sunday morning, May 11. All plants not picked up by that date will become part of the plant inventory for the public sale on the 14th. Thanks to some generous local professionals, we are able to offer these this year, and we hope this will begin a tradition as lucrative and successful as our Christmas Poinsettia sale. If you have questions about your order, contact Jane Chatfield.

Chris McLarty can use your help between now and the sale. She donates several hundred perennials from her garden to each of our sales. She needs people who can provide potting soil, sift compost, pot up and label plants, help water and move the little darlings and tidy up after all this is over. This work can start as soon as volunteers arrive. Plants left at her house don't earn money for the church. Call her and volunteer your time. She will provide the expertise and the plants. 236-4244

This important activity raises between \$2,000 and \$3,000 for our parish outreach and beautifies many local gardens! Please help make it a success.
Submitted by Mary Alice Bird



Save the Date:
Saturday June 14th
for the return of
The Plant Sale

We need:
pots and flats
house plant babies
gardening books
garden tools
fancy containers
vases
suggestions for annuals
diggers and movers
shoppers

See insert in Sunday
bulletin for more info

St. Peter's Episcopal Church seeks to serve God's mission of restoring all people to unity with him. We open wide our doors and say, in the name of Jesus Christ, "Welcome."

Worship

Sunday 8:00 and 10:30 AM Holy Eucharist

Wednesday 7:00 AM Taizé Holy Eucharist

Office hours

Monday–Friday 9 AM to 12 P.M.

The Rev. Ted Kanellakis, Interim Rector
(cell 975-0521, rector@stpetersrockland.org)

Ferris Donoso, Parish Secretary
(stpeters@stpetersrockland.org)

Robert Earle, Organist

Malcolm Brooks, Composer and Choir Director
Valerie Wells, Coordinator of Children's Ministries
The Rt. Rev. Chilton R. Knudsen, Bishop of Maine
The Rev. Stephen Lane, Bishop Coadjutor-elect

Officers

Senior Wardens

John Chatfield, jschat@worldnet.att.net, 236.2187

JoAnne Murphy, 594.4023

Doug Curtis Sr., 594.7191, Junior Warden

Micki Colquhoun, cell. 592.5992, Treasurer

Linda Ames Mann, Clerk

Vestry members

Elizabeth Biddle, Jim Bowditch, Ferolyn Curtis,
Spencer Hurtt, Ellie Hutchinson, Thomas McBride,
Marge Roberts, Billy Smith, Jude Thomas, Midge Welch

THE ROCK

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St. Peter's Evangelism Commission

Thom Buescher (354-0608)

Marty Rogers (236-8922)

Page Design: Chris McLarty

Please e-mail submissions to Marty @ mlr@midcoast.com

**You are welcome to contribute to our next newsletter.
Submission deadline is Tuesday Noon, June 24th.**



Mailed Tuesday, May 27th

Return Service Requested

NEWSLETTER OF ST. PETER'S EPISCOPAL CHURCH
11 White Street • Rockland, Maine 04841

THE ROCK



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