

The Adirondack Mission News Summer 2018

The Reverend John Cairns, Rector

The Reverend Nancy Goff, Associate Priest



The Adirondack Mission of the Episcopal Church is prayerfully committed to the Eucharistic worship of God, to educating ourselves, to spreading the good news of Jesus Christ and to loving and serving Christ in others with our time, talents and treasures.



From The Rector

As I am writing this article I am reminded that I am now into my third full year in the Adirondack Mission Churches. Originally hired and named as your Deacon Vicar as authorized by our bishop, and now since last fall becoming your priest.

The installation service this year on July 22nd could have been a part of my ordination service, except for a couple reasons. The number one reason is that a priest is normally not only ordained, but also installed at the church that he is coming to serve.

Due to the size limitations of our parish churches my ordination had to be elsewhere, and if that was going to be the case, then I felt it only right that my installation be done "at home" in one of our buildings, as well as the fact we would be able to share this occasion with the many people who call the mission churches their summer home.

It has certainly been a learning experience for myself and Mother Nancy as we continue on a daily basis to know how best to serve five small churches at the same time. It was a question that I was asked by your vestry when I interviewed for the position, and my best answer even then was that we were going to learn how together.

I believe that starting a 5 pm evening service at Church of the Good Shepherd this summer has so far proved to be a good decision. The idea was not only to help anyone in the summer who had visiting family or other plans that always come up during the summer months to have another option available to them, but also the ultimate plan would have been to entice members of the Chestertown and surrounding communities to come and give us a try. If you don't try, then you don't know. We have seen a mixture of parishioners and new-comers at these services.

It is with sadness that I report to you the passing of Gustaf Stewart. Gus was the ultimate host as he for many years called us all to come and share in his beautiful and serene Hewitt Lake camp every year for our annual hymn sing event. We were always greeted with open arms by not only Gus, but all his family and friends and staff as they prepared a great meal for us and made us feel a part of his family. Sadly, there will be no hymn sing this year. We will be looking for a place we can hold this event next summer.

Father John+

Get Unplugged....Find Peace

My Maryland son, his wife and 2 daughters came for a visit in July and stayed in my oldest son's "camp" at Lake Desolation - a summer house with plumbing and electricity - but what it did NOT have was cell service or television. Essentially, they became UNPLUGGED – from their jobs, from email, Facebook, the news – from the frenzy, stress and chaos of "everyday living." Just days into their trip both parents shared how relaxed they felt with no real desire to be plugged back in. By the time they departed, they were sold on the value of this "time apart" for the health and wellbeing individually and as a family. The kids swam, played board games, read and had real conversations! Numerous studies are revealing the negative impact chronic attachment to electronic devices has on our mental, physical and even spiritual health.



Another way of becoming "unplugged," of removing ourselves from the cacophony around us, without necessarily leaving our homes, is to enter into times of solitude. Though "Solitude" sounds like "solitary confinement" or something only very "religious" people do, nothing could be further from the truth!

Solitude means we set ourselves apart from the world for a time, consciously remove the clutter from our mind and heart to allow God space to speak and/or minister to us through his Spirit. Quaker Theologian Richard Foster writes: "Inward solitude has outward manifestations. There is the freedom to be alone, not in order to be away from people but in order to hear the divine Whisper better. Jesus lived in inward 'heart solitude'." In his book, "Celebration of Discipline, The PATH to SPIRITUAL GROWTH" Foster goes on to say, "Solitude is more a state of mind and heart than it is a place. There is a solitude of the heart that can be maintained at all times."

But even for those persons adept at the discipline of inner solitude, who, at times, can enter into solitude surrounded by people, *silence* is a necessary ingredient. Throughout the gospels, we read of Jesus going out to a remote place to pray; to be in silence; to hear from God his father.

Brother Thomas Merton, a 20th Century Trappist monk & American citizen who studied human spirituality determined, "The world of men has forgotten the joys of silence, the peace of solitude, which is necessary, to some extent, for the fullness of human living. Man cannot be happy for long unless he is in contact with the springs of spiritual life which are hidden in the depths of his own soul. If man is exiled constantly from his own home, locked out of his spiritual solitude, he ceases to be a true person (<http://www.azquotes.com/quote/1158202>).

How and where do we begin? Small steps.

1. Getting unplugged from technology can be scary at first but try turning off/tuning out technology for 10 minutes several times in a day; do it every day for a week or so. Think about how this feels to you. Begin extending the time by a few minutes every few weeks. I hope/suspect you will begin to feel a sense of liberation, freedom and reduction of stress
2. Use your unplugged times to mentally move into solitude, silence the noise, recall your own image of Jesus and invite him to join you; to refresh & comfort you, to fill you with peace. In the words of Psalm 46:10: "Be still and know that I am God."
3. If your "unplugged from technology" times throughout the day aren't an option, find another space in your morning/evening. The "discipline" is the same: start with a brief time, do it daily; the next week add

a few minutes; continue extending the time in small increments. Jot down notes about how this effort feels, what it's like to be intentional about your relationship with Christ; do you feel His presence? Perhaps you experience a reduced heart beat or sense of goodwill?

If we are to be Jesus' hands and feet, arms and legs to share the good news with those who've not yet come to know Him, we must take care of ourselves through worship, prayer, fellowship and yes, intentional times of one-on-one with our Lord. It takes practice, creating a new, healthy, soul nourishing habit, but a habit we will give thanks for in time!

It helps when we support each other in our spiritual lives, share what works for us and what doesn't. Let's try this out together for the month of August and see how we do. Please know I will be praying for you and ask that you pray for me as well. I'm always here to listen and try to answer your questions.

In Christ's extraordinary love,

Mtr. Nancy

Ireland

My wife Nancy and I were asked in March this spring by the diocese to participate in the clergy exchange which takes place between us and our sister diocese of Down and Dromore in Northern Ireland. We went over for the celebration of Saint Patrick's' Day. We stayed with Fr John and Linda Cunningham in Belfast, and they took us on tours all over Ireland and showed us their country and shared with us their history.



In exchange for travelling to Northern Ireland we were asked to be hosts to Deacon Andrew Irwin from Ireland, who came with a large group to attend our convention in early June. He is due to be priested by Bishop Harold Miller in September of this year, and we showed him the beautiful Adirondacks while he was here by going to the "Adirondack Experience." We also toured All Saints Cathedral in Albany and went across the street to the state capitol building while we were there.

We also (as you can see by the picture) took him for a tour of Lake George on the Lac Du Saint Sacrement. Here are the three of us on the Million-dollar beach docks in Lake George.

Continue enjoying your summer!

Fr John

Mission to the Dominican Republic

Dear fellow Adirondack Mission friends,

Father John and Mother Nancy have asked me to write a little bit about my Medical Mission work.

First let me thank everyone again for your prayers and generous donations to our mission trip. For those who may not know, St Eustace church in Lake Placid started going to the Dominican Republic for Medical Mission work about 20 years ago. Robin Baxter, a nurse from Adirondack Medical Center in Saranac Lake works hard throughout the year organizing this monumental event. She took over for her father a Deacon who helped start the mission.

The group of about 25 comprised of providers, nurses, clergy and helpers now goes to the same small village of Gauthier, about an hour from Santo Domingo for 1 week every year, usually around the first week of March. All participants pay their own expenses and fundraise to pay for all the medicines and supplies we bring with us. The additional costs to bring everything on the plane with us costs thousands!

The village of about 6-7,000 people of Dominicans and Haitians decent have been living together in harmony for some time. Because many residents are not "pure Dominicans" they are not entitled to the poor "Universal Health Care" provided by the country. For those who do qualify for free care, it is grossly inadequate and often does not include any physical exam and does not cover medications. For many, the only health care they receive is when we come each year!

They are given prescriptions, but often can't afford to fill them or only take their medicine from time to time. People live in shanty cinder block homes without windows and dirt floors. Usually 5-10 in a 500 square foot space. Few have running water, those that do, the water is not drinkable. Despite the poverty, many people have cellular phones and televisions.

Our group works with St Thomas Episcopal church in Gauthier who welcomes us every year with beautiful smiles and grateful hearts.

We start Sunday morning attending mass with them. Their Priest is wonderful and his sermons are always spot on! The church is fairly empty at the beginning, but the congregation grows with children as the mass proceeds. After mass both groups go to work setting up the clinic and pharmacy. The church sells tickets to go to the clinic which helps with anticipating crowds. Each ticket is 50 peso, or about 15 cents. Often a mother will buy one ticket for her child and bring in her other 3 children. We will see all 5 of them on 1 ticket. For those who can't afford the 15 cents, We give money to locals we trust to give them the 15 cents to pay for a ticket. We believe if people get something for nothing, they often don't always appreciate it.

People come from miles and are lined up each morning for hours before we start doing intake. We try to do first come, first serve. They enter the community center next to the church, when the guard lets them in. They register and give their complaint/medical history. Then they wait to have their weight, bp temp and pulse taken. We then screen all adults for diabetes. Then they wait again to see the provider. Each person is seen, examined and evaluated by a provider usually with a local interpreter.

Then they wait again to go to pharmacy where they are all given parasite medicine and whatever medicine was ordered. For those with high blood pressure or diabetes, we give them a 90 day supply of medicine and they follow up with a local woman who we have taught to take bp and do finger stick blood sugars. Every 3 months,

they see her and she gives them another 3 month supply of medication. We give her 3 more bags of 90 days of medicine with each person's name on it with directions. If she has any questions, she will call or email me throughout the year.

After leaving the pharmacy, they wait again and go to the prayer room where a local person and a member of our clergy team pray with them and distribute care packages. On their way out we have them meet with our water treatment team who tries to educate them on the need to drink only Agua Bueno (good water). They (sell) water treatment bucket systems that will filter water for a family of 4 for a year for \$20. Many cannot afford the full price so they pay a local man over time or he discounts the system based on what they can afford.

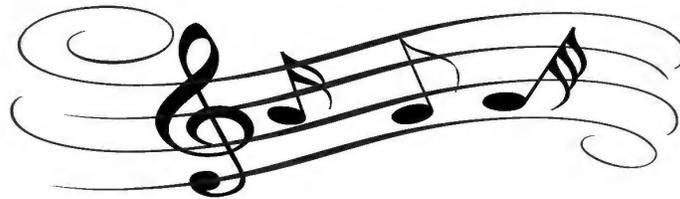


At lunch time and at the end of the day, I drive a van with people from our group to go and do "house calls" and distribute clothing to those in the more remote parts of the village.

By the end of the week we are all physically and emotionally spent but grateful to have to the opportunity to serve God's people. It is truly a life changing experience. The people have so little, but seem so happy and are so grateful for all we do for them.

Thank you for allowing me to share my experience and for your continued prayers and financial support throughout the years.

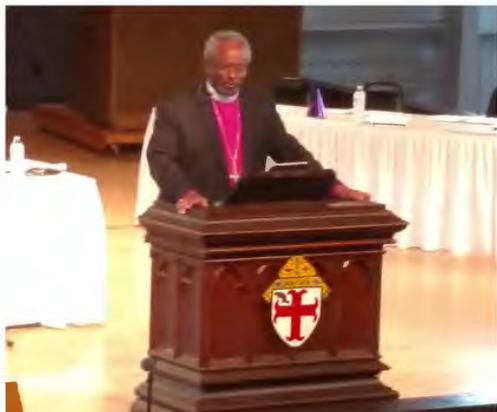
Kevin Bolan PA-



Coffeehouse with the Adirondack Song Dogs

The Adirondack Song Dogs are a group of Adirondack musicians who play bluegrass, gospel, folk, country and American roots music. Some of them have been playing music together off and on for the last 10 years. They enjoy sharing their love for music with others. On July 27th the Adirondack Songs Dogs will be Dave Insull on guitar and "git'jo", Ed Raquet on guitar, Carol Shipsey on dobro, Harold Shipsey on stand-up bass and Liz Welch on violin. Come share in an evening of music, fun, fellowship and and home baked goodies.

Our Trip to Convention By: John and Nancy Bennett



Hello. Father John asked us (the other John and Nancy married couple of the Adirondack Mission) to write about our trip to the 150th Annual Episcopal Diocese of Albany Convention held at camp of the Woods in Speculator on June 8, 9 and 10, 2018. We were 2 of the 3 delegates from the Mission (Sue Finley was the other delegate). That's the official title we get so we can attend and vote on the business side of the Diocese (i.e. the budget and nominees for

elective office). The good news is the title gives us an all-expenses paid trip to the Convention and the business component only lasts a few hours. So we look at it as nice mini- vacation.

The Camp of the Woods facility is very nice and located along beautiful Lake Pleasant. You get to eat like a royalty and get a nice ice cream, popcorn and soda social hour each night where you can mingle with your fellow Episcopalians who are all very friendly. The rooms where you sleep are very clean and hospitable. There are nice cabins on the lake where we had a nice cozy campfire on Saturday night. The grounds are lovely for a stroll along the lake and there's lots of other things to do like swimming, boating, miniature golf, ping pong etc. If you don't want to walk there's chauffeured golf cart rides available to take you around. Nancy Cairns was one of the very capable and friendly drivers. All weekend long there are numerous workshops, services and spiritual healing opportunities.

Speaking of royalty, perhaps the biggest highlight of the convention was listening to our presiding Bishop Michael Curry's lecture and sermon. As you probably know, he gave the homily at the wedding of Prince Harry and

Meghan Markle in London, England on

May 19, 2018 that people are still

talking about. The theme of the convention was "Jesus Christ, the same yesterday, today and forever". Bishop Curry so eloquently related his "love the Lord and thy neighbor" speeches to this theme. His flamboyant speaking style was a sight to see and hear.

Another highlight was the Eucharist service on Saturday when most of the 118 churches in the Diocese showed their banners. I was proud to walk with the Adirondack Mission's banner during the processional at the start of the service.

We'd like to conclude our little write up with an invitation for next year's convention. Please consider attending as a delegate for the Mission. You won't regret it and we're confident you'll have a great time, both spiritually and physically



Parish Prayer List

We're starting anew with those needing prayers; if you wish to add someone to the prayer list, let us know; he/she will be added for 1 month; if the person continues to be in need of prayer, let us know to "renew" them for an additional month. We'd love to know when to remove someone because they've improved in their health through the gracious healing of our Lord.

Questions: Ask Fr. John or Mtr. Nancy

Don't miss out on Adirondack & Diocesan opportunities to grow together – to learn, laugh, serve others, to pray and to worship

Thursday, July 26th 6:00PM

Dinner and a Movie

We invite you to take part in another opportunity for fellowship and sharing our faith. "Dinner and a Movie" will be held on Thursday July 26 at the Minerva Town Hall. It's centrally located among the Mission Churches. Be there at 6:00 p.m. with a sandwich, calzone, pizza or whatever for your dinner. *We will watch "The Shoes of the Fisherman"*



New SUNDAY EVENING Service 5:00 pm

We continue offering a Sunday evening service at 5pm at Church of the Good Shepherd in Chestertown. This summer service runs through September 2nd, so if you've missed church Sunday morning – no worries! Come at 5:00 and *experience the joy of contemporary worship, including praise music, prayers, and Holy Communion*

SUNDAY, AUGUST 12th 1:00–4:00PM

Annual Mission Picnic & Brief Business Meeting

Our summer picnic/short business meeting will be held at the Rectory on Valentine Pond Road on Sunday, August 12 from 1-4. Worship will take place that morning in each of our churches as scheduled; then head to the Rectory to enjoy fellowship with just a little but important business.

PLEASE RSVP - dish to share & a lawn chair if you have one



The Adirondack Mission
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Visit our website at
www.theadirondackmission.org

(518) 494-3314

Like us on Facebook

Friday, July 27th 7:00PM
Coffeehouse Concert

Be sure to come and enjoy our summer concert at St Andrew's parish hall on Friday July 27th at 7 pm, featuring our own Ed Raquet & Adirondack Song Dogs. Goodies & beverages provided.

Donations received will benefit the Schroon Lake Food Pantry



UPCOMING EVENTS

July 26th Dinner and a Movie Night
July 27th Coffeehouse at Schroon Lake
August 12th Parish Picnic & Brief Business Meeting