



# THE VOICE

## View from The Pulpit

*“Stewardship is everything I do with everything I am and everything I have after I say I BELIEVE.”*

That’s how my former boss, the Dean of Trinity Cathedral in Cleveland, used to talk about this season we at St. Elisabeth’s are about to enter into this month: Stewardship Season.

Stewardship Season is what we in the church call that month or so every autumn when we conduct our Annual Appeal, our Pledge Campaign; asking every member of our church community to consider financially supporting, or increasing their financial support for, this parish, our mission and our ministries.

We all believe in ideas and institutions, creeds and causes and communities. We care about them. We give our hearts to them. We love them and worry about them. And, if we really, truly believe in them, we support them. That’s how we show our commitment, the realness of our belief. By giving ourselves to them - through our actions, our gifts of time and presence, care and concern, service and, yes, money.

“Where your treasure is,” Jesus said, “There your heart will be also.”

Stewardship Season is about fundraising, about balancing our budget, about making sure we can pay our bills and our staff, repair and maintain our beautiful old building, and support the ministries that matter. And so Mark Tilton and his team will be asking you in the next month to consider your financial pledge. I hope you will give their appeal to you some serious, prayerful consideration. But Stewardship Season is also a time for some self reflection of a deeper sort, as well. A time to ask yourself what you say you believe in, what you say is important to you and to assess if your actions, your support, back up your words and intentions.

Where is **your** treasure? Where is **your** heart? What do you say you believe in? And what do you really, honestly give yourself to?

I’m not saying any of this to guilt trip you into increasing your pledge in 2024 (Honest!) - I’m saying all of this because Stewardship Season affords us a precious opportunity to pause and take stock of our commitments, which is always a good thing to do. To reflect on how we are spending the substance of our selves. And then, perhaps, to make some changes - to better match our actions to our words.

*“Stewardship is everything I do with everything I am and everything I have after I say I BELIEVE.”*

What do you believe in?

--Faithfully,  
The Rev. Adam Spencer, *Rector*

## The Warden's Corner



I first learned about forest bathing when articles promoting the practice popped up in my news feeds a year ago. I have always had an affinity for trees, and I was pleased to put a name to one of my favorite ways to spend leisure time. Since childhood, I have enjoyed sitting on a blanket or lawn chair under a canopy of trees. I like to watch light filter through leaves and listen to them rustle in a breeze. Sometimes when the wind is up, it sounds like waves, the midwestern equivalent of surf on a beach. After reading the articles, I told my husband that what looked like laziness was actually very active forest bathing. He caught on quickly and now says, “Oh you’re forest bathing again,” when he sees me under the trees.

We recently drove our twins to their freshman move ins on the east coast. Knowing we would need time to process the college drop off experience before returning to our empty nest, I booked a retreat in a rustic lodge in the Allegheny National Forest in Pennsylvania. The lodge had forest bathing books for sale next to the trail maps. I had no idea this was an established practice complete with books and apps to facilitate the experience. A Google search of the books on sale revealed *Your Guide to Forest Bathing: Experience the Healing Power of Nature* by M. Amos Clifford is a best seller.

I believe I was guided to this resource because I was scheduled to have surgery a few weeks after our trip. I bought the book to read on our terrace overlooking the trees in our yard during my recovery. I have appreciated this detailed explanation about forest bathing, as well as learning tips on spiritual practice and mindfulness in nature during my convalescence. Some of the points in the book remind me of ideas we’ve been exploring with Adam about nature and prayer, “When we are deeply attentive to our sensory experience of the world – when we move slowly enough to be truly here, now... We may feel an awe and wonder during our forest bath. Sometimes when I am in the forest, I move into a form of prayer. Speaking to the plants and creeks, the birds and clouds... a feeling of gratitude comes over me.”

I feel fortunate that both my understanding of forest bathing and my healing journey are progressing. I am used to being a caregiver more than a recipient of care. It’s not easy for me to take time for myself and accept help from others. In the moments I have taken to reflect under the trees in my yard, I felt waves of gratitude for my friends at St. E’s who checked in, offered prayers, and delivered meals. I really appreciate being part of a church community like St. E’s. Leaning into the parish for support, and assisting others when they need a boost, are invaluable to me. Helping to sustain our strong St. E’s community for the future is one of my priorities as we begin this season of gratitude and stewardship.

I am grateful that I will recover in time to enjoy several upcoming opportunities to celebrate and connect with each other. The fall worship and program schedules are full of great offerings. The choir is back, and Walter invites new members to join. The Candlelight Cabaret on October 21<sup>st</sup> will be a fabulous evening of entertainment and food benefitting St. E’s community labyrinth and Family Promise outreach partner. Our fall gatherings will culminate with the St. Elisabeth Legacy Society Dinner on October 29<sup>th</sup>. I am looking forward to connecting with you at these events. Robin and I are reaching out to everyone in the parish the next few weeks by phone, text or email. Before it gets too chilly, I would be delighted to take a forest bath with anyone interested in trying it out, especially the last and very sensible item on the author’s list of practice guidelines, “Consider ending each walk with a snack and tea.”

Leslie Alter, *Warden*

## Choir as Formation



So often, I think music becomes a performative ministry in the church. Churches identify individuals with talent or prior training and invite them to perform for us on Sundays. Choir becomes a church ministry accessible only to those who have achieved some level of skill or confidence on their instrument. But just as church is not about welcoming only those who are already “perfect,” music and choir aren’t about elevating those whose music is already great. Choir, like church, is about joining together to learn and improve and grow.

Choir becomes a kind of Adult Formation, where we learn about ourselves and our voices, about the traditions and theology of our faith, and about the threads of history that have led to our musical traditions today. Through this work we grow in our faith and confidence, while building a deep community with our choirmates.

In our rehearsals, we learn the basics of singing: how to breathe, how to make the best sounds, how to blend in a group. We work together to learn our hymns and anthems, learning through rote and through reading so that everyone can find their way into the music. We work as a group to create the best offering we can for Sunday mornings, with the advanced and experienced musicians acting as guides and mentors to those who are just starting out.

I am so excited to be resuming with the choir in the coming weeks -- with our first rehearsal on **October 5<sup>th</sup> at 7:30PM** and our return to the 10AM service on **October 8** – and I hope you will consider joining us in this ministry! All are welcome to participate, regardless of your music background or skills. We aren’t looking for only the most skilled musicians, but rather for anyone who would like to learn and grow in their skills, in community with others working towards the same goals. If you have any questions or if you would like to participate, please talk to Walter or any member of the choir. We would be thrilled to welcome you!

-- Walter Aldrich, *Director of Music*

## St. E’s Legacy Society Dinner

**SAVE THE DATE:** St. Elisabeth’s Legacy Society Members This year’s dinner will be Sunday night, **October 29** at Skokie Country Club at **5:30 pm** -- Invitations will go out in the mail. We have 24 members now and are looking forward to adding new members to our list. The dinner is a THANK YOU for members who have made gift donations or financial commitments in the present or in future to support the continued life of the church. Funds as collected are deposited in the Baehr Legacy Fund. For more information contact: The Rev. Adam Spencer or Anne Tuohy

---

## Christianity 101: Exploring Faith for Grownups

On one Saturday a month beginning in October 2023 our Better Together partner churches will gather from 4:30 to 6:00 PM for "Christianity 101," a conversation covering the broad topics of Christian faith and the particular Episcopal "slant" on that tradition. All are welcome to join and bring your questions. Our conversation lasts until 5:30 p.m., after which we join our confirmation candidates and their sponsors for dinner supplied by the host church.

**Saturday, October 21:** 4:30 to 6:00 PM at St. Lawrence's (125 W Church Street, Libertyville)

*Topic: Spiritual Autobiographies:* What brings you to church? And what has been your journey so far in faith? This first session will be a conversation about what draws to explore faith, and particularly Christian faith.

**Saturday, November 11:** 4:30 to 6:00 PM at St. Elisabeth's (556 Vernon Avenue, Glencoe)

*Topic: The Bible:* The Jewish and Christian scriptures are a primary place Christians go looking to encounter God or to learn more about God. And even though it comes in one "book," there is a lot of different kinds of writing in there. This session will provide an overview to this library of faith and suggest some ways to use it.

**Saturday, December 2:** 4:30 to 6:00 PM at Trinity (425 Laurel Avenue, Highland Park)

*Topic: Eucharist:* The most common way many Christians pray on Sunday, including Episcopalians, is called Eucharist, the meal that remembers Jesus' hospitality and his death, and transforms those who celebrate it into his presence in the world. This session will explore what we do in this celebration--and how it transforms us.

**Saturday, January 20:** 4:30 to 6:00 PM at St. Gregory's

*Topic: Baptism:* "Christians" get that name by being baptized with water, usually surrounded by other Christians. This session will explore the symbols and stories of baptism, and how they shape our understanding of who we are as members of Christ's body.

**Saturday, February 24:** 4:30 to 6:00 PM at St. Elisabeth's

*Topic: Church History:* Christianity has been around for a long time, and it has appeared in diverse forms: great cathedrals, desert monasteries, experimental communes, and local parishes. This session will explore Christianity's "back story" and what we might learn from it to live as Christians today.

**Saturday, March 16:** 4:30 to 6:00 PM at St. Elisabeth's

*Topic: The Episcopal Church:* The Episcopal Church is the child of a particular moment in Christian history: the creation of the Church of England during the Reformation. The Episcopal Church was shaped also by the American Revolution, and the way we practice Christian faith is shaped by our country's history, for better and for worse. This session will explore the particular take on Christianity of the Episcopal Church and its "middle way" between history and the needs of today.

**Saturday, April 20:** 4:30 to 6:00 PM at Trinity

*Topic: Prayer:* Prayer is a word to describe how we encounter God, both together on Sunday or at other times, with our families, or alone outdoors or in our room. This session will explore different practices that help connect a person to God and deepen that relationship.

## Sunday Forum



The Gospel in Stone and Glass Join Adam at coffee hour after the 10:00 AM service on Sunday, October 8 for a tour of the church and chapel exploring the theological and spiritual meaning present in our church's stained glass and architecture.

## Soup Kitchen

On September 14 we served some 62 diners in Evanston a hot dinner and a bag lunch.

That number is climbing since the pandemic when attendance was more like 35-40.

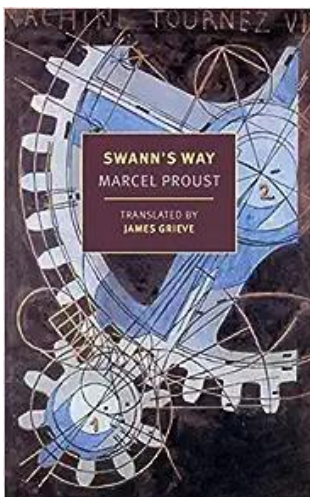
Thanks to volunteers: preparing sack lunches: Larry & Susan Whipple, Adam Spencer, Larry Handwerk. Preparing dinner: Robert Fischer, Phil Miller, Russ & Barbara Miller and her grandsons, Owen & Conor, TK MacKay and Avery & Sydney, Cody Cook. Purchasing: Chuck Chadd.



Reminder that we are committed to six Thursdays in the year, and **our next date is Thursday, November 9**. Please mark your calendars. Further reminder that we are coming up on some 30 years of this partnership with First United Methodist Church and some 6-7 Christian & Jewish congregations to provide meals to local diners. Always looking for ways to improve the meals and our service, so please shout out with your ideas.

--John Tuohy & Susan Newcomb

## St. E's Book Group



What Role Does Memory Play in Defining Ourselves?

St. E's book Group will meet on Tuesday October 10 at noon in the parish Guild Room to continue discussing Swann's Way, a novel written by Marcel Proust and the first of seven volumes that constitute Proust's lifework. Here he explores the effects of time, memory and hopeless love. The group always meets on the second Tuesday of the month and the discussion focuses on each person's interpretation of the work. There are no right or wrong answers. Drop ins are always welcome. Contact Joyce Newcomb at [JoyceRNewcomb@gmail.com](mailto:JoyceRNewcomb@gmail.com) with questions.

## All Saints' Day

On **Sunday, November 5**, we will celebrate the Feast of All Saints' here at St. Elisabeth's at both the 8:00 AM and 10:00 AM services. In our Baptismal Covenant we, along with traditional Christians around the globe, profess in the ancient Baptismal Creed the words: "I believe in... the communion of saints, ... the resurrection of the body, and life everlasting" (Book of Common Prayer, page 304.) One way we live into this promise is through our annual observance of All Saints' Day (November 1) and the Commemoration of All Faithful Departed (November 2.) At St. Elisabeth's, we make those words a tangible reality in the here and now by recognizing and celebrating our relationship, not only with those around us today, but also with all those saints who have gone before us in all times and places.



Here are some special ways to worship and pray and commemorate this day when we honor our dead:

Write the names of loved ones who have died in the Necrology binder at the back of the church beginning on Sunday, October 15. Necrology means list of deaths; the names of those persons you have shared in the binder will be read aloud during the service on November 5.

Bring a photo, memento, candle, or a personal item to put on St. Elisabeth's remembrance table in the church to recognize the presence of your beloveds among us, commemorating those who have died. You can bring them in the week of October 29 during our normal church office hours or place them on the table when heading into the service on November 5.

## New Website



We are so excited to announce the launch of the new St. Elisabeth's Website! Please check it out at [www.steglencoe.org](http://www.steglencoe.org), and let us know your thoughts! We hope that the new website will better support our work and ministry, and will create new opportunities for us to engage with our community. Many thanks to all the individuals who participated in building it!

## Spirit Day - October 22

Please join the LGBTQ team on Sunday October 22 for lunch and a workshop after the 10:00 AM service to recognize Spirit Day. Spirit Day was started in 2010 in response to a number of bullying-related LGBTQ suicides. Lizzy Appleby, LCSW from Youth Services, will facilitate the workshop and help us to reconceptualize bullying from an anti-oppression framework and to understand what we can do about bullying behavior and the silence and shame in which it thrives.



## Thursday Mornings

If you would like to see your church, yourself, or your faith in a new light, then try our Thursday morning Eucharist. The service begins at 7:30 and lasts about 30 minutes. You can come as you are; I'm there in my running gear. You will benefit from the short, but brilliantly moving -seemingly off-the-cuff homilies.

Although I have been part of our church for many years, I did not begin to see the beautiful relationship between the circular dove window and the altar until the quiet of a recent Thursday morning. I asked Adam for his permission to sketch them and then the sermon he gave on Sunday August 6<sup>th</sup> provided the connection I was searching for between the light of the window and the marble of the altar. The drawing is on Adam's desk, but my Thursday morning inspiration is reproduced below.

--Chuck Chadd



---

## Saint Elisabeth's Calendar

### *Regular Weekly Schedule*

#### **Sundays**

8:00 AM – Spoken Eucharist Rite I

9:00 AM – Choir Rehearsal

10:00 AM – Choral Eucharist Rite II

#### **Mondays**

7:15 PM – Boy Scout Troop #28

8:00 PM – AA Group

#### **Thursdays**

7:30 AM – Spoken Eucharist Rite II

7:00 PM – Choir Rehearsal

#### **Fridays**

11:00 AM – Bible Study

#### **Saturdays**

5:00 PM – AA Group

### *Special Events*

#### **Sunday, October 8**

Program Year Begins

Choir Starts

11:30 AM Forum

#### **Tuesday, October 10**

12:00 Noon St. E's Book Group

7:15 PM Vestry Meeting

#### **Saturday, October 21**

6:30 PM St. E's Candlelight Cabaret

#### **Sunday, October 22**

11:30 AM Spirit Day Forum

#### **Sunday, October 29**

6:00 PM St. E's Legacy Society Dinner

---

St. Elisabeth's Episcopal Church

556 Vernon Avenue, Glencoe, Illinois 60022

847-835-0458

[www.steglencoe.org](http://www.steglencoe.org)