

# St. Paul's News

475 State Street Albany, New York 12203



We're fast coming up on Mother's Day. I have to admit that it never really has done much for me - - but then you probably wouldn't expect me to go all soft and watery-eyed as soon as the ads in the paper start shouting "REMEMBER MOM" !

I do admit that the stuff going on between Moms and their children is really getting my attention. Sure, we know lots about the psychological and emotional learning for which Mom is responsible. Our learning and the way we handle language are also very heavily influenced by - - -you guessed it - - MOM.

Maria Montessori believed that children had a capacity for spiritual knowledge and growth that was like a template that was similar to our capacity for learning language. We learn language as people speak around us. Montessori was saying that children possess a template, the foundation for faith and spiritual understanding. But children need a spiritual vocabulary to express and for faith to grow.

It seems to me that the language of faith is the language of story. Just as children make sense of their world is through narrative and story, so they put together their deep world of spiritual experience and form their faith questions.

Other religious teachers are saying that with or without religious instruction, children have a deeper sense of something grander in the universe. Kids ask the darndest questions, deep questions, whether or not they're involved in a religious community. Of course, I'm certainly going to argue that being involved in a religious community, participating in traditional rituals and ceremonies really helps provide the language for a child to give expression.

This may be a time to distinguish between "spirituality" and "religion" ... terms we use a lot, but don't always know what we're talking about. "Spirituality" is a sense of transcendence or the recognition that there is something greater than ourselves and a perception that all life is interconnected. For instance, the Bible tells the story of Moses ascending Mount Sinai to receive the Ten Commandments. While he is up on the mountain, he has a spiritual experience, and we know that because, when he descends, his face glows. Something extraordinary happened up there. The vessel for that experience is the Ten Commandments, and so the Ten Commandments is "religious". It's a way of giving expression to that extraordinary sense of divine presence or transcendence that Moses felt. So in many ways, "religion", at its best, anchors those spiritual experiences and gives them a language in which to speak.

The world and society does a very respectable job in teaching us how to be consumers and an equally good job in teaching us how to be competitors. The real question is how do we teach more than our children's minds? How do we teach their souls? That's a much deeper question. It goes without saying that we want our children to be other than first-class consumers and world-class competitors. We want something much more. We want our children to be gracious and grateful. We want them to have courage in difficult times. We want them to have a sense of joy and purpose. We want them to have a sense of the numinous. That, in part, is what it means to nurture their spiritual lives.

Cont'd page 2 -

When I was teaching, a colleague had a sign on his office door: "If you can read this - - thank a teacher!" Perhaps that can be edited: "If you have a faith - - thank your Mother!"

On Mother's Day, I remember with special thanks: Mom's sense of humor; her intellect; her graciousness, her determination, her rhubarb, pot roast, and clam chowder. And, yes - - my faith. Thank's Mom.

**Scripture and Prayer - Listening Prayer - Lectio Divina**  
**"Speak Lord; your servant is listening" 1 Sam 3:10**

God speaks to us in many ways: nature, people, and events... In listening to God in prayer, we focus on Scripture as God's word to me here and now. What the text meant to the original writers/ hearers, to others throughout history, may be helpful - but it can also distract from what God is saying to me now. We are not trying to preach mental sermons to ourselves, nor discover insights that will be helpful to others.

In any relationship, there is a great difference between hearing the words and really listening. So being attentive in this form of prayer is essential. Inner quiet, relaxation, attentiveness, total honesty: "God I feel bored, angry, excited, scared..."

Use only a small passage of scripture. This is not drinking beer it is sipping a liqueur. Taste God's goodness. Ignatius of Loyola called this form of prayer an "application of the senses". If you wish, you can use the same passage again and again, simplifying, returning to and resting at that point where you met God. Where God spoke to you. Savoring one phrase, one word. Resting "like a child quieted at its mother's breast" (Ps 131:2)

Scripture is food. It needs to be taken in, chewed over, tasted, to be nourishing.

PICK a passage, have it ready the night before, go to sleep with it, wake up with it...

PLACE solitude, you can be uninhibited about our response, maybe a "special place", a "prayer corner"...

POSTURE relax, do a relaxation exercise, music, flowers...

PRESENCE of God. "God you are here, you love me into being, you love breath into me, you wish to speak to me ..."

PRAY eg. Begin with the Collect for Purity; ask for God's Spirit, for grace to listen, to hear God's word to me now...

Use imagination, PICTURE the scene, become involved, with whom do I identify? "That person is me" (2 Sam 12:7)

Read very slowly. PONDER. Read aloud. Repeat. Read, Ruminare (Reflect) Respond (PROMISE), Rest. If a word or phrase touches your heart, savor it, repeat it, rest in it, return to it in a later prayer period, carry it in your heart for the rest of the day - for the rest of your life. Don't hurry. Don't try to look for lessons or profound thoughts.

Some scriptures: Gods covenant with me: Is 54, Is 55; Deut 7:7-11

God loves me and calls me Rom 8:28-30

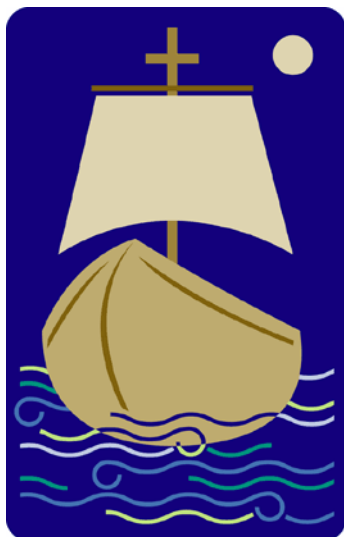
The choice to respond to God's love Deut 30:11-20

Any favorite passages, one that suddenly comes to mind, a gospel passage, a psalm, a prayer.

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Blessed Lord,  
 who caused all holy Scriptures to be written for our learning:  
 help us so to hear them,  
 to read, mark, learn and inwardly digest them  
 that, through patience, and the comfort of your holy word,  
 we may embrace and for ever hold fast the hope of everlasting life,  
 which you have given us in our Saviour Jesus Christ,  
 who is alive and reigns with you, in the unity of the Holy Spirit,  
 one God, now and for ever. Amen.

## Sea Sunday May 22, 2010 - Albany Maritime Ministry



It started like any other day for the Rev. Stephen Thanapaul, the Seafarers chaplain in Tuticorin, Tamil Nadu, India. He had been visiting ships in port when news broke that a chemical tanker with 22 Indian crew onboard had been hijacked by pirates using rocket propelled grenade launchers and machine guns off the coast of Somalia. Within hours, families of the crew had descended on the local seafarers' centre seeking help and advice from The Mission to Seafarers.

"Two of the families came to see me to ask for my assistance in contacting the shipping company," said Stephen. "They asked me to intervene on their behalf and to give them spiritual support during the crisis." And so began daily visits by Stephen to their homes, telephone calls to the shipping company for news and information and petitions to the Indian Government for help in securing the ship's release.

"Some of the families were particularly affected by the event. I concentrated a lot of my time trying to help them come to terms with what had happened and to pass on any information which I felt would help them deal with the situation. I would make daily visits to their homes, praying and talking with them. All of them had a strong

Christian faith and I believe it was this that helped them through some of the darkest times."

Piracy continues to be high on the news agenda and there are warnings that it is on the increase. The International Piracy Reporting Centre reports 49 ships hijacked with 889 seafarers taken hostage. Of the hostages, 32 were injured, 11 killed and 21 are reported as missing – presumed dead. The trauma of suffering a piracy attack can leave a lasting negative impression in the mind of a seafarer and, in some cases, can cause him to never return to sea.

It is with the victims of piracy, as with all seafarers, that Albany Maritime Ministry reaches out with a message of love and hope in a harsh and often inhospitable environment. For over 15 years, AMM has faithfully carried out an international ministry linked with over 800 ports around the world. Port chaplains visit all seafarers on their ships, offering them a welcome, opportunity for worship aboard ship and advocating for their rights when they have been ignored.

Albany Maritime Ministry operates a seafarers' centre in the Port of Albany. Over 3000 crew visitors from 100 vessels relax away from their ships, find friendship and help with any problems they might have onboard or at home. We also provide high quality communication facilities through telephones and the internet for seafarers to contact their loved ones. Low-cost phone cards allow seafarers to keep in touch with their families without having to pay excessive phone charges.

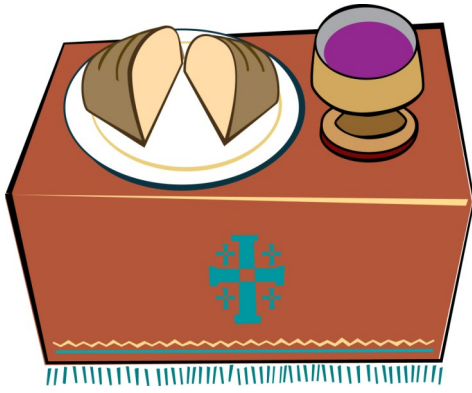
With the help of the Capital District Faith Community over 350 "Christmas-at-Sea" Packages went aboard vessels. AMM ministers to seafarers in a growing number of terminals - reaching out to seafarers at terminals including Coeymans and Catskill. In every one of our port presences, chaplains and volunteers hand out Bibles and other Christian literature in different languages to aid seafarers in their daily walk with God. Our van provides transportation for worship, shopping and sight-seeing.

The work we do is vital but we can't do it without prayers and support. So, on Sea Sunday, May 16th, please remember seafarers and Albany Maritime Ministry as we continue to care for seafarers around the world. For more information contact Rev. William Hempel at 518-463-0571 or email [hempelw@yahoo.com](mailto:hempelw@yahoo.com).

### BULLETIN/NEWSLETTER SPONSORSHIP

**PAPER AND PRINTING ARE A LARGE PART OF OUR OFFICE BUDGET. YOU CAN HELP TO OFFSET THIS. CONTRIBUTE A BULLETIN (\$10) OR NEWSLETTER (\$50) IN HONOR OF OR IN MEMORY OF SOMEONE OR SOMETHING. EVERY LITTLE BIT HELPS TO TAKE A "BITE" OUT OF OUR BUDGET. THANKS!!**

## Narrative Eucharist



Each week our worship varies – still much of it can have the feel of “same old-same-old”. Structure, order and repetition can provide solid anchors for worship even as they can be lost in a sea of the familiar.

God comes into our lives in many ways. For centuries, Christians have believed that the most powerful expression and experience of this gracious presence occurs in worship. In the simple gestures and eternal acts of singing, praying, proclaiming, offering and sharing, we are met and known and loved by God in Christ.

Worship has numerous parts. Each has a purpose and function. All are participants. The Narrative Communion service helps us understand how all fit and work together in worship. On May 15, we will again have a narrative Eucharist. Many have requested this. It's a great time to find insight and discover new meaning in our Lutheran Liturgy.

### **KIT — Keep In touch Seniors ANNUAL THEATER OUTING**

Please join us on May 29 for a performance of “I LOVE A PIANO” at Mac Haydn Theatre. Dinner at the winding Brook country club following the show. The cost is \$41 inclusive. Make checks out to Marion Truland. Call Marion Truland at 235-2277 for reservations

Deadline is May 14!



### **Seniors' Communion Luncheon**

#### **SAVE THE DATE**

This year's Cluster Seniors Communion Worship and Luncheon will be held at Good Shepherd Lutheran Church, 510 Albany Shaker Rd., Loudonville on Thursday, June 9. If you'd like to make a reservation to attend this event, or to provide a desert, please call the church office at 463-0571.

### **CLUSTER COLLECTION FOR MAY**

Church world service is the Cooperative Ministry of 36 Christian denominations and communions in the USA, providing sustainable self-help development, disaster relief, and refugee assistance.

During May and June, the Albany Lutheran cluster churches will gather items for emergency cleanup buckets, which will be distributed by Church world service to those affected by natural disasters.

Emergency cleanup buckets hold scouring pads, sponges, a scrub brush, cleaning towels, dry laundry detergent, liquid household cleaner, disinfectant dish soap, clothes pins and a clothesline, latex gloves, work gloves, trash bags, dust masks and insect repellent. Monetary donations will be used for the purchase of 5 gallon buckets in which the items are packed.



## ***THE FIVE FINGER PRAYER***



1. [Your thumb](#) is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a 'sweet duty.'
2. The [next finger](#) is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The [next finger](#) is the tallest finger. It reminds us of our leaders. Pray for the them, leaders in our country, business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.
4. The [fourth finger](#) is our ring finger. Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray too much for them.
5. And lastly comes our [little finger](#) - the smallest finger of all - which is where we should place ourselves in relation to God and others. As the Bible says, 'The least shall be the greatest among you.' Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

January 31, 2011

Our dearest friends in Christ,

We had a very comfortable trip back and every thing went well.

The girls took good care of our house. It was so nice to see all of you – our St. Paul’s family and spend the holidays with you all.

We miss you all. The weather is not bad. Nights are cooler. March and May are the hottest months.

Thanks to all of you who contributed towards my children’s fund. I will use it wisely. I appreciate it very much. Alex is doing fine. Our prayers are always with you all. Please pray for us too.

May God bless you always.

Love always,  
Bailey

*★ Thank You! ★*  
**THANK YOU!**

Thank you to all who remembered me with cards and prayers after my recent surgery. One can never imagine what that means until it hits home.

Thanks to our computer technology, I was not away from my desk for long....even when I was recuperating at home. Pastor would “skype” me from the office and I was right there! He became very proficient at using the printer and copier...I would do the bulletin and then he would copy it from the office. Can’t thank him enough for his patience....because I didn’t have much at the time.(I am not a “patient patient”!)

And thanks to Linda in the kitchen for “holding down the fort”! She was there to answer doors, etc.

Again—thank you to all. I am getting back to normal and feeling better each day.

God bless you all!

Diane

Members of the Card Ministry,

Sorry this is so late, but I want to thank you for the beautiful birthday card you sent me in March and also for past cards you made. Believe me, I greatly appreciate those hand made cards – I did stamping some years ago and I know the time and effort put forth to create these cards.


Again, I appreciate your thoughtfulness and creativity. Thanks to all.

Sincerely,  
Jean Mulligan



*Happy Birthday!*

- 1. TYGHE DANIEL MCCOY
- 7. JULIE ALEXANDER
- 9. CALLIE BAUM
- 14. MARTA STEPHANOS
- 20. Braxton Harris
- 21. MRS. FRANCES VAN ACKER
- 29. NICOLE ALDI
- 31. ANNE RAGONI
- 31. Eisha Dow



**ELDER**  
Zwelonke Ushe

DATE	FLOWERS	SERVICE STEWARD	COMMUNION ASSISTANT	COFFEE HOUR	ALTAR
MAY 1	Mary Boshea in memory of her mother	Tom Ragoni	Tina Harris	Van Ackers	Lori and Wilma Seim
MAY 8	Annie David in memory of her mother	Tom Ragoni	Tina Harris	Men’s Club	
MAY 15			George David	The Snays	Anne Ragoni
MAY 22	The Calamaras Fmaily for Megan’s graduation		George David	The Alexanders	
MAY 29	Anne and Tom Ragoni in memory of loved ones	Sheryl Baum	Julie Alexander	The Hempels	Frances VanAcker

LOOKING AHEAD  
ASCENSION DAY  
JUNE 2nd.

# May 2011

## St. Paul's Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<b>1</b>  9:00 AM SUNDAY SCHOOL AND ADULT FORUM  10:00 AM WORSHIP	<b>2</b>  7:00 PM PLANNING COUNCIL	<b>3</b>	<b>4</b>  7:00 PM CHOIR REHEARSAL	<b>5</b>	<b>6</b>	<b>7</b>																																																																																				
<b>8</b>  9:00 AM SUNDAY SCHOOL AND ADULT FORUM  10:00 AM WORSHIP	<b>9</b>	<b>10</b>	<b>11</b>  7:00 PM CHOIR REHEARSAL	<b>12</b>	<b>13</b>	<b>14</b>																																																																																				
<b>15</b>  9:00 AM SUNDAY SCHOOL AND ADULT FORUM  10:00 AM WORSHIP	<b>16</b>	<b>17</b>	<b>18</b>  7:00 PM CHOIR REHEARSAL	<b>19</b>	<b>20</b>	<b>21</b>																																																																																				
<b>22</b>  9:00 AM SUNDAY SCHOOL AND ADULT FORUM  10:00 AM WORSHIP	<b>23</b>	<b>24</b>	<b>25</b>  7:00 PM CHOIR REHEARSAL	<b>26</b>	<b>27</b>	<b>28</b>																																																																																				
<b>29</b>  9:00 AM SUNDAY SCHOOL AND ADULT FORUM  10:00 AM WORSHIP	<b>30</b>  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">MEMO- RIAL DAY</div>	<b>31</b>	<div style="display: flex; justify-content: space-around;"> <table border="1" style="font-size: small;"> <caption>Apr 2011</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table> <table border="1" style="font-size: small;"> <caption>Jun 2011</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2 3 4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> </div>				S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	S	M	T	W	T	F	S						1	2 3 4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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**LISTEN EVERY SUNDAY**  
**“CHAPEL TIME”**  
**WROW 590 am**  
**6:30 am**