



# CCA TODAY

sharing the news of  
Christ Church Anglican

August 2009

From the Rector's Desk

## JUST SUPPOSE

Just suppose that you have reached the end of a long and full life and are standing before St. Peter at the pearly gates. He glances down at the book of life, looks up and asks, "Who are you?" . . . you answer, "I am John Smith."

St. Peter responds, "That was your earthly label, but who are you?"

"I'm a man."

"You were a man, that was your gender, but who are you?"

"I'm a father."

"Congratulations, but who are you?"

On and on until you finally exhaust your entire repertoire of descriptions, designations, labels, names, associations, and relationships . . . yet the question persists, "Who are you?" . . . and you finally have to answer, "I don't know."

More to the point, how do you answer that question today, "Who are you?"

Hint, take a look at the center of page #308 in the Book of Common Prayer.

— Gil

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Services:  
Sunday  
8:00 am, 10:00 am  
9:00 am Sunday School &  
Adult Christian Education

Rector  
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## THE EMERGENCY MEN'S SHELTER *by Nancy Perez*

Matthew 25:37 "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?" 40 "Whatever you did for one of the least of these brothers of mine, you did for me."

The Emergency Men's Shelter in New Haven is a program which provides a bed, a shower and a meal for approximately 75-100 men in need each evening. The men are also given counseling to mainstream them back into society. Volunteer groups in the area prepare and serve dinner to these men. With the guidance of The Lord, and the gracious hearts of our parishioners, our church has joined the list of volunteers. We served our first meal on June 28<sup>th</sup> and then again on July 26<sup>th</sup>. The recipients of our food are so appreciative; complimenting the cooks, thanking the servers, and praising God for this gift of food. We will continue to serve this meal on the last Sunday of each month for as long as we are able. **Our next serving date is August 30<sup>th</sup>.**

Thank you to the many volunteers who have generously donated items and monetary support, prepared food, and have served at the Shelter. If you would like to participate in this program, please contact Michelle @ 203-283-1273 [viess@optonline.net](mailto:viess@optonline.net), or Nancy @ 203-530-0344 [nancypbs@yahoo.com](mailto:nancypbs@yahoo.com).

**What YOU can do to help:** sign up to prepare food or purchase items needed for the meal, donate money to offset the cost of the main course, sign up to serve the meal. Look for sign-up sheets located at the entrance table.

*God's Work in Progress*

## OUR ADVENTURE TO CROW NATION, MONTANA *by Katherine Nies Gustafson*

From the wee hours of June 28th to the late evening of Independence Day, Adam, Jan, Ariana, and I were immersed in a whirlwind missions trip that was beautifully enriching as well as challenging.

For a week we lived in little trailers on the Crow Indian Reservation, an hour southeast of Billings, the capitol of Montana. Our group of 4 joined with many groups from various US churches, and became one underneath the umbrella of World Servants.

Lisa Steven, the head coordinator of World Servant's missions to Crow Nation, had a real gift in designating jobs that suited the individual team members, whose ages ranged from 13 to 87 and included one pregnant participant: me! Our Christ Church group painted and stained houses that were in need of care, painted the Apsaalooke Veteran's Memorial (which gave us a new appreciation of cold water's deliciousness while working in 100 degree weather!), shared God's word to exuberant and fun-loving youngsters at the community Vacation Bible School (Jan and Arianna were hard-working and amazing with the kids), met people with the last names of Pretty-On-Top, Many-Hoops, and White-Man-Runs-Him, and listened to the fascinating stories told by 94 year-old Wynona: a resident of the reservation's nursing home and granddaughter to one of Lieutenant Colonel Custer's scouts.

Not only did we gain understanding about the fascinating culture and traditions of our Crow community, but we also grew closer to the other World Servants team members as the week continued. On our day off, our group of 4 and some newly made friends went on a road trip to see the mighty Yellowtail Dam, located an hour away from the reservation. The drive gave us a chance to experience God's splendor in the lush and vast spaces of Montana, the jagged cliffs from faraway mountains, the refuge of large trees from the hot afternoon sun, and the beauty of free-range dappled horses roaming the open dirt road.

As each team member made a farewell handprint in the meeting house's walls, I realized that the Holy Spirit had been challenging me all week to stretch out of my comfort zone, go beyond what I thought I was capable of doing, and throw away my hang-ups that can stifle sharing God's light. I considered myself really blessed to have such inspirational team members who all had something to share about God's love.

Thank you, Christ Church, for the monetary support that brought us to

Montana, and the loving prayers which kept us safe and growing in the spirit whilst on this trip. We have personally witnessed that everyone can contribute to the kingdom because God uses all hands that are offered up to Him. We earnestly hope more people join in next year's mission trip.

May God bless Christ Church's ministry!

## 2009 CROW AGENCY MISSION TRIP *by Jan Bos*

Last month, Ariana, Adam, Katherine, and I had the opportunity to minister to the people of Crow Agency, Montana. The capital city of the Crow Nation Indian Reservation, Crow Agency has a population of about 1500. Along with about 30 other people from different churches across the US, the four of us spent a week helping the Indian people with all sorts of projects, such as painting, roofing, etc. We also formed smaller groups that taught Vacation Bible School throughout the week. VBS was held at a park in the center of town and was a big hit. The kids were all very receptive and we all had a great time. Although challenging at times, the trip was a great experience and a huge success. A lot of work is being done to spread the word of God to the Crow people, and we were lucky to have a part in that. Our hope is to get together a larger group for a second mission's trip in 2010. Feel free to talk to me in church and ask questions about the trip. I can also be contacted via email at [awjbos@gmail.com](mailto:awjbos@gmail.com). More information about the mission trip and the organization that ran it, World Servants, can be found at [www.worldservants.org](http://www.worldservants.org).



# PERFECTION: IT'S HIGHLY OVER-RATED

by Doreen St. Germaine

The need/desire to be perfect: Where does that come from? The reprimands as a child? “No! Not that way, this way. Do it over.” The “thou shalt nots”, learned as a child brought up in the Catholic Church? Maybe it stems from the red X marks the teachers made on your schoolwork, showing what you did wrong, that makes one strive for/ or shun from perfection. The ads in magazines contribute to our desire to look like/be like those „perfect,“ faces and features we see.

But, think about it: One foot is larger than the other. The two sides of your face are not symmetrical and yet, knowing that the models in magazines are airbrushed and made up and touched up, we still strive for perfection. I think of the student in my 4th grade class that carried white out around in her pencil box to fix/cover her mistakes. I recall the pre-school teacher telling me that my daughter was the only child who left the blobs of finger paint (chocolate pudding) on her paper. I remember thinking, what have I done? Why won't she get her fingers dirty? Surely, I haven't created a neat freak!

So what is this compulsion to be right, look perfect, be organized, and be in control? Is it achievable? To what end? Then what? It's too rigid if you ask me. The alternative is kind of exciting and unpredictable don't you agree? Kind of like a mystery cruise where you go for the adventure and find out as you go. We can fill our calendars and plan our days, but as a colleague once told me, “We make plans and God laughs.” I don't know about you but I'd like to be less predictable and more spontaneous, worry less, experience more, and yes, just be, not be perfect. When you think about it, we humans are not perfect, we are very flawed. We should embrace ourselves, flaws and all. If you think about it, God used very flawed people: Moses, Samson, David, His disciples... hey wait a minute, that's us! The desire to be perfect can freeze us where we are, keep us from starting, for fear of choosing wrong, doing it wrong, being wrong.

For example, I've been wanting to plant flowers along my white fence in the backyard but I'm stuck. I watch HGTV for ideas but don't actually get up and put the shovel in the ground. My problem is I procrastinate and wonder what and how to do it: How far from the fence should I dig? Which plants would be best? Consequently, nothing gets done and I don't enjoy my yard because it's too plain. But, the garden arrangement need not be perfect; God's flowers will be perfect, just like His sunsets and landscapes.

Each year, as I look at the brilliant, coral gladiolus that my friend Gloria helped me plant, I marvel at how perfectly stacked the stalks are, not unlike cornstalks, but with rolls

of delicately wrapped, soft, silken buds that unfold one on top of the other. Yet, when I look more closely, it's the imperfections, the twists and turns that certain stalks take, pointing their blooms in various directions that give the arrangement its uniqueness and charm.

Maybe, we should just rest in the fact that God loves us just the way we are, that he came to set us free from the bondage of trying to be perfect. (In the law) Only in Him can we be perfected. So, strive to do God's will, knowing that His blood covers our sins and makes us perfect in Christ who,” while we were still sinners, died for us.” Romans 5:8.

## BOOK REVIEW by John Guida

I just finished reading ‘Passionate Prayer’ by Catherine Martin. It is a 30-day journey on discovering the power of talking with God. I've always talked with God (usually when my back was against the wall). But I wasn't sure I was really praying or if I was doing it right or if God was listening.

I learned that by drawing nearer to God, He would draw nearer to me (James 4:8). I also learned that **ACTS** is a helpful acrostic incorporating elements taught in the Lord's Prayer:

**A**doration: I worship and praise God for who He is, what He does, and what He says.

**C**onfession: I confess my sins to the Lord (this takes me the longest).

**T**hanksgiving: I thank the Lord for the blessings in my life (this actually takes me the longest).

**S**upplication: I present my requests before the Lord.

I also learned a unique way to use the Lord's Prayer for praying and I may share that with you in next month's newsletter. If you can't wait, get the book; it's well worth it.

## MARGARET MORSE'S BOOK NOW AVAILABLE

Visit [www.margarebergermorse.com](http://www.margarebergermorse.com) to get your copy of *Laugh A Lot Cry A Lot*.

## A HELPFUL REMINDER...

Heavenly Father, help us remember that the jerk who cut us off in traffic last night is a single mother who worked nine hours that day and is rushing home to cook dinner, help with homework, do the dishes & laundry and spend a few precious moments with her children.

Help us to remember that the pierced, tattooed, disinterested young man who can't make change correctly is a worried 19-year-old college student, balancing his apprehension over final exams with his fear of not getting his student loans for next semester.

Remind us, Lord, that the scary looking bum, begging for money in the same spot every day (who really ought to get a job!) is a slave to addictions that we can only imagine in our worst nightmares.

Help us to remember that the old couple walking annoyingly slow through the store aisles and blocking our shopping progress are savoring this moment, knowing that, based on the biopsy report she got back last week, this will be the last year that they go shopping together.

Heavenly Father, remind us each day that, of all the gifts you give us, the greatest gift is love. It is not enough to share that love with those we hold dear. Open our hearts not to just those who are close to us, but to all humanity. Let us be slow to judge and quick to forgive, show patience, empathy and love.

## NOTES

- Pray for the healing of Myrtle Cunningham, Anthony Bates, Bobbie Buckley, Katelyn Scott, Teresa Frost, Marijane Bell, Katy Chaffee, Nancy Baccki, Frank Stoddard, Norman Davis, Fran Taft, Jackie Cestaro, and Sheryl Raffile.
- We support Fair Haven Parents Ministry as one of our outreach efforts. Please bring in food donations and leave them in the basket by the entrance. The offering taken at coffee hour also goes to FHPM.
- **STOP AND SHOP GIFT CARDS are always available--buy them every Sunday!!**
- Join Marion Clark on Tuesday evenings, beginning at 6:30 p.m., at the Hagaman Memorial Library for a study on Recovering from the Losses in Life.
- Wednesday Bible Study at the Wilkes home (672 Townsend Ave, New Haven), begins at 7:00 p.m. The study will concentrate on the Gospel of John. Please let Fr. Gil know if you plan to attend.
- Thursday night Prayer Group at the Heermans home (47 Prospect Rd, East Haven) begins at 7:30 p.m.
- Please bring in pictures of your children and/or grandchildren to be displayed as part of the Mustard Seed Project. We will be praying for them as we pray for the healing of this land.
- We are sorry to share that Doris and Ed Wood have left CCA and we pray that they will return to worship and fellowship with us again. If anyone would like to continue receiving the 'Toward Olivet' series, you can contact Ed at: EWWOOD@webtv.net or you can request a copy from me: john.guida13@gmail.com.

## MEET THE VESTRY

*CCA Today will be publishing brief bios of our vestry members each month.*



**Debbie Morgan** I was born and raised in East Haven and graduated from East Haven High School in 1979. That very summer I met my husband and I'm happy to say we have been married 27 years this September 11, 2009. We are the proud parents of two great kids. Billy, 25, earned a Bachelor of Science degree in Fire Administration and works for Sikorsky Aircraft Fire Department. Amanda, 21, is finishing up her last year in nursing school and made the dean's list.

As you know, I am very proud to be a Christian and was part of the Christ and the Epiphany all my life. I had a hard time leaving, but my Lord God showed me the way to go and I am very, very happy to be with CCA today and to watch us all work together. I'm back on the vestry and thrilled to be part of a great team; I'm honored. Thank you to all of my Christian family for believing in me and helping with whatever comes my way with our Lord God. "With God's help."

## BECAUSE YOU PRAYED

*by Charles B. Bowser*

Because you prayed,  
God touched our weary bodies with His power,  
And gave us strength for many a trying hour  
In which we might have faltered  
Had not you, our intercessors,  
Faithful been and true.

Because you prayed;  
God touched our eager fingers with His skill,  
Enabling us to do His blessed will.  
With scalpel, suture, bandage – better still  
He healed the sick and wounded, cured the ill.

Because you prayed,  
God touched our lips with coals from altar fire,  
Gave Spirit fullness, and did so inspire  
That when we spoke, sin-blinded souls did see,  
Sin's chains were broken;  
Captives were made free.

Because you prayed,  
The dwellers in the dark have found the Light;  
The glad good news has banished heathen night;  
The message of the cross, so long delayed,  
Has brought them life at last  
Because you prayed!

## FROM THE MUSTARD SEED

*by Carlynnne Fisher*

Be careful of the words you say,  
Keep them soft and sweet,  
You'll never know from day to day,  
Which ones you'll have to eat.

When we set an example of honesty,  
Our children will be honest.  
When we encircle them with love,  
They will be loving.

When we practice tolerance,  
They will be tolerant.

When we meet life with laughter and  
A twinkle in our eye,  
They will develop a sense of humor.

## GOD'S WORK IN PROGRESS...

When words aren't enough,  
When love and compassion hold true,  
When we stand on Holy Ground and know,  
The Peace that surpasses all understanding,  
He is among us.  
Thank God for you--Our brothers and sisters in Christ.

—The Taft Family

## AUGUST BIRTHDAYS

Sara Cunningham.....	2
Michelle Viesselman.....	2
Dave Donle.....	6
Joy Cunningham.....	14
Bill Morgan.....	15
Whit Morse.....	17
Nancy Perez.....	24

## AUGUST ANNIVERSARIES

Whit & Margaret Morse.....	08-05-1967
Kirk & Bev Trofatter.....	08-08-1981
Bob & Karen Goddard.....	08-29-1964

## MARK YOUR CALENDAR

August 18.....	Vestry Meeting
August 6.....	Feast of The Transfiguration (no service)