

The Piper

February 2019



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Fellow Parishioners:

February brings its welcome winter rains. It also keeps us for the month in the season of Epiphany. When thinking during this time about who Christ is for you as we've been talking about these past few weeks let us reflect too about who we are as a community.

Now that the Annual meeting is past us, and thank you all for participating we can turn our eyes to the year ahead. What sort of shadow do we want to cast from our steeple as they say. I know we pride ourselves on being the community's church, how can we engage more with them? Share your thoughts and ideas with the Vestry. Talk to each other, Risk putting yourselves into the world again and listen for the Spirit calling to you. Let us endeavor to truly be the voice of Christ here in the woods.

Lent will also be on us before we know it. I've mentioned before about possible Lenten series times for the Community. I was thinking either Sunday brunch after the 10 o'clock service or perhaps a Lenten Soup Supper on Thursday nights – culminating with our Holy Thursday service. I would also like to know how you want to celebrate Easter. I understand you do a Vigil Service on Saturday night. Would that be with all the Episcopal bells and whistles? Are there then two services on Sunday or just one combined. Talk to me and or your Vestry members about your preferences and how you can help.

A reminder again to watch out for bogus emails. Don't automatically respond. Think, is this from the normal email account? Does this sound like me? Mostly my emails to you will not require a direct response unless you are perhaps on the Vestry or we've already been communicating about a topic. Any requests I might make will be specific and I hope never vague or open ended. I've only been here a few months as yet and my real email account was hacked (I fixed it) and a bogus email account was set up to phish (tech term for fishing) for your replies. A good number of these things are created and run by bots (tech term for software robots) so expect there will be more in the future. When in doubt delete. If it is important we will get in touch.

That's all for now. Drop me a line at the rector's email starector@sbcglobal.net to make appointments to see me. We are making slow and steady progress on this front. I'd like to see more of you. I'm sorry if I can't meet you for dinner with Maggie on a one-on-one basis normally. Since we live over the hill it would mean a separate commute, outside normal times, or Maggie having to drive up on her own since I'd already be here. I know this is different than in the past for some of you and I thank you for your understanding.

Blessings, I am happy to be and remain:

Yours in Christ
Rob+

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101 Reasons to be Episcopalian

Reason # 78

One of the perks of membership in our parish is the exercise. My heart rate elevates with all the standing, kneeling, processing, bowing, passing the peace, reciting, crossing one's self, and singing. Fortunately there is some time for a pulse check during the sermon and readings.

Lu Sweeney
Diocese of California
From *101 Reasons to be Episcopalian*

Evening Prayer-Wednesdays-5:15-5:45 PM

It's brief, quiet, and a great way to refill your spiritual tank half way through the week.

Join us.



Turmeric Cocoa

8 Tablespoons powdered cocoa
 4 Tablespoons powdered turmeric
 2 Tablespoons powdered ginger
 Dash of salt and pepper

Mix together and store in lidded container.

To use, measure out 2 tablespoons of the mixture into a good sized mug, add boiling water, & stir. You may also add a splash of milk or cream if desired. I keep it stirred as I drink as the texture is grainy I might experiment with cooking it together a bit but do not mind it as it is. It is tasty and somehow comforting. It will turn your tongue yellow but brushing helps that, I usually mix up larger batches, just keep the proportions correct, Good luck and God Bless.

Donna Brough

Here is a link to WEBMD for you to learn more about indications, benefits, side effects and possible drug interactions of turmeric:

<https://www.webmd.com/vitamins/ai/ingredientmono-662/turmeric>



Thoughts from the Junior Warden

1 John 8 Those who don't know Love, don't know God for God is Love.

When Stan Lee died, a friend of his said that Stan helped him understand this "messy business of being human," and yes, being human is a messy business. A sermon I once heard cited a study that said, 71% of the information we receive from others is negative. Having worked with students, I can confirm that many of their insecurities and fears come from the amount of negative comments and actions they received from family and friends. Some of those negative thoughts or actions will stay with them forever and shape the way they act and feel.

Unconditional love is one of the hardest qualities to show others. Unconditional love includes acceptance, understanding and appreciation. Conversely, conditional love comes in many forms and is what most of us know and practice. I will love you IF you do this or that. I will love you if you stop doing that. I will love you when you grow up, when you get good grades, when you do things my way, when you are a success by my standards and definition. If you really love me, you still stop being that way . . .

I participated in a counseling course where the majority of the participants were clergy. The course, at one point, focused on Gestalt Therapy by Fritz Perls who began each session with a prayer he purposely crafted. ". . . I am not in this world to live up to your expectations; you are not in this world to live up to mine. I am I and you are you." To me, this becomes the basis of unconditional love. Unfortunately, this messy business of being human often precludes many from practicing that kind of love. Parents, friends, relatives and many other forms of relationships have a degree of a desire to control the situation or the other person. However, even the best of intentions can leave mental scars on others.

Being human is a messy business. As much as others would try to put us into a mold of their likeness, we resist, rebel, and often-times retreat or leave. In spite of what Dr. Benjamin Spock wrote in his book, there is no right or wrong way in interacting with others. There is no book which gives us the answer. So, what do we do with our interpersonal relationships? I think that is where I started. "Those who do not know Love, do not know God, for God is Love.

Being human is a messy business. We all (especially me) need to learn how to be part of the solution and not part of the problem. When you tell a young person not to touch the stove because it's hot, sometimes they need to touch the stove to develop a definition of what hot means , and to see if what you said is true and they can trust what you tell them. It's learning from experience. So many times I have seen students go down a dark path, and my advice has been derived from my own years of observation and experience. Nevertheless, the student has opted to learn for him/herself. My task at that point is to care about that person in spite of them not taking my advice. Sometimes people have to make mistakes in order to learn. So we learn to love them in spite off their thoughts or actions.

Being human may be a messy business, but we as individuals have the ability to help make it less messy. It all goes back to the same message over and over again -- Love God, and Love your neighbor." Can it be that simple? Yes. Help others through your ability to accept, understand and appreciate all of God's creations. It begins with the children. Blessed are the children for the kingdom of God belongs to them. For out of the mouths of babes come some surprising truths. Then it follows with your interaction with others. There but by the grace of God go I. Please don't condemn others. You might find yourself in need of understanding some day. Try to find the good in all people. I would leave you this short thought from Zorba the Greek.

"I remember one morning when I discovered a cocoon in the back of a tree just as a butterfly was making a hole in its case and preparing to come out. I waited awhile, but it was too long appearing and I was impatient. I bent over it and breathed on it to warm it. I warmed it as quickly as I could and the miracle began to happen before my eyes, faster than life. The case opened; the butterfly started slowly crawling out, and I shall never forget my horror when I saw how its wings were folded back and crumpled; the wretched butterfly tried with its whole trembling body to unfold them. Bending over it, I tried to help it with my breath, in vain. It needed to be hatched out patiently and the unfolding of the wings should be a gradual process in the sun. Now it was too late. My breath had forced the butterfly to appear all crumpled, before its time. It struggled desperately and, a few seconds later, died in the

palm of my hand. That little body is, I do believe, the greatest weight I have on my conscience. For I realize today that it is a mortal sin to violate the great laws of nature. We should not hurry, we should not be impatient."

We need to stop trying to control situations and others. Love means acceptance, understanding and appreciation. It begins with one step . We can begin with our children, families, friends and then make that leap to loving others ... who may be like us or not. Remember, we are all one in God's eyes! Peace. Steve LaFever

THE *Episcopal* CHURCH 

What We Believe

from the Episcopal Church.org website: <https://www.episcopalchurch.org/what-we-believe>

We Episcopalians believe in a loving, liberating, and life-giving God: Father, Son, and Holy Spirit. As constituent members of the **Anglican Communion** in the United States, we are descendants of and partners with the Church of England and the Scottish Episcopal Church, and are part of the third largest group of Christians in the world.

We believe in following the teachings of Jesus Christ, whose life, death, and resurrection saved the world.

We have a legacy of inclusion, aspiring to tell and exemplify God's love for every human being; women and men serve as bishops, priests, and deacons in our church. Laypeople and clergy cooperate as leaders at all levels of our church. Leadership is a gift from God, and can be expressed by all people in our church, regardless of sexual identity or orientation.

We believe that God loves you – no exceptions.



Angel in the Kitchen
*Feelin good when cookn
 Sharing the love of God
 through your love of cooking*



Garlic Roasted Potato Wedges

Garlic and potato lovers' delight

4 large red potatoes	½ tsp salt
¼ Cup butter	¼ tsp pepper
¼ cup grated Parmesan cheese	
1 tsp minced garlic	

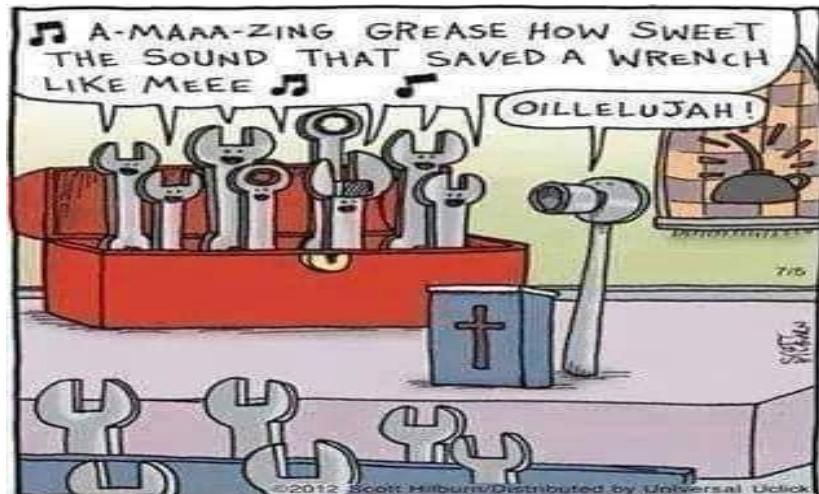


Heat oven to 425 degrees. Cut potatoes in half lengthwise; cut each half into 4 wedges. In 3-qt. saucepan place potato wedges; add enough water to cover. Bring to a full boil. Cook over med. heat until potatoes are tender (8 to 12 minutes); drain. In a bowl, mix the melted butter, Parmesan cheese and garlic; Add potato wedges; coat both sides with butter mixture. Place in a 13x9 inch baking pan. Bake for 10 minutes; turn potatoes. Continue baking for 10 to 15 minutes or until lightly browned. *Serves 6*

Women's Reading Group



We will meet again on Feb 15th, 7:00pm at Lynn's. The book is "Becoming" by Michelle Obama. Contact Jean Templeman for more info.



Saturday, March 16th at 6:00pm
St. Patrick's Day Dinner
With music by Nicki Kearns and Cindy Garay





Calendar Events for February

Sundays: 8am Holy Eucharist-Rite I

9:30am Choir Practice

10am Holy Eucharist-Rite II

Mondays: 6:30pm AA Meeting-Upstairs Parish Hall

7:00pm Girl Scouts on Feb. 13th and 27th

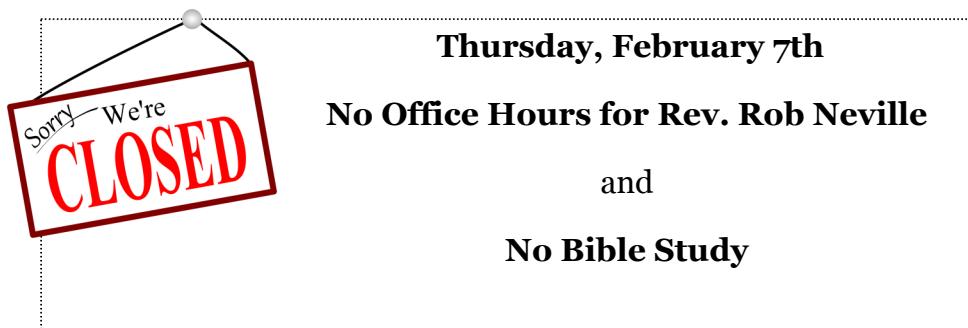
Wednesdays: 5:15pm-Evening Prayer

Thursdays: Bible Study at 10:30am in the Parish Hall
(No Bible Study on Thursday Feb. 7th)

3rd Thursday of the month (Feb. 21st) at
6:45pm Vestry Meeting-Parish Hall

Saturdays: 2nd Saturday of the month (Feb. 9th)-Men's Breakfast at 9:00am Rocky's Café in Felton

3rd Saturday of the month (Feb. 16th)-Vestry at
9:30am Retreat- Off site.





This Congregation Welcomes
EVERYONE

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St. Andrew's Episcopal Church

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