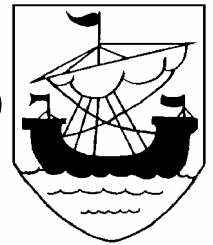


Canterbury Tales



The Newsletter of St. Anselm's Church, Lafayette, California

January 2012

From The Rector

New Year's Resolutions

Want to drop a few pounds? Why wait until Lent? What better occasion than now?

When compared with the feasting season of the holidays, the pancake supper we hold on Shrove Tuesday is a poor substitute for inspiring weight loss as a goal in Lent. It is one meal, and how many pancakes can you really eat in one sitting in Jackson Hall?

The holiday season is another story. We get food baskets and baked goods. We have Christmas parties and family over. And for the most part we are eating, eating and eating. I have been running regularly the last two weeks, and I still managed to put on five pounds.

New Year's resolutions have the lead-in season to recognize the particular goal of weight loss, and for many of us, make it a good one. But there are many other valuable goals we can consider that will lead us to greater health, happiness and peace in 2012.

I found five considerations in goal setting for New Year's resolutions on the Internet:

Make the goal specific

Want to lose weight? How many pounds?

Want to save money? How much?

Want to improve your spiritual life? How will you do so?

Fuzzy goals produce fuzzy results. Specific goals produce success or they don't.

Make the goal realistic

We may look in the mirror and see some things we don't like. Some of that we can do something about, some of that we can't. *Focus on things you can actually do something about.* If they can't be altered in the reflection of a mirror, perhaps they can be altered in spiritual reflection, (not what we see, but how we see it.)

Make the goal known

There is an organization called Team in Training that helps people get fit while raising money for the Leukemia and Lymphoma Society. They have

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Anselm's Angels

Our Angels were as busy as Santa's elves. Our thanks go out to:

Andrew Huddart and the choir for the joyous music during the Lessons & Carols service. And guest musician, **Caroline Huddart**.

All who helped make the Advent Festival a fun and festive event, including:

- **Chris Ayles** for the soup
- **Betty Frangoulis**—cookies
- **Marian Mulkey** for organizing the craft activities
- **Liz Sutton, Gillian & Margie Hart** and everyone else who provided the crafts.

Peggy Matson and Cathy Witkay for organizing a wonderful Christmas Eve Children's Pageant.

All who helped enhance the Christmas worship services: **Subdeacons—Naomi Chamberlain-Harris and Calvin Sherwood; Lector—Chris Ayles; Acolytes—Mollie Nelsen and Harris Masterson; Ushers—Gordon Hart, Doug Merrill, Sheila Gorsuch & Paul Witkay and Guest Musicians—Gail Burnett, Patricia Harre and Julian Arsenault.**

The **Altar Guild** for the beautiful and festive decorations in the Sanctuary. **Marcia Ellicott** who prepared the arrangements in the sconces and **Laura Ho** for getting the poinsettias.

ANNUAL PARISH MEETING

**Sunday, January 22nd
Following the 10:00 a.m.
service.**

- Year-In-Review—2011
- Elections:
 - *Vestry—Class of 2015
 - *Convention Delegates.

*Your participation is
greatly encouraged*

ANNOUNCING!

The Women's Retreat Restricted Fund for Retreat Scholarships

The Christian Formation Commission is pleased to announce the formation of the Women's Retreat Restricted Fund for retreat scholarships. We hope that this fund will give all St. Anselm's women access to the annual Women's Retreat. The weekend retreat is a nourishing and affirming experience for many participants. If you or someone you care about benefits from retreat experiences, consider making a small donation to this fund. The fund is also a place to honor women in our lives through memorial gifts. In making a gift, please note Women's Retreat Fund on the memo line.

EPIPHANY PARTY

Hear Ye, Hear Ye -- the Wise Men will be at St. Anselm's from 6 PM to ??? on Saturday, January 7th for our annual Epiphany Party! It's an appetizer / dessert pot-luck. Beer, wine and soft drinks will be provided. Also, please bring a wrapped "White Elephant" gift for our gift exchange. This is always a fun party with lots of laughs and a good party to invite friends to as well!



BAKE SALE *Sunday, February 12th*

Come and enjoy home-baked goodies being sold to support the Women's Retreat and work of the Christian Formation Commission. Goodies will be available for sale between services and after the 10:00 a.m. service. They go quickly! So come early!!!!

DONATIONS of baked goods are being requested from all bakers in the parish. Cakes (whole or divided into pieces), pies, breads, bars, cookies, and candies are possibilities. Use your imagination!!! Please drop off your goodies in the parish kitchen on Saturday or by 8:30 AM on Sunday, February 12th so they can be priced. Please prepare your goodies by wrapping them ready for sale. Questions? Call Katie McGovern 925-708-1987.

PLEDGE ENVELOPES 2012

If you requested pledge envelopes they are available at the church. Please pick your set up and save us the postage.

Thank you!

ANNUAL REPORT TIME!

Attention all Commission Chairs, Guild, Committee and Group Leaders – your annual reports are due into the Church office ASAP. E-mail if possible. Thank you if you have already submitted yours.

Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
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web site: www.stanselms.ws

Editor:
Carol J. Fontana

Sunday Services:
8 a.m. Holy Eucharist
10:00 a.m. Holy Eucharist
(Nursery and Sunday School)

St. Anselm's Staff
The Rev. John Sutton, Rector
The Rev. T.C. Yao, Associate
Carol Fontana, Office Manager

The Senior Warden

The Wise Men have always amazed me. I mean, who among us would be willing/able to climb up on top of a camel and travel for hundreds of miles, over mountains and across deserts, following a star of uncertain origin to an unknown destination, while still managing to keep track of our gold, frankincense, and myrrh?

Theirs was a journey of faith, different, yet not different from ours. Each of us at St. Anselm's is on a journey of faith. We have struggled up metaphorical mountains. We have, at times, found ourselves in deserts of doubt or despair. Some have had mountaintop experiences. Following that star requires choice, without certainty. We don't know where it will lead us.

I would like to share with you my mother's faith journey. The youngest of three girls, she was shy and compliant. At 21 she married my dad, and they lived a life of privilege, which in many ways she found frustrating and meaningless. They attended church, because that's what one did in those days. My dad had a deep, quiet faith. My mom was just doing what was expected.

When my brother was seven, and I was ten, we got a baby sister, Verlinda. Although a month premature, she seemed healthy, but after two days, she became very jaundiced and developed a high fever. She struggled to live, and the doctors fought to save her, even reviving her after she'd stopped breathing for four minutes. It turned out that our mom had a condition called the RH factor, in which a woman builds up antibodies during each pregnancy. By the third one, the child is usually affected. They had tested her for that, but tested her wrong.

Finally, after about a month in the hospital, Verlinda was able to come home. We called her our miracle baby. Within several months it was clear, however, that something was wrong. She wasn't lifting her head or turning over. Her eyes didn't track. She appeared not to hear sounds, and she didn't smile or respond. Our parents took her to a top pediatrician who told them, "She'll always be an infant." Dad grieved and moved on. Our mom (we call her Muz) was devastated and for about two years was depressed, grieving, at times angry, because it had been preventable. To make matters worse, her friends, including her sisters, once they heard the news, avoided the subject. Her rector told her she should just stay busy until the time that she needed to put Verlinda in an institution. (She needed a grief support group!!) She would see her friends' children of the same age, and get more depressed. To put all this in a larger context, these were the days when persons with Down Syndrome were still called "Mongolian Idiots". When profoundly retarded people were put in institutions, it was referred to as "warehousing". When those children were kept at home, they were hidden away, out of sight, as if there was something shameful about them.

One of the few people Muz could talk to was her hairdresser, who was a Christian Scientist and spoke to her of healing miracles. She was thinking of converting, and decided to talk to the Episcopal bishop of Pittsburgh, Austin Pardue, because he had come to pray for Verlinda when she was in the hospital. Bp. Pardue told her that Episcopalians also believe in healing and gave her *The Healing Light* by Agnes Sanford. Muz read it that evening. She was filled with hope. That night she felt the love of God coursing through her and in the morning, awoke filled with joy. The bishop suggested that she start a prayer group. As the group grew, people began referring others to her who had children with profound developmental disabilities. She helped them through their grief and pain.

My parents decided not to put Verlinda (we now called her Dolly) in an institution, and Muz became aware of how little was available for those with profound disabilities. She talked the head of a local rehab facility into starting a weekend program, which would teach parents such basics as how best to feed their children and would give much needed physical therapy. She started volunteering her time, and for many years worked as an assistant to the speech therapist. All of this took incredible courage, because she was moving away from a social context that her old friends, mother and sisters were comfortable with. The compliant one was compliant no more! To his credit, Dad supported her 100%. She became the first woman to be Sr. Warden at our church. She and two others founded a state-of-the-art, live-in facility for persons with profound developmental disabilities. She arranged a weekly service

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Senior Warden cont.

for them at the church.

Muz and Dad also had the courage to have another child. When Dolly was four, Nancy was born. She was given a complete transfusion hours after her birth, so that she would not share Dolly's fate. She's my-sister-the priest whom I've written about before.

When Dolly was 26, she died suddenly and peacefully. Her heart just stopped. We all realized what a debt of gratitude we owed her, for all that the Spirit had been able to do in our lives through her. We were all truly freed up to be ourselves, in ways that we might not otherwise have been. Muz decided to write a book about her experience. She called it *Child of Grace*. I have donated a copy to our St. Anselm's library, so any of you who are interested can read it.

Anne Brown

COFFEE HOST SIGN-UP

It's time to sign-up for 2012 Coffee Hosts. Sign-up sheets are posted in the kitchen (next to the new refrigerator). Feel free to sign up for as many Sundays as you would like. If you have a preference, signing up ahead of time will help ensure you get the dates you want. Thank you once again for your help in providing this fun ministry at St. Anselm's.



PLANNED GIVING

Give More, Pay Less?

If we could give more without it costing us more, would we do it? How would we do it?

Some folks are doing just this! There is a way that makes it easier for them to make their gifts to their church (and other nonprofit organizations) AND to do so for less after-tax cost. It also provides a way to involve our children in our giving. A win-win, for sure!

This "magic" way replaces writing a check-- much like on-line bill paying does-- but with added benefits. These include:

- Separates the timing of income tax deductions from the time the gift is made to the church (very helpful for tax planning)
- Allows for anonymous gifts. ("I don't want to be contacted.")
- Provides a record of charitable gifts. ("How much have I given to whom?")
- Facilitates giving appreciated mutual fund shares as well as stocks.
- Permits pre-arranged scheduled disbursements.

The tax code refers to this vehicle as a "Donor Advised Fund" (DAF) Our own Episcopal Charities sponsors a DAF that is efficiently administered by the East Bay Community Foundation. There is no cost to set up one's own account. Once set up and funded, you are all set to make gifts whenever you wish. Since there is a \$300 minimum distribution, this would likely be used mainly for one's primary charitable interests.

How to involve children in gifting? Children can be named as successor donors. This way they inherit a charitable giving account. A DAF may also be named as a charitable "pour-over" beneficiary of one's estate, thus further funding chosen heirs' generosity.

Interested? A workshop for those interested in learning more about a Donor Advised Fund is on Thursday, January 19th, in the Grace Cathedral Dining Room, at 4 p.m. Coffee, tea and sherry will be served. Evensong sung by the Choir of Men and Boys will follow at 5:15 in the Cathedral. To RSVP or to request a brochure, contact me.

Everyone I know who has established a Donor Advised Fund has loved it. And so has their church.

The Rev. Richard L. Schaper, CFP
Gift Planning Officer,
Diocese of California

(415) 869-7812 or
RichardS@diocal.org

www.EpiscopalGift.org

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Rector cont.

raised over \$1.2 billion to fund cancer research! Raji Watawala was very active in the organization, and new member Alicia Rolan recently completed her first half marathon with the group.

In addition to providing a framework through which individuals can meet their personal goal and help others in the process, Team in Training provides a community and cheering section all the way to the finish line.

Telling someone else what our goal is can feel risky. But naming it makes the goal real and says that we are serious about achieving it. Additionally, it creates a cheering section. There is a reason that the term 'home court' advantage exists in sports. When we have moral support we are far more likely to achieve our goals.

Make the goal measurable by time

Deadlines can be stress-inducing. But without a deadline there is not much incentive to meet a goal. April 15th gets out attention. For those of us writing annual reports, the annual meeting does the same. If we want a goal to be tangible, it needs a time frame. And for many, it is less important what the time frame is, then that it is set.

Make the goal fun and rewarding

I recently ran my fastest marathon by running SLOWER! Sounds crazy, but if you put in more miles at a slower pace in training, you arrive at the starting line more healthy. You have trained your body to burn fat, not glycogen (which when burned through puts you at the dreaded Wall,) and in the process improving the efficiency of your heart so 'The Wall' gets pushed further back. Considering our physiology, maybe God created us to have fun with our goals!

A marathon is a good metaphor for goal setting. If we are constantly pushing ourselves all the time, we are going to hit 'The Wall' and not be able to finish. It is disconcerting to put a lot of effort into a goal and not be able to meet it. So using the race metaphor, perhaps there are a series of goals associated with a final goal that can be achievable steps along the way:

- Goal One: to have fun pursuing the goal (attitude)
- Goal Two: to get to the starting line (define the goal)
- Goal Three: to get to the finish line (meet the goal)
- Goal Four: to get to the finish line in a specified time (meet the goal in the best possible way)

In my mind, the most important factor in setting goals is this: It is more important to produce a small success than a big failure. Sounds obvious, but small successes, though not grand can be built upon and lead to bigger successes. A track record of setting goals and meeting them leads us to new challenges, new goals, and the confidence that we can achieve them. And it sends us out into the world to inspire others to do the same.

Happy New Year!

John+

ST. ANSELM'S WOMEN'S RETREAT IS BACK!

Over the first weekend of March this year (March 2-4) women of St. Anselm's will gather for fellowship, prayer, and reflection at Mercy Center in Burlingame. This retreat has become a much anticipated annual tradition.

This year the theme of the retreat is "The God We Know"; it builds on ideas taken from Marcus Borg's book The God We Never Knew. Borg writes about how, for many Christians, the images of God that they first knew as a child linger throughout life. These early images of God shape our relationship with God and people in important ways--- for better or worse. He suggests that it is worth our time to examine these images, where they come from, and how they influence us. This will be the project for the retreat. Of course, we will have our usual Friday night hors d'oeuvres and sharing, Saturday afternoon time for walking the labyrinth, wandering the grounds, bookstore browsing, and freedom to share, knit, read, or rest as needed. Participants may participate in Sunday Eucharist in the Mercy chapel.

Participants are asked to read chapters one and three of Borg's book prior to the retreat, if possible. It can be purchased from Amazon or Barnes and Noble for about \$14.00 in paperback.

Participants may arrive anytime after 4:00 PM on Friday; we leave about 11:30 AM on Sunday. Carpools from St. Anselm's will be arranged. The cost of the weekend to participants is \$125.00 which should be paid to Carol Fontana as soon as possible. (The cost of the weekend to St. Anselm's is \$240 per person. Donations toward offsetting these expenses are gratefully received. Please make a note on your check.) The cost includes all meals from Friday supper through Sunday breakfast, coffee and tea throughout the day, and all bedding and towels. Participants need only bring comfortable clothes, toiletries, and reading/knitting/writing materials.

Questions about the retreat or requests for carpools? Call Katie McGovern at 925-708-1987. Please make your payments early so we can confirm our numbers with Mercy Center.

THIS YEAR'S: LENTEN SERIES- LITURGY: THE PEOPLE'S WORK

This year's Lenten series will be held on the first four Tuesdays of Lent, beginning on February 28th. The evenings will begin at 6:30 p.m. in Jackson Hall with a simple meal of soup, salad and bread. (Donations will be taken for the Contra Costa and Solano County Food Bank.)

The word liturgy derives from a Greek word meaning, 'The People's Work.' It is an apt term, as anyone who has worked to develop a service of worship for a community recognizes the many tradeoffs involved in developing a spiritually meaningful experience for a variety of people.

The Lenten series this year will invite all participants to consider what is meaningful to them in worship. With what part of worship do you resonate? Music? A sermon? The Eucharist? Corporate prayer? Are there particular moments in the service where you are tuned in? Tuned out? Of the various liturgies that we use throughout the year, what do you like most? Least?

We will start the program with a broad discussion around what in corporate worship brings us in touch with God and seek to define and develop a cohesive service that is meaningful for all. (Therein lies the rub...)

If you would like to provide a meal for one of the evenings, please contact Katie McGovern.

UPCOMING EVENTS IN JANUARY 2012

3	Tue	11:00 a.m. 1:00 p.m.	Contemporary Bible Study Grief Support Group
4	Wed	9:00 a.m. 3:00 p.m.	Hatha Yoga Christian Formation Commission Mtg.
7	Sat	9:00 a.m. 6:00 p.m.	Choir Rehearsal EPIPHANY PARTY
8	Sun	9:15 a.m. 11:30 a.m.	Altar Guild Meeting Executive Committee Meeting
9	Mon	7:00 p.m.	Vestry Meeting
10	Tue	11:00 a.m. 6:30 p.m.	Contemporary Bible Study Congregational Development Comm. Mtg.
11	Wed	9:00 a.m. 3:00 p.m.	Hatha Yoga Property Commission Meeting
14	Sat	9:00 a.m.	Choir Rehearsal
15	Sun	11:30 a.m.	Cancer Support Group
16	Mon		Martin Luther King Jr. Day— The Church office will be closed.
17	Tue	11:00 a.m.	Contemporary Bible Study
18	Wed	9:00 a.m. 12:30 p.m.	Hatha Yoga Preschool Board Meeting
21	Sat	9:00 a.m.	Choir Rehearsal
22	Sun	9:00 a.m. 9:00 a.m. 11:30 a.m.	Stephen Ministry Meeting Inquirer's Group ANNUAL MEETING <i>Canterbury Tales</i> Deadline
24	Tue	11:00 a.m.	Contemporary Bible Study
25	Wed	9:00 a.m.	Hatha Yoga
28	Sat	9:00 a.m.	Choir Rehearsal
31	Tue	11:00 a.m.	Contemporary Bible Study

A HAPPY
NEW YEAR

St. Anselm's Episcopal Church
682 Michael Lane
Lafayette, CA 94549
(925) 284-7420



Next *Canterbury Tales* deadline is January 22nd

Eleven things I learned from Noah's Ark .

- ONE:** Don't miss the boat.
- TWO:** Remember that we are all in the same boat!
- THREE:** Plan ahead. It wasn't raining when Noah built the Ark.
- FOUR:** Stay fit. When you're 60 years old, someone may ask you to do something really big.
- FIVE:** Don't listen to critics; just get on with the job that needs to be done.
- SIX:** Build your future on high ground.
- SEVEN:** For safety's sake, travel in pairs.
- EIGHT:** Speed isn't always an advantage. The snails were on board with the cheetahs.
- NINE:** When you're stressed, float awhile.
- TEN:** Remember, the Ark was built by amateurs; the Titanic by professionals.
- ELEVEN:** No matter the storm, when you are with God, there's always a rainbow waiting.

