

The Piper

November 2020



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Message from our Senior Warden

Dear Friends in Christ,

Someone once said “Every new beginning comes from some other beginning’s end. The trick then has to be letting go of the safe, the known and reaching out for what we can’t yet see.”

Due to Covid and the fires, we have had to let go of the known. What can’t we see, yet? We can’t see what our future will be at St. Andrew’s. But we can make our way together toward what we **want** our future to be. We are still in Covid restrictions and can’t have regular services in the church. We are still without a rector due to lack of funds from fundraisers.

Our saving grace is God’s love shown to us through his gift of Jesus Christ and his words of hope and encouragement. Jesus said “Do not let your hearts be troubled. Trust in God; trust also in me. “This must be our lifeline as we keep our little church alive during this difficult time.

What do we need to do? We need to continue to be a loving and supporting presence in our community. We need all of us to continue to pray for St. Andrew’s. We need to continue the daily work for St. Andrew’s that so many of you do. We need to hold each other up. To do all that, in the best way, we need to be able to afford a new rector as soon as possible

It's that pledge time of year and commitments of time, talent and money are critical to continuing our work and worship. Pledging helps us to know that you want to keep our small but mighty church alive.

The annual pledge letter will come to you soon. Please know that, at this time, it is more crucial than ever to our church that we bring in regular funding to be able to continue our mission of love and to hire a new rector.

Love and peace to all,

Rochelle Kelly

Senior Warden

*Deepening Our Faith,
Expanding Our Reach*



*Submit your
pledge now*

Thoughts from Steve LaFever

“One Day or Day One, your choice” reads the marquis outside of the church in Boulder Creek. I thought about this on the way to St. Andrew’s today. One of the important messages in the Bible is about God challenging people after disasters or when given an opportunity to begin again, to use these opportunities to start over, to make the next day the first day of the rest of your life. Unfortunately, many people still fail to use this time in their lives to begin anew. They are still in the “one day” mentality. One day, I will become a practicing Christian. One day I will talk to that person who I wronged or who wronged me. One day I will begin living my life as I want. And the sad truth is that one day never comes, and we leave this earthly existence without ever accomplishing or at least attempting to reach our goals.

The in my last sermon, I referred to “lukewarm” Christians. I have been there. It is easy to have that idyllic smile, pass the peace, sing the hymns you know, and listen to the Gospel and long sermons. I did that for years. I felt so like a Christian. Everyone look at me! I am a Christian! However, I so missed the next step. I so missed committing the action called for in the Gospel. At least I wasn’t committing sin. But, is that true? Now I realize that the one sin we commit by our inactions or lack of practicing the Gospel is loving our neighbors. First we need to figure out who our neighbor is. Is it the family next door? Is it those you meet in church? Is it your best friend? Your family? Well the answer is . . . drum roll please everyone! The Bible tells us we need to love everyone. God created all people and made them all His children. He has no step-children. We are all children of God and we are all neighbors. What I like most about the Episcopal Church is its acceptance of ALL people – the ability to ignore the differences between each other. Inclusion, diversity, acceptance and understanding are all fundamentals of the Episcopal church. More importantly, they are also the fundamental teachings in the Gospel.

This should be day one. This should be the journey of our life beginning with one step. What we do moving forward should be in support of the action called for in the Bible. Form VI of the Prayers of the People, which we recite all the time, reads that we pray:

For all people in their daily life and work;
For our families, friends, and neighbors, and for those who are alone.

For this community, the nation, and the world;
For all who work for justice, freedom, and peace.

For the just and proper use of your creation;
For the victims of hunger, fear, injustice, and oppression.

I like this version of the prayers of the people. I read it, sit back and say to myself, “What a great sentiment to pray for.” While this is what we pray for, it means nothing unless we actively do something to help. Faith without works, sentiments without action, translates into good intentions. It is a lukewarm response from lukewarm Christians. Paul talks about love in First Corinthians. He says that if we have everything, do everything, but don’t have love for our neighbors, we have nothing. Paul tells us that there is hope, faith, and love but that the greatest of these is love. And John tells us God is Love.

The love that is expressed in the Gospel is a verb. It is an action verb. It means that even though all that surrounds us and all that is consuming our lives right now seems a burden thrust on us, we have an incredible opportunity to make this DAY ONE of being a Christian. It starts here and now. It means putting the Gospel to work. Love is the action of the Bible. It means helping others, loving your neighbor, and taking that one step in your Christian journey. It means seeing God in all of His children. It means accepting that we are all equal and all are accepted in the eyes of God. God has no step-children! Make this day one of your life. It will surely help in the repair of this broken world --- this fragile earth, our island

Presiding Bishop Michael Curry’s sermon from *Holding on to Hope: A National Service for Healing and Wholeness*

The following is the text of Presiding Bishop Michael Curry’s sermon during Holding on to Hope: A National Service for Healing and Wholeness at Washington National Cathedral. This sermon was pre-recorded for inclusion in the live stream of the November 1, 2020 worship service. The video of the sermon can be found [here](#).

THE WINDOWS OF ST ANDREWS

BY JUDYTH SUTTLE

St Andrews has a tradition of stained glass windows dedicated to members or to groups or guilds. These windows are paid for by family members or by donations collected from the congregation. Beginning this month the PIPER will highlight individual windows, beginning with the most recent, which is dedicated to George and Tillie Cunningham. Their immediate family, three daughters and their husbands, gathered funds and ideas for the design. A congregational fund drive was also held and members suggested themes. There was enough money collected to fund a windows maintenance/restoration project to do some much needed work on the existing windows.

This newest addition to St Andrews' windows is in the lower right pane in the northwest corner of the church, a window looking out onto the memorial garden planted when George died. The theme is the Cunningham family. It features three stars representing the three daughters. There is a cross based on a wooden one sculpted by a son-in-law. Draped on the cross is fabric suggesting Tillie's love of weaving. A love of both Tillie and George was U.C. Berkeley, where they met as students in the 1940's and whose teams they supported for the rest of their lives: note the Cal colors in the corners of the fabric.

Virginia Fordyce of Boulder Creek designed the window after conferring with the family and our Windows Committee. She has designed most of our recent windows and, and more will be said in later editions of the Piper about Virginia and her team. She chose colors and glass to tie in with the two panes above in this corner window. More about those panes later, as well. *Pictured here are the Cunningham's daughters.*



10 Brain Exercises to Boost Memory and Cognitive Function

excerpt from: <https://www.everydayhealth.com/longevity/mental-fitness/brain-exercises-for-memory.aspx>

Test your recall. Make a list — grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall. Make the list as challenging as possible for the greatest mental stimulation.

Let the music play. Learn to play a musical instrument or join a choir. Studies show that learning something new and complex over a longer period of time is ideal for the aging mind.

Do math in your head. Figure out problems without the aid of a pencil, paper, or computer. You can make this more difficult — and athletic — by walking at the same time.

Take a cooking class. Learn how to cook a new cuisine. Cooking uses a number of senses — smell, touch, sight, and taste — which involve different parts of the brain.

Learn a foreign language. The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline, according to a Spanish study published in October 2014 in the journal *Annals of Psychology*.

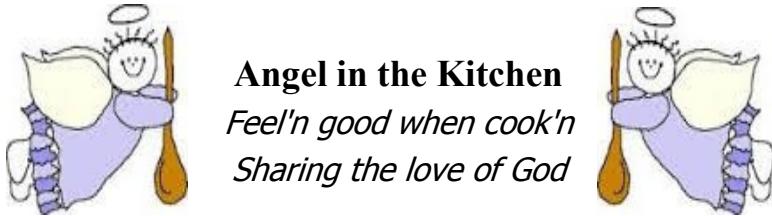
Create word pictures. Visualize the spelling of a word in your head, and then try to think of other words that begin (or end) with the same two letters.

Draw a map from memory. After returning home from visiting a new place, try to draw a map of the area. Repeat this exercise each time you go somewhere new.

Challenge your taste buds. When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.

Refine your hand-eye coordination. Take up a new hobby that involves fine motor skills, such as knitting, drawing, painting, or assembling a puzzle.

Learn a new sport. Start doing an athletic exercise that requires both mind and body, such as yoga, golf, or tennis.



Chili Relleno Breakfast Casserole

3 - 14.5 oz. cans whole mild green chilies (or fresh roasted & skinned)

1 lb. Monterey Jack cheese - whole brick cut into finger sized strips

1 lb. Cheddar Colby Jack cheese shredded (or Mexican blend)

6 large eggs

1/4 cup flour

1 1/4 cup milk

1 tsp. powdered dry mustard (I often omit this)

Salt & Pepper to taste

Cooking spray

Preheat oven to 350 degrees and spray a large (9 x 13) glass baking dish.

Open and drain each can of chilies. Stuff each chili with finger sized pieces of Monterey Jack cheese and arrange in bottom of baking dish.

Sprinkle 1 1/2 cups of shredded cheddar Colby jack cheese over chilies.

In separate mixing bowl combine eggs, flour, milk, dry mustard, salt and pepper and whisk till eggs are frothy (and few or no lumps remain).

Pour egg mixture over chilies.

Bake uncovered for 40 minutes. Add remaining shredded cheese to the top and bake additional 5 minutes or until firm.

Remove and allow to sit for 5 minutes before serving.

This is another family favorite! We often make it for dinner instead of breakfast. Enjoy!



St. Andrew's Day is November 30

Andrew born 5-10 AD in Galilee and was 60 when died.

Never visited Scotland.

Patron Saint of: Scotland, Russia, Greece, Romania, Ukraine, Barbados, Malta, and other countries.

He is the patron saint of: fisherman, rope makers, textile workers, singers, miners, pregnant women, butchers, and protection against convulsions and whooping cough.

Andrew was about 10 years younger than Jesus and died about 30 years after.

He was Jesus first disciple; but he was baptized by John the Baptist and a follower of his.

He was the brother of St. Peter.

He was crucified on a cross in the form of an X in Greece by order of the Roman Governor there. He asked that his cross be an X because he was not worthy to be crucified on the same shape cross as Jesus.

His successful preaching the Christian faith angered the Romans and was the reason he was crucified.

According to legend, in 832 AD, Oengus II led a army of Picts and Scots into battle. On the morning of the battle the white clouds formed a X cross in the sky. They won, and Andrew was named the patron saint of Scotland.

November & December Birthdays

 Nov	2	Pat	Whitby-Strevens	
	11	Ben	Rooks	
	15	Randi	Alves	
	1	Jeannie	Henry	
	7	Bob	Wolfe	
	12	Madison	LeRoux	
	17	Connie	Free-Adoption Day	
	20	Kathryn	Free-Adoption Day	
	23	Don	Alves	
	23	James	Banke	
	25	Carol	Free	

YOU KNOW YOU ARE A EPISCOPALIAN WHEN:

- It's 100 degrees, with 90% humidity, and you still have coffee after the service.
- You hear something really funny during the sermon and smile as loudly as you can.
- Donuts are a line item in the church budget, just like coffee.
- When you watch a Star Wars movie and they say, "May the Force be with you," and you respond, "And also with you."
- And lastly, it takes ten minutes to say good-bye.

St. Andrew's Episcopal Church—2021 Annual Pledge
Building Our Faith

As part of my commitment to St. Andrew's Parish of 2021, I/we pledge:

\$ _____ Weekly \$ _____ Monthly \$ _____ Quarterly

\$ _____ Annually \$ _____ One time donation

Check here if you wish to have your pledge charged to your credit card. Please notify

Sharon in the office of your credit card information. Other payment options: PayPal or electronic bank transfer.

Last Name: _____ First Name (s): _____

Address: _____ City/Zip _____

Primary Phone: _____ Additional Phone: _____

Primary email: _____

Additional email: _____

St. Andrew's Pledge of Time and Talent for 2021

This is my total offering of time and talent:

I wish to pledge to St. Andrew's a gift of Time: _____ hours/week _____ hours/month.

These are the areas of interest and talent that I wish to pledge my time:

____ Altar Guild ____ Finance

____ Eucharist/Intercessor/Lector ____ Information/Publicity/Website

____ Sunday School/Youth Program ____ Adult Education

____ Fundraising ____ Stewardship

____ Choir/Music ____ Vestry

____ Building and Grounds ____ Outreach

____ Gardening

____ Other Special Interests (please list): _____

