



CHURCH OF THE
HOLY COMFORTER
The Dove
October 2009

2nd Saturday Service

An Informal Family Eucharist at 5:30pm

By Pastor Ann Dieterle

On October 10, Holy Comforter will hold its first 2nd Saturday Service at 5:30 pm. 2nd Saturday is a Family Eucharist with contemporary music in an informal atmosphere. The service will be held in the Great Hall which will be transformed through lighting, candles and art to create an intimate worship space that will bring us closer to each other as we draw nearer to God.

The service will last approximately 45 minutes and will be held once a month on the second Saturday (hence the name). There will be two readings and a short homily, followed by prayers which will be guided, but will provide an opportunity to get your body, as well as your heart and mind engaged. Mr. Jay Decker will provide music on the piano and lead us in singing. Some of the music will be contemporary arrangements of familiar hymns, while some will be new and drawn from the best sources of contemporary worship. All of it will be inspiring, fun and easy to sing.

Subsequent dates for this service are November 14, December 12 and January 9. Everyone is invited to join us after the service for refreshments and fellowship. Our high school community, WHAM will be having a pizza dinner afterwards. If you know someone who you know would love the community here at Holy Comforter, but might be intimidated by Sunday morning, this would be a perfect time to invite them and introduce them to our wonderful church family. So come as you are and bring your friends!

In the Vineyard

We joyfully announce the birth of . . .

- William Ellwood to Chris and Emily Wyner on September 1.
- John Merritt Strang to Tory and Cameron Strang on September 5. Jack is Bill and Barbara Haljun's grandson.
- Theodore Henry to Erica and Brian Boulay on September 9. His grandparents are Olga and Gerry Stokes.

We join in the celebration of . . .

- the marriage of Gavin Stokes and Dena Burton on October 17.
- the marriage of Alexandra Coxe and Donald Fitzgarrald on October 24.

Congratulations to . . .

- Dr. Thomas Wiedrich who conducted the hand surgery which saved the career of Bears linebacker, Brian Urlacher.
- Oscar David, a partner and co-chair of Winston & Strawn's mergers and acquisitions, securities & corporate governance practice, for his cover story in the Sep, 09 edition of the CHICAGO LAWYER.

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Rector's Message:

Are You Getting Shot?

I am. I roll up my sleeve, stick out my arm, and get shot. I don't know how many years now I've gotten flu shots, but since I started I don't get the flu as often. I understand this year we need to have two shots - one for the regular old flu and one for the H1N1 flu. (Somebody objected to calling it swine flu. Pork consumption went down, and in our economy we can't afford to weaken any part of it. Don't stop eating pork we were told. We Americans are such a brilliant people. Just think of the possibilities for mischief on the part of those who name the flu: Episcopalian flu; Republican flu; Democrat flu, handshake flu, gossip flu [You get it if you gossip]... The possibilities are endless. I'd like to join the naming committee.)

This year especially we are encouraged to have the flu shots. There is concern about a pandemic. Each of us will make our own decision, but I'm rolling up my sleeve -- twice. Which reminds me, when I was in the army we walked down a "shot line" and got stuck in each arm at the same time. They used both needles and air guns. The air guns were particularly fun. If the corpsman didn't line it up correctly, it would rip your skin apart, leave you bloody, and the fluid would be streaming down your arm. Don't mess with the corpsman.

It is also very important to practice good hygiene. The Centers for Disease Control recommends the following for everyday activities:

† Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

† Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

† Avoid touching your eyes, nose, or mouth. Germs spread that way.

† Stay home if you get sick. If you are sick, you will infect other people as you go to work, stay at work, and return home. Be considerate of others and stay home.

The CDC website is a source of information. <http://www.cdc.gov/h1n1flu/>. I've also learned that in washing hands with soap and water, it is important to wash at least 20 seconds. Somewhere I read that if you sing the Happy Birthday song while you wash, by the time you end the song you've washed enough. We are told washing often is a deterrent. As we approach the flu season, each is encouraged to be hygiene conscious.

At Holy Communion we use a common cup available to all. If you do not wish to drink from the cup, simply cross your arms over your chest and the Eucharistic Minister will pass by. It has been the universal teaching of the Church that communion in one kind is full communion. Receiving the sacramental bread is fully communicating. Those who wish to instinct - dip the bread into the cup - are asked to leave the bread in your hand, and the Eucharistic Minister will take it from you, dip it into the chalice, and return it to your hand. This avoids the possibility of many persons, unwittingly dipping their hand/fingers into the chalice. That would impact adversely those who do drink from the chalice. We appreciate your understanding.

Go to www.holycomforter.org
for this month's edition of *The Dove*;
for links mentioned in this month's newsletter;
for registration to events taking place in the parish;
for updated news and calendar.

Your Personal Invitation

By Patti Pateros

Sitting in my doctor's waiting room, I picked up the 9/21/2009 issue of TIME Magazine. In big bold letters on the front cover, it read, "INSIDE: SPECIAL REPORT ON SERVICE." This was the magazine's third annual service issue focusing on volunteerism in America. Very timely, since I have been in the process of organizing Holy Comforter's Hands-On Outreach events - volunteer opportunities for our parishioners.

As I read the article, it was not surprising that they addressed the dismal fact that charitable giving in America is down as a result of the recession. However, with the passage of the Kennedy Serve America Act and the official designation of 9/11 as National Day of Service and Remembrance, Americans are still volunteering at a steady rate because, as the article states, "our DNA as Americans contains a commitment to volunteerism and civic participation."

I decided to do some research on national service, which led me to an organization called [Corporation for National and Community Service](#), an independent federal agency and the nation's largest grantmaker supporting service and volunteering. They provide funding, training and technical assistance to non-profit organizations, and help promote and, most importantly, retain volunteers. Their website offers many facts, figures and national programs, but what I found most interesting was their report on non-volunteers: **why is it that some people choose not to volunteer?**

Their research offers three reasons:

1. Non-volunteers worry about the time commitment. They feel that volunteering means signing your life away to a particular organization. They fear that if they volunteer for something small, they will be asked to take on additional responsibilities or to stay on indefinitely. A valid point - many of us have been put in that position.
2. Non-volunteers see themselves as essentially different from volunteers. They perceive volunteers as retired, without children, or having an abundance of leisure time. Or they feel they don't have a worthwhile skill to offer. Data, however, shows quite the contrary - volunteers tend to have busy schedules filled with work, children and other commitments, and everyone has a some skill, talent or interest worth sharing.
3. Non-volunteers say the **main reason** they don't volunteer is that they simply have never been asked to do so by someone they know and trust. Therefore,

**Church of the Holy Comforter
cordially invites you to participate in their
Hands-On Outreach Activities**

Dates: several from which to choose

Time: at your convenience

Activity: dependent on your interest or skill level

Commitment: 2 hours; one-time only

So, consider this your personal invitation from someone you know and, hopefully, trust.

Our parish provides a variety of one-time hands-on volunteer opportunities for ages 12 years and up. You can choose an activity based on your interest, skill level or availability. Although a few of the opportunities are a bit longer, the average time commitment is two hours - **JUST TWO HOURS. That's it!**

Two hours serving a meal at Good News Community Kitchen; two hours folding laundry or packaging bakery goods at Misericordia; two hours working with children at St. Gregory's Episcopal School or Good News Children. Two hours delivering food to the Primo Center, or Easter baskets to Cathedral Shelter, or Christmas gifts to Connections for the Homeless. And if you're feeling really generous with your time, consider participating in the [Parish Service Project](#) at Good News Partners on November 14 - an all-day group project that will have jobs for all skill levels and abilities, from construction to arts and crafts projects. Go to [Ministry & Outreach](#) to find out more about these local community service projects sponsored by the parish. You can trust that:

1. if you volunteer one time, we will not harass you about re-upping (because you'll probably want to do that on your own anyway!).
2. our current volunteers all have hectic schedule but manage to give back to the community many more than the average two hours. And it doesn't take a whole lot of skill to fold a bed sheet - just a bit of practice.
3. volunteering as a parish makes the event fun as well as meaningful and productive. We understand the scope of the work, we have long-term relationships with the organizations, and we know and enjoy each other.

The current economic situation has created a much greater need for volunteer services, so we hope you will consider volunteering for at least one parish event this year. Volunteering isn't just good for the hungry, the needy, the down-and-out. We are confident that by sharing your unique talents, working side by side with friends, and providing a much needed service to the community, this experience will ultimately change your life. And you might surprise yourself by becoming a regular volunteer.

Community Life

2009 Parish Service Project & Hands-On Outreach

Registration for our Hands-On Outreach events is underway. A [Misericordia Laundry Day](#) is scheduled for Saturday, October 10 and November 17 from 10am-2pm; Holiday Bakery on Thursday, October 29, Tuesday, November 3, Wednesday, November 18 and Friday December 4 from 10:00am-2:00 pm. Our [2009 Parish Service Project](#) is Saturday, November 14, from 8am-4pm at Good News Partners. Work projects include painting, wall repairs, minor electrical work and arts & crafts with children. Registration is required for both events; for ages 12 and up.

Fall Fellowship Dinner: It's Fiesta Time! Friday, October 23 at 6:00 pm

Nacho your ordinary [Fall Fellowship Dinner](#) . . .

Burritos, Margaritas, Music and Dancing . . . the whole enchilada! Reservations are required.

The Outreach Committee announces Global Partnership with Fabretto Children's Foundation

After our year-long study of the Millennium Development Goals, the Outreach Committee, with the support of the parish, has decided to focus our global outreach on [Fabretto Children's Foundation](#) of Nicaragua. Project and program development is underway and well as plans for WHAM's mission trip to Nicaragua June 19-26, 2010. Evanston native and Fabretto Vice President Kevin Marinacci will meet with the Outreach Committee, high school students and their parents on October 11 at 10:45am in the Great Hall to answer questions and tell us more about this upcoming adventure. All are welcome to attend.

2010 Canvass

You should be receiving your 2010 Canvass materials in the mail in the next few weeks. Please read it carefully, and prayerfully commit your financial support of the parish on Celebration Sunday, October 25.

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Celtic Spirituality

By Father Chris Hardman

On Sunday, November 8, 2009, at 9:00 am, we will be holding a Celtic Healing Service. I will be talking about Celtic Spirituality more extensively at the forum hour on October 11, but, since many people are unfamiliar with the subject, let me say a few words now. Most of the following is based on a book by Ray Simpson titled *Exploring Celtic Spirituality*.

Sometime before Christ, the Celts began to emerge in Europe as a distinct race of people. After the Roman Empire was established, however, most of this race was pushed into Gaul (France), Britain and Ireland. Sometime around 200 ad Christianity came to Great Britain, brought perhaps by a Roman soldier. In about 400 ad the Roman troops were pulled out to fight the barbarians who had begun invading Europe, and so for two or three hundred years the Celts were left to develop their own brand of Christianity. It was indeed quite different from the Roman brand.

The Roman Church was under the control of Greek thought and so began to compartmentalize reality, separating the material world from the spiritual world. Flesh and matter began to be seen as evil and the spiritual as good. In the Celtic Church, however, no such split took place. Instead, the concept of seeing God reflected in all things began to dominate.

A 5th Century catechism attributed to Ninian says it best::

- **What is best in this world?** *To do the will of our Maker.*
- **What is his will?** *That we should live according to the laws of his creation.*
- **How do we know these laws?** *By study-studying the Scriptures with devotion.*
- **What tool has our Maker provided for this study?** *The intellect which can probe anything.*
- **And what is the fruit of study?** *To perceive the eternal Word of God reflected in every plant and insect, every bird and animal, and every man and woman.*
(Simpson p.88)

The Celts cherished creation because they saw God reflected in everything. They saw the material and spiritual worlds as intertwined in what we might call today a "mystical way". In addition, they had a sense of awareness that in certain places-"thin places"-one seemed closer to God. These thin places were usually in the midst of nature, like the island of Iona, or like certain clumps of oak trees in the forest.

Our worship space at Holy Comforter is already a thin place. On November 8, we hope to make it "thinner" by including a bit of nature. We will bring in a few trees to remind us of God's presence with us, and to create a more authentic Celtic atmosphere.

Nature is healing. Being out in nature-in the woods, on a lake, or even on a golf course-can bring a new perspective to our life, one that can heal. I will say more about Christian healing next month.

Hold the Phone

By Mary Johnson

What it comes to cell phones in my opinion, it seems we can't live with them and can't live without them. While I am very grateful for the security it provides when out in unfamiliar territory and it serves as a vital link in case of an emergency, it also is a great way to let folks know your whereabouts.....sometimes too much so. But where I can live with out them is when it is the deterrent to conversation that otherwise might occur. In the car pool line for All Things Bright and Beautiful, our parents have been informed that we will wave them by if they are on the phone while dropping off or picking up their child. In the 10 to 15 minute commute to of from school, there is such a wonderful opportunity for parents and children to connect. These days go by much too quickly and the missed 10 and 15 minute chunks of time add up quickly...and you don't get them back. As I mentioned at our Parent Partnership Meeting at the beginning of the school year, it has already been 8 years since September 11, 2001. And we all remember it like it was yesterday. Going forward that same amount of time, this year's Junior Kindergarteners will be teenagers. That comment brought tears to the eyes of more than a couple parents in the room.

And as the teenagers of today will tell you, "their social life would end or be worsened without their cell phone".

Our Choral Community

By Derek Nickels

Choral singing has been one of the most visible forms of building a community through music. Whether singing in a church choir, school choir, or community chorus, the social interaction and community spirit that is developed by singing together is rarely surpassed. Many of us start off singing together for the first time in kindergarten and continue singing throughout our young academic life, grade school through college. When we are lucky enough to experience choral music in our religious lives, we discover how powerful music can be, transcending many boundaries and uniting sacred text with music. How many times does a familiar text take on new meaning and depth when experienced through music?

We have a strong history of choral music in our liturgies here at Holy Comforter. For many years, John F. Ohl served as choirmaster. A renowned musicologist who served on the musicology faculty at Northwestern

University, Dr. Ohl was co-editor of *Masterpieces of Music Before 1750: An Anthology of Musical Examples from Gregorian Chant to J. S. Bach*. This textbook was first published in 1951 and served as a popular text for many students of music history, including myself. While early music had a very treasured place in the choral repertoire found in the liturgies at Holy Comforter during Dr. Ohl's tenure, our current choral repertoire extends to the late 20th century, encompassing a span of over 500 years.

According to recent statistics 47% say it would be worsened and 57% credit cell phones for improving their social life. (online article: HarrisInteractive) It's the "improving the social life" that I am really struggling with since a recent study confirmed that texting is replacing talking among teens. If this is the new definition of being "social", I think our youth are missing out on quite a bit; the art of conversation, the light in someone's eyes when they tell something very exciting, a change in tone or the inflection in a voice. And honestly, LOL does not replace the joy of hearing that laugh really out loud and in person! Recently we made an exception to the classroom protocol of no phones for the Junior High School Students and asked them to bring their phones to class with them. With some guidance facilitated by the team leaders, interesting conversations ensued that drew some correlations between cell phones and faith. So as not to breach the confidentiality of the group, you'll just have to find someone with whom you might start a similar conversation.

Like with most anything in life....moderation is the key. As I said, I'm glad that cell phone are available, but I sure hope we'll never get too far removed from the personal connection and that, given the choice, we'll put down the phone....."hold the phone".....wait a minute... engage in conversation with those around us; an opportunity that we should not miss.

If you asked a choir member today what is most meaningful to them about singing in the choir, you would find many answers. Several answers would naturally include the love of music and the love of singing. But, two of the more striking aspects of singing in the choir remain the sense of involvement in our liturgies and the sense of community developed by singing together. There are several photographs of the choir throughout the years that now hang in the choir room. I invite you all to come up and look at them and see if you recognize anyone. Several photographs lack dates, so you would be immensely helpful if you could help with providing that information.