

St. Andrew's Episcopal Church
PO Box 293
Ben Lomond, CA 95005

The Piper October, 2015

Benedictine Spirituality



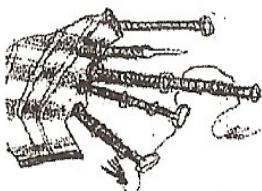
A life giving way

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831.336.1069 staoffice@sbcglobal.net
~ *Where God is worshiped and the people are fed* ~



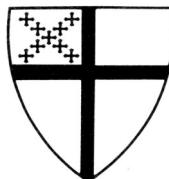
Ramblings in the Redwoods

We Episcopalians measure many things in a circular manner; that is, as the earth circles the sun, we keep coming back around to the same seasons, the same events, the same days of the church calendar. To some people, I know that whole concept is boring, not to mention actually living it out. But to others of us, it is a deepening experience, soaking into our reality and becoming part of it. That is the core of the Benedictine spirituality which is the approach of the Book of Common Prayer and the Anglican Communion.

When Autumn comes, we expect that days will eventually get cooler, rain will hopefully come (not in flooding quantities, please, but drought-retiring quantities), Church programs will start up again and the latter part of the Season after Pentecost will move us toward the latter days of Fall when we encounter Advent. Readings will continue to move through Gospel, Epistle and Hebrew Scriptures without any attempt to make the readings fit the season, but letting them speak for themselves as they come to our attention.

A regular cycle of prayer and worship is also part of the Benedictine approach. Morning and Evening prayer and Sunday Eucharist are the historic cycle we are familiar with, with prayers for Noonday and Compline added since the current Book of Common Prayer came into being.

The Christian tradition has differed about these things. Every-Sunday Eucharist is not the usual practice of much of the Protestant world, nor was it part of the usual Episcopal practice until more recently. But we recognize more and more that it was the practice of the ancient Church. It was not just because God wanted it. It was because it is good, even necessary, for us. That is the same kind of message that Jesus told



Why I Am An Episcopalian: Reason #39

From Miami to Manchester, from Lima to London, from Brisbane to Birmingham, Singapore to San Francisco, I can go to church and fit right in.

Jack F. Schwaller, Diocese of Minnesota
from 101 Reasons to be Episcopalian

This month's back page is devoted to excerpts from Cheryl Wittenauer's *National Catholic Reporter* article about a new opportunity for spiritual support and growth called *Monasteries of the Heart*. I would like to be a part of a group to read and discuss this book.

The Benedictine Sisters of Erie, Pa., have launched what they describe as a lay monastic movement for seekers of God and a meaningful life. "Monasteries of the Heart: A New Movement for a New World" offers an opportunity to live Benedictine spirituality and values with online communities or in face-to-face groups of family, friends, neighbors or fellow churchgoers, they said.

Members support each other in shaping their spiritual lives around Benedictine values of community, prayer, meaningful work, peace and care of creation. They can gather around a table or in an online "monastery without walls" for prayer, discussion and reflection.

The project, which coincides with the release of Erie Benedictine Sr. Joan Chittister's new book, *The Monastery of the Heart: An Invitation to a Meaningful Life* was planned and organized by 23 in her community for the last year and a half. The movement and book are in response to a hunger for Benedictine spirituality.

Monasteries of the Heart is not a vowed religious community, or canonical religious order, and there's no intent to make it one, although participants are invited to promise to live out such Benedictine values as a listening heart. It does, however, offer a new form of religious life, of living the Benedictine charism of community, prayer and work.

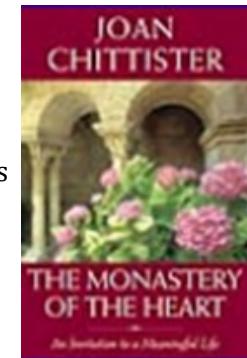
To read more see , monasteriesoftheheart.org .



Responses welcome. Contact Elizabeth, elizabethdhf@gmail.com or Paula, pauladalejansen@gmail.com

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Elizabeth Forbes



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harm; missing it a lot will do some harm; and coming regularly will definitely do some good.

October is also home for our Harvest Dinner (Oct. 10; have you signed up to come or to help?) and our Haloween candy giveaway on the 31st. Please bring some candy to give away if you haven't already. Remember, for worship or fun, this is where people who care about you and about your God gather.

-Blaine



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hope that we can all practice stopping and listening, because then those who feel worthless will feel hope and loved because we are the ones that in our actions answer prayers for those in need.

When spirit leads you, Go, do not hesitate, but follow with gratitude and do not question whether or not the person you are helping has the best intention. God will know. Thank you, God that no matter how poor I see myself in money I always have something to give. It's not mine anyway; it's a gift from you. Why should others suffer when I can share this gift with a grateful heart. God Bless this woman and all in her shoes. May she find hope through kind compassionate acts of others, and be free from the suffering of poverty, sex trafficking, homelessness. May she feel loved. I tell this story so that all people, may stop and see the full picture, ask if you understand the whole picture before you laugh or judge. Ask, if that was me, how would I like to be treated? Ask, how can I help? This could be as simple as a smile, a recognition, a conversation, We live between the joys and sorrows. Make action your faith and faith your action.

Leah Anderson



St. Andrew's Women's Reading Group

When: October 13, 7 pm

Where: Barbara Bain's house

At the A+ Property Management Building on Highway 9

Book: Broken Down Horses, by Jeannette Walls



his contemporaries about the Law. God didn't give it just so they could be good by keeping it. God gave it because they needed it. Keeping it was good for individuals and for the community and the society. Other churches don't have a tradition of weekday worship either, but the Anglican Communion does, following the example of our Jewish brothers and sisters.

If any rule, like the Benedictine rule, just said "do something" for the sake of doing it, it could have some benefit, but it could not do what God wants done - to convert us, to change our lives in the doing.

The liturgies of the Church change us by becoming part of us. They help us to learn the practice of inviting God to be part of our lives on a daily, even hourly basis. They offer us the promise of God for cleansing and renewal, then proceed to take us into those experiences. They remind us of the workings of God in the past, and give us the hope, then the experience, that God will work like that today and tomorrow.

A lot of people have been told, and have believed, that Episcopalians don't know their Bibles. In the sense that we have trouble quoting chapter and verse like our Fundamentalist and Pentecostal brothers and sisters (or like our offshoots, the Jehovah's Witnesses), that is correct; maybe even in the sense of knowing the larger story arc of the Bible and its genres. But our Prayer Books are chock-full of biblical material, and we read the Bible over and over again in our liturgies. Episcopalians who attend liturgies may not know chapter and verse, but if you quote something from the Bible to them, they may often say, "Oh, I know that, I recognize it from our liturgies."

Of course, a Prayer Book that gathers dust on the shelf next to a dust-gathering Bible can't change anybody or do a lick of good. For Anglican /Benedictine spirituality to work, we have to do it.

Our weekly meetings continue to be Eucharist at 8:00 a.m. and 10:00 a.m. on Sundays (8:00 Rite I, no music; 10:00 Rite II with music), and Evening Prayer at 5:15 p.m. on Wednesdays. We still have Sunday School and Nursery Care. Missing it all once in a while won't do you much

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YOU ARE CORDIALLY INVITED TO
ST. ANDREW'S ELEVENTH
ANNUAL HARVEST DINNER



SATURDAY, OCTOBER 10, 2015

6:00P.M - 8:00P.M.

This is a **complimentary** dinner for our parish family and friends to celebrate in gratitude for God's blessings on the ministries of St. Andrew's.

Fellowship & Appetizers

Specially Prepared, Delicious Dinner

Dessert

Coffee & Tea

Featured Speaker: Ed Butler, sharing his spiritual journey

Reservations are requested. Please use the posted sign-up sheet by Oct. 5 or contact Jennifer Kennedy @ 338-7405 or the office @ 336-5994.



PB Speaks Out on Refugee Crisis

Important

The children of Abraham have ever been reminded to care for the widow and orphan and the sojourner in their midst, who were the refugees and homeless of the time. Jesus charged his followers to care for the least of these and proclaim the near presence of the Reign of God – in other words, feed the hungry, water the thirsty, house the homeless, heal the sick, and liberate the captives. We cannot ignore the massive human suffering in Europe, Africa, and the Middle East, nor in Asia and the Americas. We are our brothers' and sisters' keepers, and our lives are bound up with theirs. The church wide ministry of Episcopalians has included refugee resettlement since the refugee crisis of World War II. It continues today through the leadership of Episcopal Migration Ministries, and I urge your involvement, action, and support. Read about their work here: episcopalchurch.org/page/episcopal-migration-ministries, and share these opportunities with friends and co-workers. You will discover anew the power of good news in the face of the world's tragedies.



December 13th – Christmas in the City: First, we will attend the 8am service at church (take this opp to check out what they do at the 8am service – it is a little different from the 10am). Right after the service, we will be heading up to San Francisco for a day trip in the city. Tentative activities: Fairmont Hotel Christmas display, trolley down to Market, ice skating in the square, window shopping at stores like Macy's, a concert at Grace Cathedral (an Episcopal cathedral at the top of Nob Hill). You will want to do your homework on Saturday because we will probably get back until night. Also, save up your money to do some Christmas shopping.

December 20th – Christmas Play: We will begin rehearsing for the Christmas play in November. We will perform it at the 10am service.

December 24th – Christmas Eve Family Service: We will need everyone's help for this. Be there at 3pm to setup.



January 16th – Rock-a-Thon.

February 5-8th – Ski Trip.

This is your chance to be a part of this immensely important endeavor. Talk to Teresa Ruff about teaching Sunday School once a month. You'll be so happy you did!

“It takes a village to raise a child”



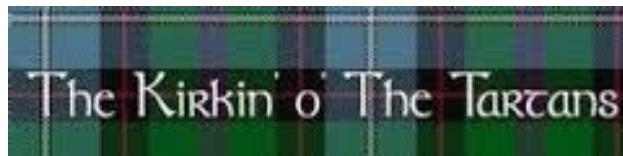
St. Andrew's Youth

Sunday School: Join us on Sundays at the 10am service. Bring friends! We will be meeting in the Parish Hall for Sunday School.

First Sunday of the Month: Breakfast is back! We will be cooking and serving breakfast to our church family on the first Sunday of each month. Our next breakfast will be on October 4th. We are having biscuits and gravy (a huge hit)! Be there at 8am to start cooking and setting up.

October 10th – Harvest Dinner: We will be serving our church family at this event. It's a time to say thank you and we definitely want to show our appreciation for their support (our church family is helping us go on our ski trip). It's important to give back. Meet at the church at 5pm to help set up.

November 21st – Kirking o' the Tartans: This is an annual celebration of our church. It's a lot of fun and we get to learn a little bit of St. Andrew's history. We will be helping out with set-up, during the service (flag bearers), serving dinner, and clean-up. This event also raises money for Valley Churches United Mission. We will discuss a sign-up sheet and time to meet at a later date. In the meantime, look into if your family has a "Tartan" (Google it).



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Thank you, Randi!

It was with gratitude and sadness that we announce Randi Alves' retirement from the Altar Guild directorship. She has a lot on her plate and felt the need to give up some things. She has done a remarkably fine job of handling the intricacies of that job. Thank you so much, Randi.

As co-director and long-time member of Altar Guild I asked for help, and thanks be to God, Deidre Guindon and Gene Kodner volunteered to assist directing. Jennifer Kennedy also said she would help in any way needed. Their generosity of time and talent are greatly appreciated.



ALTAR GUILD

That being said, we are still open for **new team members**, in any capacity. Can you **bake bread** on occasion? Can you get great joy from **arranging flowers**? Do you just love **blowing leaves** with a big, noisy machine? **Climbing ladders** on occasion? **Cleaning marble benches** prior to coffee hour? Enjoy just plain old Altar guild duties? That entails **setting up for communion**, **dusting**, **straightening**, **vacuuming**, and **giving the entries a cleaning**, with some extra duties on special occasions. We have 4 teams of three people. Each team works **one week a month**, and one of the four 5th Sundays a year. Give it some thought and if any of this appeals to anyone (female, male, older kids, even younger kids), contact Sharon in the office or me on my phone at 345-0576.

Thanks so much I do hope to hear from YOU. Donna Brough

Nap Mats: say **that** 10 times fast!

We asked and you answered. We asked for \$300 for new nap mats for the Preschool and you answered with \$345 in donations!!

Here is what was purchased:

Sherry Stone and all the tired little preschoolers say a huge THANK YOU!!



My Heart Was Broken

My heart was broken several times today. I believe I got a glimpse of what Mother Theresa meant when she said, "The most terrible poverty is loneliness and the feeling of being unloved."

Today as I walked into a grocery store I noticed a middle aged woman standing outside with a shopping cart that was filled with her belongings. I said hello, complementing her on her Sea hawks head band and her clothing. I entered the store and thought, "I am here to get flowers for the house warming party, something to eat on my way there as I am hungry. I could use some chips, nuts and water."

As I exited the store I pulled one flower out of my bouquet. I looked at this lady and said, 'Here is a flower for a beautiful woman.' Upon a closer look at her skin, I saw she was marked up with scars like bullet holes, and cuts and she looked like she had been through a lot in life. I gave her a hug and she told me her story. She just got out of jail. She used to be trafficked into sex and she was trying to find a place to stay. She said, "I really don't want to go back to that life; I am sick of people standing over me, expecting something of me, waking me up, it's a horrible life. I was holding back tears trying to just listen, my heart was breaking. She lives in a tent any place anyone will let her stay. Upon asking her about other options she said, "I was at a place that had bedbugs and I got bit really bad. After I called the health board I was kicked-out. Now I am looking for 25 dollars for this week." I said, "You know you are loved and God sees you. I will keep you in my prayers."

I got in my car and sat there. I couldn't leave. I asked God what can I do ? How can I help? My heart breaks for this woman. The answer was 'Get her food for the week, something she can eat.' I got out of my car and said what fruit can I get you this week. I got a list of, " grapes, oranges, and water, a BIG jar of water, whatever you can give." I went into the store and a mother with two girls asked, "Did that lady tell you to get her liquor?" I said, "No, she is homeless and asked for food and water." The mother said, "Oh, a bunch of us were all laughing because we thought she told you to get liquor." That broke my heart again. I said that I would never get a homeless person liquor.

Faith without action is dead. Easing suffering is acting in compassion. I exited the store and said to the homeless woman, "You are going to make it this time. Don't give up!" I hope the human race can find a way to bring



In the fleeting moments when we see with Christ's eyes, we more clearly recognize that in addition to the bounty of skills and resources, God sends us gifts in the form of the desert places and the hard passages of life. Nothing is lost. It's all gift, and in our partnering with God we are enabled to discover that.

Stewardship in the broad sense is how we respond to what God is trying to show us and tell us and teach us. Our response can open the door to God's multiplying our gifts, allowing them to bear life-giving fruit in the lives of others, in ways we may never have the privilege of seeing. In the words of the old saying, "Stewardship is everything we do after we say 'I believe.'"

Excerpts from a Vestry Papers article on stewardship, September, 2014, By Demi Prentiss.

God can use
me in ways I
never expected

LIVING OUT OUR MISSION:

We hope you will join us at our Annual Harvest Dinner, Saturday, October 10th, when we will come together as a Parish Family in celebrating, with gratitude, God's blessings on the ministries of St. Andrew's, and our own individual lives. It is a time of remembrance as well: remembering the generations of generous friends, priests, and parishioners of St. Andrew's who had a vision for what God could do through them, and through this Church. We have a long history which we will be celebrating next year, and hopefully those of you who have contributed and supported St. Andrew's in various ways throughout these many years will continue to do so.

Our Diocesan Commission on Stewardship directed our individual parish stewardship committees to read two books this year and share them with the Vestry and the Parish at large. One book is entitled Holy Currencies by Eric Law, and the other is Ask, Thank, Tell by Charles R. Lane. One speaks from the point of scarcity, and the other from the point of abundance. We hope to share their views with you in the coming weeks. Until then, please join us at our Harvest Dinner or some part of that evening.

Faithfully,

Your Stewardship Committee, Jennifer, Barbara, Rochelle, Kim, & Karen

Attitude of Gratitude

I think God has an organic – and often chaotic – way of developing us as effective ministers. We often act as though people are equipped for ministry by a clear-cut process of discernment followed by formation/training, followed by ministry. More often, I think, God uses those three elements as a never-ending cycle that both shapes and engages ministers in their work. Spiritual gifts are not to be understood as beautifully-wrapped presents that God hands over to us, and that we hold on to or display for others to admire. Instead, I believe, knowing our spiritual gifts gives us a name for the lens we use to perceive the needs of the world around us, and the framework we engage to address those needs. Our gifts – including our time, talent, and resources – are important tools.

Stewardship of our gifts, then, isn't so much a matter of looking in our toolkit to discover that, behold, we've got a screwdriver, and then wandering about the world looking for a screw to drive. ("Need a Phillips?" "No, flat." "So sorry, I can't help you.")

Asking the right questions

For me, stewardship begins with asking the question, "What do I see?" Or perhaps more properly, "What do I see through Christ's eyes?" In the context of that question, I can examine not only the contents of my toolkit, but also how the Holy Spirit might be calling me to use those tools. What engages me? What tugs at my heart? Who do I admire, and what is it about them that I aspire to do or be?

The questions continue: Who or what is annoying me? What's the bur under my saddle? What need in this world has God brought to my notice? How, with what God has given me, can I begin to address that need?

I believe absolutely in God's economy: "In all things, God works for good." Even in the bad things. Even in our pain. Even in our fear. That's why the practice of an "attitude of gratitude," as the 12-Step communities call it, is so critical – it sharpens our focus on what, exactly, God has given us. And that focus can help assure that we never waste a crisis. When we see a wounded healer taking action, we have evidence that God's economy works.

Seeing through Christ's eyes

My DAILY gratitude LIST

Today I'm thankful
for ...

I really appreciate ...

How to Bless a Hedgehog
on St. Francis' Day



Though it looks like a porcupine
You hold it in your hand.
It may be on its back or its belly.
The little quills feel
like a warning. The face
looks like a mistake, as though
someone had slipped with a razor,
accidentally leaving it bare
from the forehead forward.
You think of it
as strangely cute, but
you also know that
it does not think the same
about you. You ask its Creator
to bless its hedgehogginess,
to make it as good a hedgehog
as it can possibly be.
You look for a place
on the prickled round body
To make the sign of the cross;
Then you put it back
Where you got it.

Blaine Hammond

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The Deacon's Bench

by Jim Lieb

Have you heard about Homo Naledi yet? I read about him and her last week in a Time magazine article. They appear to be a somewhat close relatives who lived in South Africa some time ago. Their bones were discovered in a deep cave and given the cave's structure and the bone's condition and placement, the researchers have concluded that the most likely way these bones ended up in the cave is that they were deliberately placed. The bones have not been dated yet but they appear very old. What is really interesting is that, if they were deliberately placed, it would indicate possible ritualized behavior, something previously associated only with our species and Neanderthals, our close relatives. In other words, we may have found another long lost cousin...

The ritual hypothesis is based on a process of eliminating the usual suspects of the bones being washed into the cave from somewhere else, or being discarded by a predator who tore them apart and munched on them first. The intact bodies had been slid down a passage to another cave deeper underground. This was a deliberate, repeated activity over a long period of time. Of course, nobody really knows since smartphone cameras were not available.

Who were they and what were they doing and thinking in that cave? I am sure there are at least a few PhDs, Master's theses, and numerous journal articles in process to attempt answering that very question. One thing is clear. One of the characteristics of humans is how we relate to those who have died. We used to think this was a unique trait but research has shown that no, we aren't alone in this regard. One more may join the party.

Pope Francis came to visit this last week. His original itinerary did not include a trip to Ground Zero but he wanted to go there and pray for those who died. He arrived at the big square hole in the ground and paused for a time in silent prayer. As I watched him I thought of and prayed for my sister's and friends' colleagues who died there that day.

The next event was an inter-religious service where Francis and a number of representatives from many faith traditions participated. The place was in the deep sub-basement of one of the towers that was once the engineering section, a cave of sorts, where the crew wearing hardhats kept the heat and A/C functioning surrounded by conduits, pipes and valves. It is now a sacred space for remembering those who died there.

As the service progressed, I thought of our cousins, Homo Naledi. Were they burying their dead, returning their loved ones to the womb of Mother

Earth? Did they come to that place later to remember? Who knows. We know that our later cousins and our ancestors did. We have been doing it a long time.

Yes, it is sad to bury those we have loved. We miss them. But their passing and our missing them reminds us that life is a continuum in which each of us has our part and time.

Life is a continuous stream. There is not much in a sperm or an ovum but they are living tissue packed full of genetic material, the genes and DNA that each parent passes on. All conception does is re-shuffle the genetic deck. There is no start or end, just a re-shuffle. This means that there is a continuous stream of life going back from me to my distant relative who was in the neighborhood when Homo Naledi was going into that cave. But my distant ancestor was but an instant along the way from the real beginning of life on earth. Life goes back even further. Each one of us, human, Homo Naledi, dogs, cats, and bed bugs all need carbon, iron, and the other heavy elements in order to exist. Those elements are the result of the explosion of stars when they supernova. In other words, if stars didn't die, we couldn't live. It is an awesome realization that we are star stuff!

The stream also goes forward. Our son and his two daughters visited this weekend. Ellie and Vivian (aka "Bubbs") are with us in all their squealing joy and squabbling by way of the combining of the streams of life passing through Cathe and me to their Dadda to combine with their Momma's to become the streams of life they will pass on to ones I will never know.

Each one of us is a unique experiment in a long line of re-combinant DNA experiments. This should give us both joy and due pause. Homo Naledi worked out pretty well for a long while. So have we. Homo Naledi flourished for a time but at some point there was no more on our distant cousin's branch of life. This should give us pause. Our own species may have adapted better and that has made us (almost too) successful. But that same fate also awaits us. Our distant cousins probably had no choice and, most likely, did not know they had a choice. We do know there is a choice and what we choose will determine whether we join Homo Naledi or continue along with the rest of life and the universe.

I pray that we choose wisely.

