

# The Abbey

*October -November 2018*

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*“The person who loves their dream of community will destroy community, but the person who loves those around them will create community.”*

*— Dietrich Bonhoeffer, Life Together: The Classic Exploration of Christian Community*

We all have an idea of how we would like community to be and to function, as well as how we should create community. As humans, we carry a natural desire to belong and to be

seen, and as a result we go in search of that which we need. However, most times we are left disappointed because the community does not live up to our dreams and expectations. For some of us, this means moving from one place to the next unable to quench our inner desire.

Yet, as Bonhoeffer alludes, community is created by loving those around us. Loving does not come after the creation of community but before and during its creation. In simplified terms, love creates, plants, nourishes and grows all that is necessary for living and interacting. It is an active engagement with many different expressions, an engagement that cleanses the critical heart and replaces it with compassion, grace and mercy.

So, the questions for this season are: What can each of us continuously and actively do to bring love into our community, whether that community is within our church walls, our homes, our workplace, etc.? What can we contribute to our worshipping body to make us grow into the future and leave a legacy for those who come after us?

In Christ,  
Mother Barbara+

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### ***OPEN-DOOR POLICY***

*Want to come and chat? Mother Barbara has an open-door policy. Feel free to visit and have a conversation.*



# Our Community



**Outdoor Eucharist and BBQ**



**Early birthday surprise for Beth Erickson**





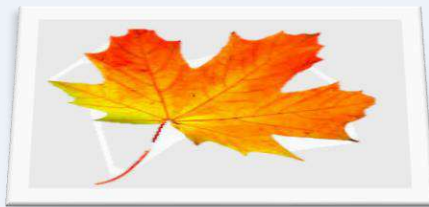
## **Jess Cromer**

### *Changes in Our Family*

Six weeks before our wedding day in 2017, Brian and I found out I was pregnant with our daughter Sadie. Having been told by a doctor a few months earlier that I would have difficulty conceiving biological children, this came as a huge shock to me, and the timing? Oh, the timing was less than ideal. I was working through those un-fun first trimester ailments while finalizing the finishing touches of our out-of-state nuptials and doing my best to keep the surprise under wraps. It was stressful to say the least.

Looking back however, the pregnancy and the timing of Sadie's birth couldn't have been more perfect. Brian and I told our families at breakfast the day after the wedding that we were expecting. I got to enjoy the change of seasons while feeling little baby kicks from inside my belly. Though the holidays have historically been a sad time of year for me, I got to welcome our sweet baby into this world on Christmas Day. What a wonderful present for sure!

It's been incredible to watch Sadie become aware of the world and to start interacting with it in her own unique little way. It's been an honor to watch the incredible man I made my husband grow into the excellent father that he is. Though the news of my pregnancy was stressful at first, I feel truly blessed that the timeline happened how it did, and I wouldn't have it any other way.



## **Annual Giving (Stewardship), 2019**

First, thanks to all who have supported the community of St. Benedict. Your contributions, both financial and non-financial have been greatly appreciated. Without the collective generosity of all members, we would not have been able to meet our daily operational obligations for 2018.

And so, once again it is time for each of us to pray and discern our giving for 2019. While stewardship is more than financial considerations, monetary support is needed to pay our bills and to continue, as well as to create and build new, organic ministries.

For those who may not have pledged last year, we are asking you to reconsider this year. Your help is needed for our community to not only live in the present, but also to move into the future.

To those who pledged last year----thank you. Please pray and discern your gift for the coming year.

If anyone did not receive a pledge card, they can be found on the table in the Narthex.



## Results of the Ministry Fair on Sunday, September 9<sup>th</sup> and 16<sup>th</sup>.

Ministries	Youth	Adult
Ushers	0	0
Coffee Hosts	n/a	9
Crucifer (carry cross)	0	0
Chalice Bearer	0	1
Acolyte (helps Deacon)	1	0
Torch Bearer	2	0
Altar Guild	0	1

### Did You Know...

John Westerhoff, in *A People Called Episcopalian*, describes Anglican Spirituality as having these characteristics:

- **Liturgical/Biblical.** “Rooted in communal daily prayer...intended to shape our relationship to God.”
- **Communal.** “Communal prayer always comes before personal prayer, which is to be shaped by communal prayer and meditation on the Scriptures so that the Holy Spirit might inform and influence our decisions.
- **Sacramental.** Outward and visible signs of inward and spiritual grace...inform our conviction that just as Christ was the sacrament of God, the church is called to be the sacrament of Christ in the world...implies that our spirituality is political, combining both the contemplative and the active.”
- **Pastoral.** “Our relationship to God is measured by our relationship to our true self, all people and the natural world.
- **Incarnational.** “Emphasis on God’s entry into human life...has resulted in an earthly spirituality...affirm life in this world and believe that the body, pleasure and material reality are fundamentally good.”
- **Mystical.** “Emphasizes a long slow journey into union with God.”





*"...be prepared in season and out of season..." 2 Timothy 4:2*

## **ONGOING SPIRITUAL ENRICHMENT FOR ADULTS**

**Every Sunday morning at 10:30 a.m.**, there will be an opportunity to explore our faith journey together. There will be three areas of focus:

- A literary and theological study of the Old Testament,
- Exploring the meaning of the Sunday Scriptures for our lives and the larger community as we live in the day-to-day.
- Ongoing topics of Grace and Race

### **Schedule of Our Gatherings**

<b>Date</b>	<b>Topic</b>	<b>Facilitator/s</b>
October 7	Literacy and theology of the Old Testament: An introduction	Linda LaDeur
October 14	Spiritual Journey for Everyday	Rose Cicero
October 21	Grace and Race, part 1	Donna and Donnie Williams
October 28	Spiritual Journey for Everyday	Paula Howard and John Kellum
November 4	Creation	Linda LaDeur
November 11	Spiritual Journey for Everyday	Esther Simonson
November 18	Grace and Race, part 2	Donna and Donnie Williams
November 25	Spiritual Journey for Everyday	Angelique Hill
December 2	The People of God, Abraham	TBA
December 9	Spiritual Journey for Everyday	TBA
December 16	Grace and Race, part 3	Donna and Donnie Williams
December 23	Spiritual Journey for Everyday	TBA
December 30	Spiritual Journey for Everyday	Angelique Hill/ Stephen Erickson

## **Bible Study**

**Wednesday Evenings at 7 p.m. – 8:30 p.m.** *Short Stories by Jesus* by Amy-Jill Levin. We are exploring the context and import of these stories when Jesus walked the earth, and how they speak to us now. This is a six-week exploration facilitated by Ruan Wright. All are welcome to attend. Invite a friend!

**CHILDREN'S FORMATION** *Offered every 2<sup>nd</sup> and 4<sup>th</sup> Sunday.*

**And the Fun Begins** by Beth Erickson



There's nothing like a rousing start to a new school year, and that includes Sunday School. On Sunday, August 19th, many of St. B's students and school staffers received a Blessing of the Backpacks, along with other tools of the academic trade. A keepsake Cross key fob (it glows in the dark) was given to each, a reminder that they are ever held in prayer.

The first Sunday School session took place on August 26th. Miss Ruth gathered the younger members of our community, pre-school to 3rd graders, for another fun year of Holy Moley. Meanwhile 4th-8th graders gathered with Miss Beth, launching the new Living the Good News (LTGN) program. LTGN takes its structure from each week's Scripture lessons, from the Old & New Testament, along with the Gospel readings. Soon, Mr. Stephen will rejoin the group.

One of the early tasks the older kids needed, finding a name for their class group. While the OK Crew (Older Kids) had a certain appeal, it seemed a bit "off." After some spirited suggestions, and equally spirited voting, the group settled on THE LEGENDS as their class name. The year ahead holds lots of promise.

Through art, music, crafts -- and of course Legos -- The Holy Moley Kids and The Legends will dive into each week's Scripture's messages, discovering ways it fits into their daily lives.

Classroom assistants aren't just needed to meet Keeping God's People Safe guidelines, they are an essential part of the program. The Assistants add their gifts and perspectives to the younger members of our church family, impressing the kids with the reality that they are an important and vital part of St. Benedict's family. Come, join the fun.

## **HAPPENINGS AT ST. BENEDICT**

### **October**

*Annual Giving (Stewardship) begins.*

Saturday, October 6 - Pet Blessing

Monday, October 15 - Morning Prayer begins, 6:30 a.m.

Saturday, October 20 - An Evening at St. Benedict, 5 p.m.

Sunday, October 28 – In-Gathering

### **November/December**

November 4 – All Saints Sunday

November 25 – Christ the King, The Last Sunday after Pentecost

December 2 – First Day of Advent, *Year C begins*

December 24 – The Vigil of the Nativity of our Lord, Christmas Eve Service, 7 p.m.  
*(Congregational Singing –no choir)*

December 25 – The Nativity of Our Lord Jesus Christ, Christmas Day.  
*(There will not be a service on this day.)*

## **WELLNESS AT ST. BENEDICT – YOGA**

A series of four evening classes begins Wednesday, starting October 3<sup>rd</sup> from 6 p.m. to 7 p.m., and ends Wednesday, October 24<sup>th</sup>. Led by certified yoga instructor Joyce Eickmeyer Owens, these classes are suitable for all ages and abilities. The cost for the series of four classes is \$60 due at the first class. Please make checks payable to Joyce Eickmeyer Owens. For more information, contact Laura Keyser at 630.527.8952 or [laurablakekeyser@gmail.com](mailto:laurablakekeyser@gmail.com).

## **VOLUNTEER OPPORTUNITIES**

### **Sunday School Assistants**

One of the key things making Saint Benedict's Sunday School program successful is a wealth of helpful and caring classroom assistants. The kids are a delight. And it's an opportunity to share from your experiences, as they share their experiences with you. Check the narthex table for a sign-up sheet or contact Beth Erickson [e\\_squared67@yahoo.com](mailto:e_squared67@yahoo.com).

### **Youth Ministry Coordinator**

Do you like to work with young people? St. Benedict is trying to start a youth group that meets once a month. We are looking for two-three people to lead this group, and to create and sponsor one youth-related activity each month. Many hands make light work! If interested, contact Mother Barbara at [motherbarara@stbenedict.ws](mailto:motherbarara@stbenedict.ws)

### **Morning Star Mission**

The Episcopal Church of St. Benedict has the opportunity to help serve lunch at Morning Star Mission on October 6<sup>th</sup> and November 3<sup>rd</sup> from 11 a.m. - 1 p.m. We are limited to a certain number of volunteers. Individuals 18 and older will need to fill out an application and be subject to a background check. No children under 8 are allowed to volunteer. Please look for a sign-up sheet in the Narthex. *For more information, contact Jeanette Cruz @ 630.460.3830*

## **BOLINGBROOK CHAMBER OF COMMERCE JOB FAIR**

**Date:** October 24, 2018

**Time:** 3:00 PM - 6:00 PM CDT

Get a job or gain new employees at the Bolingbrook Chamber Job Fair. This event is for full- and part-time positions alike.

*Job Seeker Information* - Explore great full- and part-time employment opportunities!

- No registration is required!
- Dress professionally, as you would for an interview
- Bring plenty of copies of your resume to hand out to potential employers
- Bring a notebook and a pen to take note

## **AROUND THE DIOCESE**

**October 27:** Companion Diocese Celebration at St. Michael's, Barrington

**November 16 - 17:** Diocesan Convention at the Westin Lombard Yorktown

**May 2019:** Holy Land Pilgrimage with Bishop Lee and Dean Barrington



## ***The Work of the Hands***

BY CAROLINA HINOJOSA-CISNEROS (@CISNEROSCAFE),  
CONTRIBUTING EDITOR

*“An act of service is more than an act of kindness. Along with the labor of love comes the opportunity to share widely what the fruit of our patience has produced. Service is a language spoken with long-lasting change even if the results are not immediately seen. Service is a kind of wonder we navigate with our hands, whether by occupation or as an act of healing. The hands serve as instruments of our faith.”*

The art of cleaning pinto beans is the hands’ lifelong journey to learn to see what the eyes cannot.

I swipe at a small mound of frijoles, spread them apart just wide enough to see small hardened mud-like pebbles that do not belong in this batch. My slender fingers know the jagged edges of clustered dark sand pebbles. Like a keeled over crane, my left hand cups around a hill of brown and beige spotted legumes. I push them into the colander. Some frijoles jounce back out like firecracker sparks, celebrating a sort of liberation. Most frijoles fall into the colander like a family ready for a reunion. I’m sloppy at it, impatient even.

Running in my abuela’s backyard at six years old, I tripped on a grill we used as a ramp to get onto our back porch. The front of my foot hit a cluster of hardened sand and I went face first into the grill. Before I could hit the metal, I stretched out my hands to cushion my face from making contact. As a result, my left hand was severely injured. I managed to slice through two layers of skin perfectly rounded on the palm. It left a flap of skin that could easily tear off.

I don’t remember how long it took for me to let out a cry, but I remember my abuela rushing out to pick me up from the ground, it was a levitation of sorts. She ran my hand under the water and applied hydrogen peroxide. Foam bubbled up and my hand looked like the Corpus Christi, Texas gulf shore we visited a few months before. It stung like several million jellyfish attacking my palm.

As she wrapped my hand in a thick tan Ace bandage, I wondered if I’d ever use my hand again. The drama at six years old is unparalleled. I wept for hours in pain and because of the idea I lodged in my mind that I would perhaps never have two functional hands ever again. To get my hand back to an operable state, my abuela had me help her clean frijoles. She thought it was the best therapy for an injured hand.

For the next several weeks, I helped her clean frijoles in the dead of summer. Each Sunday, we entertained friends and family and each week, my cupped hand began to heal.

“When you help someone else, you heal faster,” my abuela didn’t look up from her concentration as she rolled masa dough for tortillas. Her hands kneaded and rolled over the lump of the soft vanilla colored mass.

I later realized that her hands were always working in service to others. This is when I became aware of the healing impact that we have when we serve one another. This is how we heal.

An act of service is more than an act of kindness. Along with the labor of love comes the opportunity to share widely what the fruit of our patience has produced. Service is a language spoken with long-lasting change even if the results are not immediately seen. Service is a kind of wonder we navigate with our hands, whether by occupation or as an act of healing. The hands serve as instruments of our faith.

Faith is not about seeing; it’s about feeling. It’s about feeling for the inconsistencies when our eyes fail us. Like cleaning frijoles with an injured hand, healing comes because it is what is given in service for another. Hands serve as instruments of faith because they are agents of service.

Over the years, with much experience, it’s not the eyes which find the tiny pebbles married in the mound of beans, but the fingers which feel for the inconsistencies, almost like second nature. It’s as if the hands know what they were made for and they willingly take on the task in front of them.

When I am tempted to lose my faith, I can count on my hands to be the bridge between service and healing. With this healing comes the ability to believe, once again, that faith is the process by which we feel beyond what is set out in front of us. This bridge allows for our hands to become creative changemakers. Because they are used in service, they are used as tools to bridge the chasm between brokenness and peace. With these hands I worship, I heal, I serve.

This ability to use our hands as creative changemakers is more about how they serve than about what they produce. I couldn’t use my hands for much else when I was injured. I could use them only for small chores around the house like stirring menudo, adding ingredients to fideo, or cleaning frijoles. It was never about what I was producing but about how I was helping my abuela. It was greater than me. Now, it does not matter how many frijoles I can clean, it only matters that I can clean them well.

Service is about willingness, and more wildly about faith itself. I didn't know if my hand would ever heal properly, but it did. I couldn't see the end result of the healing, but I was able nearly perfect the art of limpiando frijoles. Frijoles, like fideo and tortillas, stretch a long way when it comes to feeding more than a few people. They are the staples in our kitchen when money runs low or when we seek out comfort foods that remind us of home. Profoundly similar to the loaves which fed the masses, these small frijoles will feed as many people as will fit at our modest kitchen table, and then some. When our hands engage in service to the community, they create unbelievable acts of resistance.

Like a communion of sorts, these frijoles will soak in room temperature water for another few hours before it's time to place them on the stove to boil. This cleaning and soaking takes skill. Boiling the frijoles to perfection becomes another developed talent altogether. For now, I'm grateful I know how clean beans efficiently. I am thankful to serve.

I used to think that my service was only recognized if it was done in a church or a place where others were present to ensure that the work was carried out. I know now that in the quiet spaces where our hands toil unbeknownst to anyone — that is where our greatest blessing lies.

The work of the hands has never been free of difficulty. All service requires our hands to bud open. We cannot serve with closed fists. It's with open hands that we welcome the stranger, open up to the light of a new day. With open hands we praise in church, we offer help in community, we wash off the day and welcome a new one.

Whether we are cleaning frijoles or are helping at the local food pantry, our hands serve as an instrument to bring about incredible change. We can also bring about an unspeakable peace. The world needs more labor and toil with our hands wide open, willing and ready.

## RECIPES

### Frozen Banana Cereal Pops, *for little hands* 🙌👐



#### Ingredients

- 3/4 cup (6 ounces) strawberry yogurt
- 2 cups Fruity Pebbles cereal
- 4 medium bananas peeled and cut crosswise in half
- 8 wooden pop sticks

#### Directions

Place yogurt and cereal in separate shallow bowls. Insert pop sticks through cut side of bananas. Dip bananas in yogurt, then roll in cereal to coat. Transfer to waxed paper-lined baking sheets. Freeze 1 hour or until firm. Transfer to resealable plastic freezer bags; return to freezer.

#### Test Kitchen Tips

Switch it up with vanilla yogurt and Cocoa Pebbles cereal. In a recipe this simple, it pays to use bananas that are ripe and sweet but still firm. Look for bananas that have little or no green on them and no brown or black spots. This is a great way to use up a bunch of extra bananas before they overripen.

*Courtesy of <https://www.tasteofhome.com/recipes/frozen-banana-cereal-pops/>*



**Miyeok Guk (Beef Seaweed Soup)**, submitted by Mother Barbara+  
*Miyeok guk, also known as birthday soup in Korea, is a soup made with dried miyeok (aka wakame), which is a sea vegetable (edible seaweed). Servings: 6*  
Author: Hyosun Ro

### Ingredients

- 1.5 ounces dried miyeok yields about 3 cups soaked
- 5 ounces beef stew meat or brisket
- 2 teaspoons minced garlic
- 2 tablespoons soup soy sauce gukganjang
- 1 tablespoon sesame oil
- salt and pepper
- 10 cups water

### Instructions

1. Soak the dried miyeok for about 30 minutes. Rinse 2 or 3 times thoroughly. Drain after each rinse, and squeeze or knead (as if you are working with bread dough) to remove excess salt used in the drying process and rinse off any hidden sand. Drain well, and cut into bite sizes.



2. Cut the beef into thin bite size pieces. Marinate with 1 tablespoon of soup soy sauce, garlic, and a pinch of pepper.



3. Heat a large pot over medium high heat. Sauté the meat with the sesame oil just until the meat is no longer red.



4. Add the miyeok and 1 tablespoon of soup soy sauce, and continue to sauté for 4 to 5 minutes.



5. Add the water, and bring it to a boil. Skim off any scum. Add salt and pepper to taste. Lower the heat to medium low. Boil, covered, for 20 to 30 minutes until the meat is tender and the broth is slightly milky.



<https://www.koreanbapsang.com/miyeok-guk-beef-seaweed-soup/>

## **Pumpkin Bread with Nutella Swirl**

### **Ingredients**

- 1/2 cup butter, softened
- 1 cup sugar
- 2 large Nellie's Free Range Eggs
- 1 can (15 ounces) pumpkin
- 1-1/2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 cup Nutella, warmed



### **Directions**

- Preheat oven to 350°. Grease four 5-3/4x3x2-in. loaf pans.
- In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and pumpkin. Combine the flour, cinnamon, baking powder, baking soda, ginger, cloves and salt; gradually beat into pumpkin mixture until blended.
- Transfer 1/2 cup batter to each prepared pan. Drizzle 1 tablespoon Nutella over batter. Repeat layers; cut through batter with a knife to swirl. Bake 30-35 minutes or until a toothpick inserted in center comes out clean.
- Cool in pans 10 minutes before removing to a wire rack. Cool completely.

### *Nutrition Facts*

*1 slice: 138 calories, 6g fat (3g saturated fat), 26mg cholesterol, 162mg sodium, 20g carbohydrate (12g sugars, 1g fiber), 2g protein.*

*Originally published as Pumpkin Bread with Nutella Swirl in Pumpkin Cookbook 2018*



## **Harry Potter Copycat Recipe**

*Author: The Purple Pumpkin Blog*

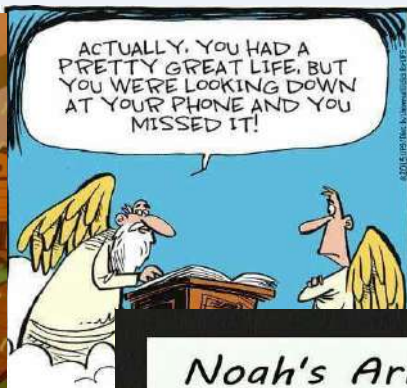
### **Ingredients**

- 1 litre apple juice
- 750ml Innocent Peaches & Apricot Smoothie
- 2 tsp vanilla extract
- 1 heaped tablespoon pumpkin purée (canned or fresh)
- 1-2 tsps. pumpkin pie spice (cinnamon, ginger, cloves and nutmeg)
- runny honey to taste

### **Instructions**

1. Pour the apple juice, smoothie, vanilla extract, pumpkin purée and 1 tsp of the pumpkin pie spice into a blender and blitz until all incorporated.
2. Add some honey to sweeten to your taste, add more spices if you want more of a spice kick.
3. Pour into a serving jug and chill until required.

# The Laugh Page



Noah's Ark  
Complaints  
Department



YOU ONLY  
BROUGHT  
TWO ANTS?



## **THANK YOU TO--**

Coffee Hosts: John Kellum and Paula Howard; Bob and Esther Simonson; Bill and Linda Scheets; Jill Crisman; Juanita Merritt, Beth Valero, and Mary Lou Cagadas; Suzette and Ashley Simpson

Jill Crisman for painting Mother Barbara's office

Linda LaDeur and Mother Barbara for providing a space for the Annual Neighborhood Watch Night Out.

Laura and Steve Keyser; Marcy and Dan Troy; Beth and John Erickson; Darren and Amber Selock; Sheeba Eapen; and Ruth Denofrio for representing St. Benedict at the Annual Neighborhood Watch Night Out and to Laura and Beth for providing refreshments.

Sheeba Eapen for organizing a Garden Walk at the home of a church neighbor.

Ruth Denofrio for providing glow-in-the-dark zipper pull crosses and Laura Keyser for adding treats for all of the students and teachers at the Blessing of the Backpacks.

Bill Scheets and Andrew Wright for facilitating the purchase of a new copy machine for the office.

Everyone who provided a display for the Ministry Fair.

Mother Barbara for organizing the Ministry Fair and providing the project boards.

Ruth Denofrio for providing assorted school supplies for the children of the church.

Grillmaster Dan Troy for preparing all of the meat for the church BBQ, to everyone who brought a dish, and to everyone who helped to clean up after the BBQ.

Beth Erickson for providing games and activities for the youth during the Outdoor Eucharist and BBQ. To those who helped to move chairs and tables for the Outdoor Eucharist.

Everyone who organized the surprise birthday party for Beth Erickson's birthday.

Pastor Davis for helping us to maintain a clean and beautiful worship space.

Brian Cromer and the choir for their musical talents.

The Rev. Barbara Harrison Seward, *Rector*  
motherbarbara@stbenedict.ws

The Rev. Dee Goodale Mikosz, *Deacon*

Laura Keyser, *Warden*  
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Scott Pritchard, *Warden*  
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Erica Barta, Ruth Denofrio, Katie Libbey,  
Angel Morrison, Dan Troy, Donna Williams  
*Vestry*

Brian Cromer, *Music Director*  
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Gloria Walters, *Parish Administrator*  
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Holy Eucharist 9:00 a.m.

Office Hours

Mondays, 9:00 -1:00 p.m.

Wednesdays, 9:00- noon

Fridays, 9:00 - noon

*The Episcopal Church*  
*Welcomes You!*