



THE VOICE

The Rector's Desk

Dear St. Elisabeth's,

It is my honor and pleasure to introduce to you, in this issue of The Voice, our new staff person, Elizabeth Clemmitt. As of February 1, Elizabeth will be our new Associate for Spiritual Wellness at St. Elisabeth's. She has recently completed her formation and accreditation process for becoming a spiritual director. She introduces herself and describes her work on page 4.

In many ways, Elizabeth coming to serve in this capacity is an answer to my prayers. Several times over the last few years, people have asked me to recommend a spiritual director or spiritual guide, and I've offered some names but my list is thin. There's a shortage of folks who do this work here on the North Shore, and it's really a blessing that we will have one starting a practice under our own roof.

When my spiritual director from 2007-2010 moved to California, I almost panicked! I was a newer rector with busy elementary-aged children at home. Sometimes my monthly meetings with Daniel were the only time I had to sit quietly with my own soul, the only time I had with someone keeping me accountable to my own spiritual

health. I had explored with him so many things: how it feels to pray when everyone's watching me pray, how to trust God more than myself, and what it means to strive for excellence versus just enjoying how God made me -- flawed.

As Daniel was packing to leave for the west coast, he suggested a couple of replacement spiritual directors for me. I landed with one a year later, and I've met with her monthly ever since. My meetings with her are a practice, a discipline, a commitment to stay grounded in my faith, and to be accountable to God's call. Most times I come away clearer about what I'm supposed to be doing, and that is priceless.

Spiritual directors are independent practitioners and set their own fees. Elizabeth will be building her clientele from within and beyond St. Elisabeth's; her position on our staff will be unpaid. In exchange for her use of the library upstairs, she will offer our congregation (or a segment of our congregation) one spiritual retreat opportunity per year. She will also be part of our quarterly staff workshops.

Elizabeth will break away from her responsibilities at her home church, this coming Sunday, February 3 so that she can visit St. Elisabeth's for the 10:00 AM service. I hope you'll be able to meet her and welcome her with me.

Grace and peace,



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The Warden's Corner



We just reached a big milestone -- my family's 10 year anniversary with St. Elisabeth's. In late 2008 we bought a fixer-upper across the street on South Ave and with 2 girls under 5 and another baby on the way, started our new lives here. Never would I have imagined back then how completely involved I would become in this church. Like many young families, I was just trying to survive the daily chaos of meltdowns, tantrums, and squabbling -- and that was just my workplace! (ba-dum, bum)

At St. Elisabeth's its clear this is a busy place full of busy people. No sooner did French Dip conclude than we started planning a pilgrimage to Alabama. We are in constant movement, with a multitude of ministries and new programs ("lets try a children's choir this Christmas!"). But what I cherish most are the moments of silence and reflection. Because life is so intense, church is just about the only place I sit still for a few minutes.

As we end one year and begin another, I need those little moments of quiet more than ever. It seems like our lives only get busier, the world gets crazier, and changes come faster. The good news is that the season of Lent is perfectly timed. Although I can't go on the actual pilgrimage this spring, I am planning on taking a virtual one. I'm paying extra attention to the quiet streets, the stillness of our sanctuary, and all the goodness there.

--Rich Lesperance, Warden

Sunday Forums in February

February 3: Time with our new Associate for Spiritual Wellness Join spiritual director Elizabeth Clemmitt in the Living Room during Forum time to meet her and to learn more about her work and what she'll be doing at St. Elisabeth's. Bring your questions!

February 10 and 17: Pilgrimage as a Spiritual Practice With our Lenten pilgrimage to Alabama coming up, let's explore what a pilgrimage is and its history as a component of deepening one's faith and spirit. How is a pilgrimage different from a vacation trip, or a touring adventure? Even if you're not able to go on this Lent's pilgrimage, come and learn why you might want to plan one some time in your life.

February 24: Matt Berryman and Jesus's mission in Northern Illinois Matt is the brand new Executive Director of Episcopal Charities and Community Services (ECCS) in the Diocese of Chicago. Our guest for the morning, Matt will share with us his hopes for and observations of ECCS. Some of the Episcopal Charities are over 100 years old (like ReVive) and others are brand new (like Waukegan to College). What do they all have in common?

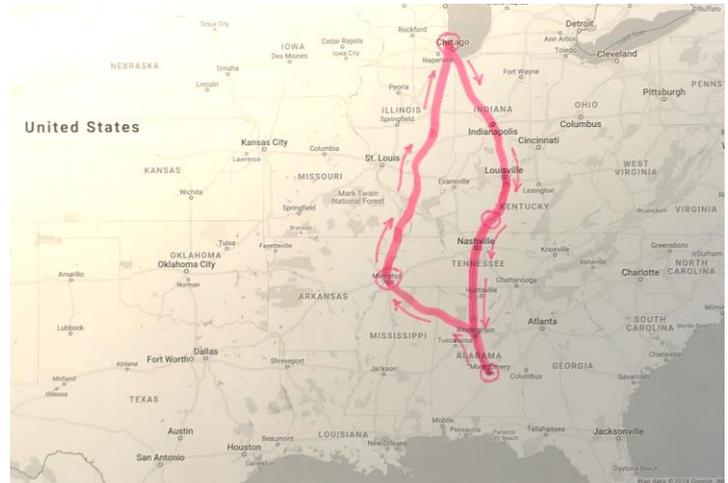
An Invitation to the Lenten Pilgrimage April 4-7, 2019

We at St. Elisabeth's share an adventurous spirit and a commitment to radiate God's love within and beyond our red doors.

Far more than words, and more than a mission statement. I see this action-oriented ethos manifest in so many ways in the everyday life of our church and the bonds we have and continue to strengthen with each other: Whether marching in Chicago's Pride Parade, receiving our visitors from Nantes, France, Family Promise, Christmas Baskets, Soup Kitchens or the fellowship of any given Coffee Hour on any given Sunday – and so much more.

Now, a pilgrimage during Lent. A new adventure – and a new opportunity to radiate God's love, this time far beyond our red doors.

The destination is Montgomery's National Memorial for Peace and Justice and Museum, which opened in April of 2018. Its principle aim is to memorialize over 4,000 African Americans who were terrorized and murdered by lynching throughout the American South. The National Memorial remembers these innocents and indelibly marks the states and counties where the lynchings took place. It is, in a word, a confrontation with a dark period in our national past – but it's also an opportunity to gain the grace of reflection, remembrance and reconciliation. Years ago, a Catholic priest friend of mine once said, "You can't have peace without reconciliation, and you can't have reconciliation without the truth." Surely an apt pursuit during Lent.



Our pilgrimage will take us south from Glencoe to Montgomery, Alabama and back home again, north through Memphis, Tennessee – a journey of approximately 1,700 miles – over four days and three nights, Thursday, April 4 to Sunday, April 7.

Returning home northbound, we hope to see the Mason Temple where Dr. Martin Luther King's gave his prophetic "Mountaintop Speech" on April 3, 1968, and the Lorraine Motel nearby – where Dr. King would be assassinated the following day. We'll also worship along the way – either in Church, or just together – anywhere we happen to be on our journey. As Lent is a solemn time for penitence, reflection and reconciliation, I expect there will be no small opportunity for this all the way along – but I also expect we will have fun together by the simple joy of just being with each other in music, taking our meals together, prayer, travel and experiencing something important and new.



For more information, please contact me at:
cschwand@sbcglobal.net

--Cliff Schwandner

Family Promise February 17-24



*Susan Newcomb
on her Family Promise cot.*

Family Promise: February 17-24. St. Elisabeth's will be co-hosting Family Promise with St. Augustine's Church in Wilmette from Sunday to Sunday, and the online sign up is available <https://www.signupgenius.com/go/9040f4dadab2caa8-family8>. As usual, we will need volunteers to prepare and serve dinners, to spend time with the children between dinner and bedtime, and to stay overnight. Our church's involvement in this program that helps families transition from instability to stability is one of St. Elisabeth's major and long-standing outreach commitments. If you have any questions, you can contact Julia Joehl at jujoehl@sbcglobal.net.

Welcome, Elizabeth Clemmitt

My name is Elizabeth Clemmitt, and I am very excited and honored to be the new Associate for Spiritual Wellness at St. Elisabeth's. I am a spiritual director who meets with individuals who are interested in pursuing personal and spiritual growth. I am available to meet at St. Elisabeth's in the upstairs library (Baehr Library) once a month for an hour for an agreed upon fee. I also will lead a spiritual retreat for St. Elisabeth's once a year.

A spiritual direction session is a time set aside for you to focus on yourself and your spiritual journey with a companion who is trained in listening. As a spiritual director, I create a safe space for you to explore your life and your relationship with God. I create this space by maintaining a calm, inviting, and loving presence. I ask gentle, open-ended questions that encourage reflection and awareness. Our relationship is completely confidential. Spiritual direction helps you know yourself better and helps you recognize and respond to God's invitation to a deeper relationship.

Spiritual directors understand that all of life is spiritual. We explore many aspects of living, but we keep the emphasis on spirituality. Spiritual direction may feel therapeutic, but it is not therapy. Spiritual directors are not counselors. We do not solve problems. We rely on you and the Spirit to do the work.

A resident of Wilmette for over 25 years, I have raised a family while working part-time as a music teacher and as a children's choir director at Christ Church in Winnetka where my husband, Richard Clemmitt, is the full-time organist and choirmaster. We have two sons. The younger one is a sophomore at the University of Illinois majoring in Computer Science and Math, and the older one lives in Seattle where he works for Boeing as an engineer.



For many years, I have been pursuing my passion for all things spiritual through reading, attending multiple weekly groups at my church including a book group, a spiritual discussion group, and a centering prayer group, and by meeting with my own spiritual director. With the encouragement of my spiritual mentors, I received my certificate from the two-year Spiritual Guidance Training Program at Siena Retreat Center in Racine, Wisconsin.

I believe one of the most precious gifts we can give to others is to really listen to them. I am eager to listen to your story. If you are curious to try an initial meeting, or if you want to start a monthly practice, I may be contacted at (312) 618-1238 or elizabeth.clemmitt@gmail.com.

--Elizabeth Clemmitt

Children's Education

On a recent Sunday, only older children were in attendance at Catechesis. This led to a perfect opportunity to work with the History of the Gifts, a presentation that lifts up, through a timeline, how humans were the last to arrive at a beautiful and bountiful world. Children ponder what it must have been like, throughout time, to arrive after gifts such as the animal kingdom and plant world had already been granted. We discussed all the different uses of these gifts (the plant world providing scent, medicines, food, raw material for clothing) and animals that help us with work, but also provide food, companionship and joy. And then, if that weren't enough, God gave the gift of God's self, through the life, death and resurrection of Jesus Christ!



In this photo, you can get a basic idea what this presentation looks like. We slowly unfold the time line and the children add objects and photos of the gifts, many of which are in boxes decorated to look like presents. The final portion of this timeline gives us a “blank page” or the symbolic space to plan for the future as collaborators with God. We will continue with this work as we move toward the Parousia, the time when God will come again.

--Leslie Davey



Book Group A Chilling Tale for Winter



St. E's Book Group will discuss Edgar Allen Poe's "*Fall of the House of Usher*" on February 12 in the parish living room. The group meets at 10:00 AM. The story is centered on a single theme and illustrates Poe's belief that a short story—a work of fiction that can be read in one sitting—should evoke a single effect. Poe is considered by many as the father of the modern short story and a master of the horror story. "*The Fall of the House of Usher*" is part of the book group's on-going consideration of literary works in the anthology *Great Conversations 2*. Come join the discussion. Drop-ins are always welcome. There is a loaner copy of in the office. Questions? Call Joyce Newcomb at 847-234-652 or email her at JoyceRNewcomb@gmail.com.

--Joyce Newcomb

Soup Kitchen

On January 10 we served some 75 diners at Chez Liz. It was a surprisingly mild evening for early January. We would like to acknowledge voluntary support for the event: Anne Tuohy (gumbo preparation); Nancy Wittleder, Stephanie Mackiewicz, Libby Hinds and Lani Miller (sack lunch preparers); Christine, Emily and Grace Schwandner, Anne Tuohy, Carla and John Arnell, Patty Becker (friend of Cathy MacKinnon), Lauren and Ryder Edelston, Carrie and Brody Mygatt, Carolyn and Cole Passen, and Linda Illes (evening food preparation and service). It was especially fun to see three youngsters eagerly assisting, which is a reminder that young ones are welcome, so long as with a parent (Children aged 11 and up don't need a parent with them.). Thanks to one and all in this outreach effort.



Pencil in our next date: Thursday, March 14. See you then.

--Chuck Chadd and John Tuohy

A Beautiful Church for Christmas

An enormous thank you to all those who helped in so many ways to make St. Elisabeth's Church and grounds truly special this season. Anne Tuohy and Kara Superfine procured the wreaths and greens. Earlier in December, a hard working crew composed of Barbara Ferry, Kay Rossiter and her sister Karen Cederquist Fraioli, Hall Healy, Kara with a very happy Amelia Superfine, Sherry Schellenbach, and Susan Chadd prepared and hung the greens. On December 23, Mae and Claire Cody, Mac DuBose and many helpers set up the lovely manger scene. Red bows were applied inside and outside the church under the supervision of Adrienne and Rod Zimmerman, and poinsettias were placed by Sherry Schellenbach, Henry Reukauf and Rick Heyke while Kristine, Cliff, Emily and Grace Schwandner arranged the candles behind the altar and disposed of the Advent wreath. Robert Fischer captained a team to hang the two huge wreaths on either side of the cross. Phil Miller helped place the red winterberry in each window. All the while decorating was taking place, Carrie Mygatt, Lauren Edelston, and their families hosted delicious coffee and holiday treats on movable carts in front of the altar.



The results of this tremendous effort were not only fun and new, they were beautiful and savory.

Lovely planters at the front doors of the church were created by Adrienne Zimmerman and continue to welcome us each day. Dorothy Generes donated a planter of sparkling white orchids at the back of the church while Sam Badger and family contributed the huge wreath by the Baptismal Font.

Thank you to one and all for your contributions to the decorating fund, making our celebration of Christmas 2018 so special.

Thank you to Adrienne and Rod Zimmerman, Kristine and Cliff Schwandner, Susan and Chuck Chadd, Mac DuBose and Cathy MacKinnon for their tremendous clean up accomplishments this past week.

What a wonderful and beautiful time we shared. Thank you to each and every one of you, and those unnamed, for your kindness and hard work.

--Sincerely, Anne Healy



On January 27, the whole parish took council at the Annual Meeting. Here Phil Miller makes a suggestion regarding church finances.

Saint Elisabeth's Calendar

Regular Weekly Schedule

Sundays

8:00 AM Holy Eucharist (Chapel)
9:45 AM Catechesis for age 3 – Grade 6
9:45 AM Nursery care available (first floor)
10:00 AM Holy Eucharist (Church)
11:00 AM Coffee Hour
11:20 AM Education for all

Mondays

8:00 PM Alcoholics Anonymous

Tuesdays

7:30-8:30 AM Hometown Coffee Office Hour
8:30-9:30 AM Lectionary Study
7:30 PM Boy Scout Troop #28

Special Events

Tuesday, February 12

St. Elisabeth's Book Group (10:00 AM)

Wednesday, February 13

7:15 PM Vestry Meeting

Sunday, February 17-24

Family Promise Week

Friday, February 22

Deadline for March Voice articles

Wednesday, March 6

Ash Wednesday

Thursday, March 14

Soup Kitchen

St. Elisabeth's Episcopal Church

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