

# The First Order

## St. Stephen's Parish

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NOVEMBER 2020

"Life is action and passion."

- Oliver Wendell Holmes

And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'

Matthew 25:40 (ESV)

By **Constance Bullard**, Editor, *The First Order*

Given the pandemic and corresponding economic effects, we seem to have hit a phase of numbness here and across the country. We go about our routines robotically, hopefully wearing masks, and following the guidelines for safety. Yet, despite our best efforts, the pandemic continues. Lives have been lost and the need for compassion and patience is high. For those spared, family routines have been disrupted by home-schooling and Zoom meetings, all at the same time. Not all have jobs that keep them afloat and support sources are stressed to the limits. The election may well be decided by the time this message is received and we can proceed.

So, what can we at St. Stephen's do to help ourselves and others?

If you have the means, you can donate to St. Stephen's Table to help our guests. Volunteering to help make the meals would also be welcome. The Elizabeth Freeman Center helps women and their families find safety and help from abuse, with the hope of a new and more positive life. Habitat for Humanity helps create new homes with sweat equity for those less fortunate. Pick a charity of your choice. Those who have, can help financially. Those with limited resources can volunteer where help is needed. There are hundreds of ways to give with mind, body, and spirit. The simple act of prayer only costs your time and a small piece of your heart.

Thanksgiving comes with gratitude for what we have and hope for what is to come. This season, be kind to yourself and everyone else. The expectations of the holiday can, in themselves, be stressful. We all have enough on our plate of living, without considering the actual special meal and related preparation. Keeping it simple is not a sin.

Let us focus on caring and love of family, community, and nation, with a prayer for healing and wholeness, for those we love, and those we have yet to meet. Amen.

## Prayer for Our Country

Almighty God, who hast given us this good land for our heritage: We humbly beseech thee that we may always prove ourselves a people mindful of thy favor and glad to do thy will.

Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought hither out of many kindreds and tongues.

Endue with the spirit of wisdom those to whom in thy Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to thy law, we may show forth thy praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in thee to fail; all which we ask through Jesus Christ our Lord. Amen.

"Prayer for Our Country" comes from *The Book of Common Prayer*

# Revenues and Expenses

for St. Stephen's through September 30, 2020

## Revenue

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**Actual Income** (budgeted and unbudgeted) through September 30, 2020 - \$330,997\*

**Budgeted Income** through September 30, 2020 - \$321,679 (Overbudget by \$9,318 or 2.8%)

### **Pledge Income**

Actual Pledges (Plate Offerings and Pledge Payments) Received through September 30, 2020 - \$195,512

Budgeted Pledges (Plate Offerings and Pledge Payments) through September 30, 2020 - \$213,691 (Underbudget by \$18,179 or 8.5%)

*\*The Diocese gave us assistance due to COVID-19 for a total of \$30,981.76. This is accounted for in the above income total.*

## Expenses

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**Actual Expenses** (budgeted and unbudgeted) through September 30, 2020 - \$269,015

**Budgeted Expenses** through September 30, 2020 - \$321,679

(Underbudget by \$52,664 or 16.5%)

As of September 30, 2020 - net positive \$61,982.43

## Prayer for an Election

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes; through Jesus Christ our Lord. Amen.

## Share Your Voice

Please feel free to send us any news, photos, thoughts, poems, or jokes to help us all keep in touch. This forum is yours and we'd love to hear from you. Please send them to [mail@ststephenspittsfield.org](mailto:mail@ststephenspittsfield.org). Got any tips on how you're getting through this time? Got some good news or an upcoming event to share? Consider this your First Order Blog.

I wish all of you peace and the hope that we will be together again safely and in good time.

Connie Bullard, Editor of *The First Order*.

# November

## Happy Birthday:

- 2 Taryn Bannon, Amanda Delisle
- 4 Jason Hassan, Sarah Novak
- 5 Natalie Devitt, Don Phipps
- 6 Thomas Dillon, Barbara Nightingale, Christopher Plankey
- 9 Matthew Billetter
- 11 Linda Somerville
- 13 Glenn Novak, Roy Sutton
- 14 Justin Devitt, Keil Hassan
- 14 Alfred Symonds
- 16 Lois Neumann
- 17 Charlotte Luczynski
- 18 Addison DiGrigoli, Abigail Moon
- 18 Charles Sawyer, Peter Zuber
- 19 Martha Fickling
- 21 Michelle McNeil
- 22 A'mya Alger, Elizabeth Contenta
- 22 Lily Stasiowski
- 23 Gail Miller
- 24 Kristi LaMalfa, Sophia LaMalfa

## Happy Anniversary:

- 9 Judith & Donald Lussier
- 14 Marcie & David Nevin
- 17 Elizabeth & Mark Trapani
- 21 Virginia & David Donavan
- 26 Sharon & Matthew Billetter
- 27 Susan LeBordais & David Baker
- 28 Nancy & Peter Zuber
- 30 Pam & David Aldrich



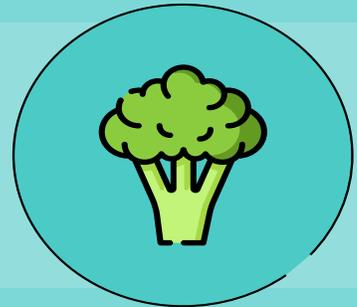
# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

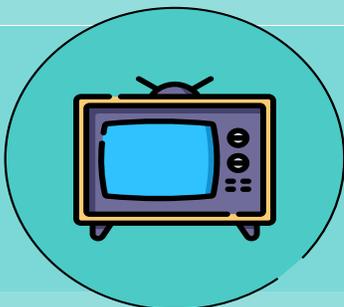
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

