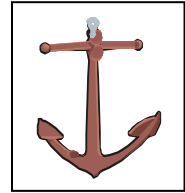


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The Rev. Elizabeth Rust Masterson, Rector



JULY/AUG 2010

**THE ANCHOR** of our soul is Jesus (**Hebrews 6:19**)

*Office Hours (for our secretary):*

*Tuesday, Wednesday and Thursday - 9:30 a.m. to 12:30 p.m.*

**Our website:** [www.dioceseofdelaware.net/churches/stnich.html](http://www.dioceseofdelaware.net/churches/stnich.html)



From the Pastor's Pen  
Greetings!

I have just returned from an amazing forum on Carmelite spirituality and practice at Notre Dame University in South Bend, Indiana. The Carmelite order traces its heritage to religious men (hermits) in the 12th century who lived in caves and stone huts on Mt. Carmel (near modern-day Haifa in Israel) and gathered only for worship. The rest of the time they spent in prayer. I became interested in Carmelite spirituality when I read *Interior Castle* by St. Teresa of Avila and *A Spiritual Canticle* by St. John of the Cross in seminary. These two saints lived in 16th century Spain and began a branch of the Carmelites known as Discalced or "Shoeless."

During the conference I heard presentations by scholars, scholar-priests, and scholar-nuns. I felt the Holy Spirit strongly present both in the conference sessions and in daily Eucharist (at 7 a.m.) each morning. Although I was an "outsider" (an Episcopalian attending a Roman Catholic conference), I was warmly welcomed and enjoyed friendly theological discussions. Truly, Christians have so much in common, no matter to what tradition we belong!

Coming back from such a mountaintop experience to the usual patterns of life gave me a jolt, but I am deeply grateful for this time away from my duties at St. Nicholas' and for God's presence during the conference. I hope to follow up at least one of the presentations on St. John of the Cross with further reading and study. Stay tuned--and you may hear some references about what I learned during sermons in the future!

Peace and blessing!

Elizabeth+

## ~~~~~VBS - August 1-5~~~~~

St. Nicholas will again be joining other area churches to provide Vacation Bible School to our own children and those of the surrounding community. This is a great opportunity for ecumenical fellowship and outreach for adults and children as well as a great way to provide fun and education to our children. This year, our VBS will be held at St. Andrew's Church, 200 Marrows Road, Newark on August 1-5 from 6 - 8:30. The theme this year is Hero Headquarters! Where Kids Join Forces with God! The week will be filled with fun activities during which the children and adults will learn more about heroes in the Bible, meet real life heroes and find out how they serve God in their lives, and how we can do the same. The cost is free. Please consider bringing your children, attending yourself, being involved as a teacher, activity leader or helper, or donor of supplies. See Elizabeth if you want to help. Just show up on August 1, if you want to register your children/grandchildren, etc.



## OUTREACH

The "Fill the Bus" project will be going until August 31<sup>st</sup>. "Fill the Bus" is a project that we did last year where we bought school supplies, and we gave them to a local elementary school. This year we will be sending the school supplies to Jenny Smith Elementary located on Bender Road, behind Kirk Middle School. Items needed:

Crayons, glue sticks

Spiral notebooks, composition books

Pencils, pens, pocket folders

Rulers, construction paper

Loose-leaf paper, erasers

Flash-cards (grades k-3)

Markers, colored pencils

---Eileen Clemens



## BLUE ROCKS GAME!!

We would like to have a St. Nicholas night at the Blue Rocks. The date we are suggesting is Friday night, August 20. It is a fireworks night. The time of the game is 7:05 p.m. and the tickets will be \$10 each. Please sign up for this fun event. (I need the \$ by the end of July). Thanks. Carolyn Bowman

**NEWSLETTER DEADLINES** - The 20<sup>th</sup> of each month, regardless of which day of the week this falls on, will be the contribution deadline. Please forward your monthly schedules to the office via hard copy or email [st.nicholas.newark@gmail.com](mailto:st.nicholas.newark@gmail.com) **THE JULY/AUGUST ANCHOR IS COMBINED. PLEASE SEND YOUR SUBMISSIONS IN BY AUGUST 20<sup>th</sup> FOR THE SEPTEMBER ISSUE.**

**OUR FOOD PANTRY NEEDS** - Liz Hankins, coordinator for the Food Pantry, thanks you for all you have contributed to this ministry in the past month! We continue to need different items. Please check the Blue insert in the weekly Service Bulletin for that week's needs.



## Parish Life

What's Coming Up in the Next Few Months?!

- July 18th from 3 - 5 pm the Ice Cream Social with Dave Zipse at the keyboard.
- August 20th (Friday) evening Blue Rocks game with fireworks! \$10 per person. See Carolyn Bowman to reserve ticket and pay in advance
- September 1st (Wednesday) from 8 am till 5 pm the trip to the National Cathedral in Washington, DC (entry \$5.00/person plus contribution to gas cost\*, and cost of your own lunch). Sign-up sheet in narthex.
- September Yard Sale with Lunch and Bake Sale (date TBA)
- October 16th evening Auction; look for details in September

\* If enough people sign-up, we may cost-out getting a bus to DC. At this point, we're suggesting people drive. Some drivers may accept passengers, so we suggest passengers contribute to the drivers' costs.



### End-of-the-Sunday School Year Picnic

Parishioners from Good Shepherd and St. Nicholas joined together to celebrate the end of the Sunday School season with a picnic on June 13, and it was great fun! Approximately 50 adults (28 - 30 from St. Nick's) and about a dozen children filled up on hamburgers, hot dogs, veggies, fruit, chips, and desserts of cookies, brownies, pudding, and cake. It was a hot day, so the kids cooled off with water from a garden hose while the (possibly envious) grown-ups looked on. The Bowman's' canopy gave the kids some shade, too, while they played with balloons and blew bubbles.

Thanks to all who grilled; set-up tables and chairs; purchased, prepared, and set-up food; lugged heavy ice-filled coolers; and cleaned up. The picnic was fun because of all the work you did to make it so. ---Alice Edgell

## WORSHIP



### AND THE SAGA CONTINUES... CRAZY, CRAZY WORLD

I was really caught up in the Scriptures from Sunday, June 20, and The Rev. Rod Welles' sermon about the craziness that has been in the world from the beginning, so I decided to reflect on this theme. Jesus and the Disciples lived a really crazy life. Jesus wanted to simplify our lives by focusing on God's promises of healing and peace, believing that the Holy Spirit was and is here with us, to guide us to the peace and love that Jesus offers us. It is God's free gift—all we have to do is ask for it and accept it.

I'm still trying to do spring housecleaning... plus all the daily stuff that is so easy to put off. I also feel involved in the news of the day, all the things going on in the world. All of this is part of living; yet sometimes I want to just put my energy into my home and think about my responsibilities in my own little world. I put off much daily work—and then there's more and more that hasn't been done—so the pressure continues to build. It's Crazy—and depressing! I wish I were less of a dreamer and more of a do-er!

I realize that I'm not focused on what I'm called to do in life, and the time slips away and the day is gone. So I ask for God's forgiveness, the Holy Spirit's guidance and strength, and resolve to be better the next day. It's Crazy, Crazy, CRAZY!

Sometimes I think it would be good to have a twelve-step program for everything that ails us. Everyone I know has something that AILS them, and they can't seem to get beyond it. There's got to be a leader somewhere in Christ's Church, who is willing to lead a "Whatever Ails Us Anonymous" program that we all can benefit from.

Lord Jesus, please help us to find the way, so that we can keep the world in perspective and concentrate on growing closer to you to find the balance of living that You offer. Then we will find what we all desire in life—less craziness and Your Peace. Amen.

---Amen and Shalom, Jean Grieten