



## The Old Meeting House

1620 Center Road  
Montpelier, VT 05602  
(802) 229-9593  
www.oldmeetinghouse.org

### October 2010 Newsletter

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#### Letter from Rona Kinsley, Interim Pastor

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Dear Friends,

Confession: I have a bad habit of running late. Not a lot late, just a little. Just enough to mean that I drive a little too fast, get a little too impatient with slow drivers, and spend more than a little time mentally wording my apology (read “excuse”) for arriving late at whatever meeting or appointment I’m trying to get to. I’ve asked myself why I do this, and part of it has to do with having a lot on my plate (How many of us have indulged in competitive calendar comparisons, as in, “You think you’re busy, just look at what I’ve got going!”?) and thinking that I can get one more thing done before I leave. But if I’m really honest with myself, I recognize that being on the edge of lateness has an energizing effect. Adrenalin courses through my system and I feel . . . alive! At least temporarily.

In his book *Addicted to Hurry: Spiritual Strategies for Slowing Down*, the Rev. Dr. Kirk Jones talks about how there is something in us that likes speed. We enjoy whizzing down a hill on a bicycle, or zipping down a mountain slope on skis or snowboard. In our fast-paced modern economy, we reward those enterprises that promise speed: fast food, overnight mail, drive-up banking, and so on. You might almost say that speed has become a god: witness the large letters-- “G.O.D.”-- that appeared a few years ago on the trucks of the Guaranteed Overnight Delivery company.

But speed can also be costly to our physical, mental, emotional, social, and spiritual health. I imagine that each of us could identify our own personal costs: poor food choices, no time for exercise, being abrupt with family members, neglecting friends, making a mistake because we were moving too fast. I often find myself longing to slow down, and I suspect that I am not alone. In fact we’re starting to see counter-speed movements, like the “slow food” movement that originated in France, Italy, and Spain, where people value good food, prepared well, and enjoyed at length with family and friends.

On October 24th, I will begin a three or perhaps four (why hurry?) part sermon series based on *Addicted to Hurry*. We will look at why we run, and then begin to ask ourselves how we might *stop* running. I’ll share with you Dr. Jones’ “spiritual strategies” for slowing down, and will invite all of us into a conversation about how we can resist the pressures of modern

#### PREACHING SCHEDULE

October 24—Rona Kinsley  
October 31—Rona Kinsley  
November 7—Rona Kinsley  
November 14—David Connor  
November 21—Rona Kinsley

#### Revised Common Lectionary Readings

##### October 24:

- \* Joel 2:23-32 and Psalm 65
- \* Sirach 35:12-17 or Jeremiah 14:7-10, 19-22 and Psalm 84:1-7
- 2 Timothy 4:6-8, 16-18
- \* Luke 18:9-14

##### October 31:

- \* Habakkuk 1:1-4; 2:1-4 and Psalm 119:137-144
- \* Isaiah 1:10-18 and Psalm 32:1-7
- \* 2 Thessalonians 1:1-4, 11-12
- \* Luke 19:1-10

##### November 7:

- \* Haggai 1:15b-2:9 and Psalm 145:1-5, 17-21 or Psalm 98
- \* Job 19:23-27a and Psalm 17:1-9
- \* 2 Thessalonians 2:1-5, 13-17
- \* Luke 20:27-38

##### November 14:

- \* Isaiah 65:17-25 and Isaiah 12
- \* Malachi 4:1-2a and Psalm 98
- \* 2 Thessalonians 3:6-13
- \* Luke 21:5-19

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## Letter from Rona Kinsley, Interim Pastor *(Continued from Page 1)*

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The Jewish people were unique in the Ancient Near East in setting aside a day of rest, each week, for both people and animals. Our ancestors in faith believed that Sabbath, a time for rest, renewal, and spending time with God, was woven into the very fabric of creation. It may not be realistic for us to set aside a full day, each week, but slowing down, nowadays, may be more about finding Sabbath moments throughout our days and weeks.

If you share my longing for a slower pace, what Jones calls a “savoring pace,” I hope that you will join me for the sermon series and whatever conversations it may spark.

Deep peace to you,  
*Rona*

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### OMH Stewardship

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Stewardship season is fast upon us and details around pledges will be forthcoming. Lately I am reminded that stewardship is ongoing in our community all year long in many ways. Last week, when paying the church bills, I paused to reflect on the checks I was writing. Checks to Rona and David who give so much of themselves through prayer, worship, music, pastoral counseling and more. I wrote out over \$3,000 in checks for missions- to the food shelf, OUR House, Battered Women’s Services, New Beginnings, Planting Hope, Blizzard bags, fuel assistance and the Good Samaritan Haven to name a few.

I also wrote a check for \$570 to the Catalyst Foundation—this money was raised by the Sunday School children to help support school children in Vietnam. Enclosed with the check was a letter from the children and their pictures.... a wonderful letter that will be posted in the Parish House. I urge you to take a few minutes to read it. We have terrific young people in our community. I also paid bills for services rendered to Capitol Copy, Pink Shutter, Capitol Stationers, Cacicio Heating and Clark Builders. We are one in community—our contributions and pledges provide support and resources to many local businesses. Stewardship is alive and well at the Old Meeting House!

Janice Waterman,

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### Onion River Food Shelf Thanks OMH

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We at the Onion River Food Shelf thank the Missions Committee and the congregation of the Old Meeting House for the generous contribution we received recently. Our client base has increased by at least 30 percent during the spring and summer months, but *may* decrease slightly as some families move on to a warmer climate for the winter months. We are also experiencing more generations of families living together as one household. We will use the OMH donation to purchase foods that the Vermont Foodbank has not had available, such as cereal. We will also have a turkey for each family for the holidays. The congregation’s monthly collections in our basket in the narthex have been very helpful, providing more protein meals and options for our clients, as well as the donations of fresh veggies. We thank you all so much for your caring and continuing support.

Diana Fielder, OMH Representative &  
Treasurer for the Onion River Food Shelf

*Thank you notes and letters from other organizations to which the OMH donates are posted on one of the bulletin boards in the Parish House.*

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<p><b>Thank you to all who made the Farmer’s Market and Silent Auction a success. These events raised more than \$3,500 for OMH missions!</b></p>
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## Christian Education Committee Update

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The Old Meeting House Sunday School has gotten off to a good start. The team teaching approach is working well so far. Each age group has had at least one Sunday with a teacher other than their regular one. We firmly believe that this concept will serve our kids, teachers, and the congregation well. Please let a member of the CEC know if you would like to help in Sunday School, even on an occasional basis. This is already happening. For example, one member of the congregation, who is a professional cook, will be sharing her expertise with the kids one Sunday this month. Even a one time gift of talent can mean a Sunday in church for a regular teacher and a special experience for our kids. So let us know if you have some time and experience you might like to share with the kids. It's fun!

Our children had a lot of fun recently helping Pastor David with the OMH contribution to the Day of Action, designated by the organization 350.org on 10-10-10. Our kids helped ring the bell 40 times to remind everyone of the need to lower carbon levels to protect our earth. With each ring of the bell, Pastor David and the kids said a prayer for a different kind of creature. Much fun was had and awareness raised.

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### Guatemalan Textile & Craft Sale

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OMH Administrative Assistant, Marcia Bellas, with support from the Missions Committee, will hold a sale of fair-trade Guatemalan textiles and crafts on **Sunday, November 14**, following the church service. Items from Mayan Hands and UPAVIM cooperatives will be available. A new documentary, *Saving the Weavers*, will play in the Blue Room during the sale. It features vignettes of people working to help indigenous weavers in Guatemala, and touches on the effects of the war in that country which targeted the Mayan people.

*Proceeds benefit Guatemalan families and communities, Henriette's Relief Project, which supports feeding stations in the Congo ([www.henriettesrelief.org](http://www.henriettesrelief.org)), and the OMH Missions Committee.*

The OMH Christmas pageant is coming up. It will again be directed by Michelle Harper. If you see Michelle in church, please say "thank you" to her for tackling this always busy but always fun task. Michelle truly has a gift at organizing the pageant and we're so grateful that she's sharing it again this year. Rehearsals will begin in November during the second half of the service. There will be no rehearsal on Nov. 28, however, because of Thanksgiving. In December, rehearsals will be held during the entire service, with a dress rehearsal on December 18 and the performance on the 19th.

Just a follow-up to a Sunday School activity from last year. Some of you may remember the craft sale put on by our middle school class and the Valentine's Day singing telegrams. The money raised by these events was recently sent to Vietnam to help street children. To accompany the money, our middle school class worked together to write a heartfelt letter complete with photos and art. Watch for a copy of this letter to be posted on the bulletin board soon. It is really worth reading. Wishing you a fun-filled Fall.

Peace,  
*The CEC*

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### Vermont Foodbank Sort-a-thon

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Please join fellow OMH members for this volunteer event at the Vermont Foodbank on **Saturday, November 20, from 8:30 am to noon**. If you've ever visited the Vermont Foodbank, you've probably been impressed by how clean and well-organized their warehouse is. Volunteers play a key role in organizing donations so that items can be located when food pantries and other outreach organizations place an order.

**Directions:** From Main Street in downtown Barre, take South Main Street (Route 14-South). Turn left on Quarry Street/Quarry Hill Rd. At the top of the hill, turn left onto Websterville Road, then left into Wilson Industrial Park (Pitman Road) and left again onto Parker Road (VT Foodbank is at 33 Parker Rd.).

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## Meeting Schedule & Announcements

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**Circle of Care**—Sunday, October 24, after church service

**Trustees** —Monday, November 1, 7:00 pm

**Christian Education Committee**—Monday, November 1, 7:00 pm

**Missions Committee**—Sunday, November 7, after church service

**Spiritual Life Committee**—Monday, November 8, 7:00 pm

**Executive Board**—Tuesday, November 9, 7:00 pm

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**Centering Prayer** — Tuesdays at 7:30 pm (Blue Room)

**Choir Practice** — Wednesdays at 7:00 pm (Large Room)

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### Donations Needed for Onion River Food Pantry

High protein items are especially welcome (e.g., peanut butter, beans, tuna, canned meats, beef stew)

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**Work Bee** — Saturday Oct. 23, 9:00 am-noon

**Guatemalan Textile & Craft Sale** — Sunday, Nov. 14, after church service *(see page 3)*

**OHM Photo Directory Date** — Wednesday, Nov. 17

*(Don't miss out! Contact Alex Brown, 223-0430, or Tracy Martin, 229-0052, for an appointment.)*

**Food Sort-a-thon at the Vermont Foodbank** — Saturday, Nov. 20, 8:30 am-noon *(see page 3)*

**OMH Potluck Brunch** — Sunday, Nov. 21, after church service

*(Kick off the 2011 Stewardship Campaign, and celebrate completion of the Preservation Project and the Thanksgiving season.)*

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