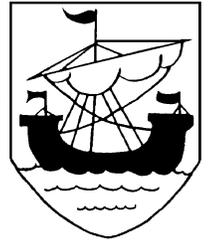


Canterbury Tales



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

January, 2019

From The Rector

New Year's Resolutions

Each year Christians, get **two** occasions to participate in a ritual of life amendment- New Year's and Lent.

I have probably preached at least one-too-many times at Lent that it doesn't have to be a time of 'giving something up,' it can be a time of 'taking something on.' New Year's Day for many, at a gut level, is different. It lends itself quite readily to the desire to give something up. Waking up with a hangover and watching football all day whether you care about the teams or not is a ritual of its own that manifests- 'I don't want to do that again!'

But here's the point I want to make: as we walk this journey of inviting God into our lives, the amendments get easier. The lessons build on one another and the learning becomes more profound. It becomes less and less about me and more and more about us. Things that once were hard to let go of, become memories and as we look back, sign posts on the journey that show us that God is very close.

As we think of what we might behold in this new year, I invite you to review your past, in the way only you can- at a soul level. How has God been present with you on your journey?

What might it be like if we could all see that together? Does not our faith, and the faith of all, points to the mystery that there is something both within and beyond us that if we can tap into it can make us greater than the sum of our parts? And whether we are of faith or not, do we not all know this hope in our souls, and know that others do as well?

Of course we run into trouble when we try to articulate it. It is by definition numinous and beyond words.

But the God of miracles and the life force continue to make all things new. In our lives and in creation. May it be so for you, for us all in the coming year.

Happy New Year.

John+

Anselm's Angels

*Lots and lots of wings flutter at
682 Michael Lane this month:*

The Youth Sunday service was amazing due to our wonderful St. Anselm's youth: Preacher, **Katheryn Dunn**; Ushers: **Liam Perry, Palmer Hightower, Allen Zhang, Harry Barnato**; Lector: **Lee Seletzky**; Prayer Leader: **Nathan Pearce**; Soloist: **Annis Gong**; Oblation Bearers: **Harry Barnato, Palmer Hightower**; Acolytes: **Nathan Pearce, Frances Barnato**; Coffee Hosts: **Liam Perry, Dale & Allen Zhang** and **Katheryn Dunn**.

Thank you to **Sara Nelson** for coordinating the Advent Festival Breakfasts and all the wonderful people who helped: **Jane House, Wynne Bacon, Zoe Hekmaty, Michael Hollinger, Marcia Ellicott, Cindy Eisenberg, Liz Sutton, Naomi Chamberlain- Harris, Anne Brown, Abby Perry, Ann Burns, Sara Swimmer, Sheila Gorsuch, Sheila Riedy, Susan Hahn, Sylvia Williams**.

A big thank you to **Yvonne Grace** for coordinating and delivering our donations to VESTIA's Holiday Helpers program. We were able to contribute several boxes of gifts!

The choir for the joyous music during Lesson & Carols—**Andrew & Caroline Huddart, Caroline Merrill, Vicki Pappas, Cathy Witkay, Annis Gong, Barbara Thornton, Don Helmholz, Tom Pappas**.

continued on page 2

Upcoming Events in January

| | | | |
|----|-----|------------|---------------------------------------|
| 1 | Tue | | NEW YEAR'S DAY |
| 2 | Wed | 9:30 a.m. | Hatha Yoga |
| | | 10:45 a.m. | Contemporary Bible Study |
| 5 | Sat | 9:00 a.m. | Choir Rehearsal |
| | | 5:00 p.m. | Epiphany Party |
| 6 | Sun | 9:00 a.m. | Choir Rehearsal |
| | | 9:15 a.m. | Altar Guild Meeting |
| 7 | Mon | 12:15 p.m. | Michael Lane Preschool Board Meeting |
| 8 | Tue | 10:00 a.m. | Stephen Minister Meeting |
| 9 | Wed | 9:30 a.m. | Hatha Yoga |
| | | 10:45 a.m. | Contemporary Bible Study |
| 12 | Sat | 9:00 a.m. | Choir Rehearsal |
| | | 6:00 p.m. | Bridge Group |
| 13 | Sun | 9:00 a.m. | Choir Rehearsal |
| | | 9:15 a.m. | Christian Formation Commission Mtg. |
| | | 11:30 a.m. | Cancer Support Group |
| 14 | Mon | 12:15 p.m. | Grief Support Group |
| | | 7:00 p.m. | Vestry Meeting |
| 16 | Wed | 9:30 a.m. | Hatha Yoga |
| | | 10:45 a.m. | Contemporary Bible Study |
| | | 2:30 p.m. | Property Commission Meeting |
| 19 | Sat | 9:00 a.m. | Choir Rehearsal |
| 20 | Sun | 9:00 a.m. | Choir Rehearsal |
| | | 11:30 a.m. | Confirmation Class |
| 21 | Mon | | MLK DAY – Church Office Closed |
| 23 | Wed | 9:30 a.m. | Hatha Yoga |
| | | 10:45 a.m. | Contemporary Bible Study |
| 26 | Sat | 9:00 a.m. | Choir Rehearsal |
| 27 | Sun | 9:00 a.m. | Choir Rehearsal |
| | | 11:30 a.m. | Confirmation Class |
| | | | Canterbury Tales Deadline |
| 30 | Wed | 9:30 a.m. | Hatha Yoga |
| | | 10:45 a.m. | Contemporary Bible Study |

**HAPPY NEW
2019
YEAR**

Anselm's Angels (continued from page 1)

To all who helped enhance our Christmas services:

- **The Altar Guild**—For the beautiful decorations in the Sanctuary
- At the Altar: **John Sutton, Naomi Chamberlain-Harris, Marian Mulkey, Anne Brown, Eva Woo, Nathan Pearce, Kelsey Witkay, Dale Zhang**
- Lector: **Kelsey Witkay**
- Ushers: **Cindy Eisenberg, Paul Witkay, Doug Merrill**
- Musicians: **Gail Burnett, Tom Pappas, Marc Levine**
- Choir: **Annis Gong, Don Helmholtz, Vicki Pappas, Cathy Witkay**
- Pageant Coordinators: **Courtney and Kelsey Witkay**
- The many children and parents who participated in the annual Christmas Pageant.



Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
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Editor:
Cathy S. Witkay

Sunday Services:
8:00 a.m. Holy Eucharist
10:00 a.m. Holy Eucharist

St. Anselm's Staff
The Rev. John Sutton, Rector
The Rev. Naomi Chamberlain-Harris, Deacon
Cathy Witkay, Office Manager

The Senior Warden

In my graduate school program, I studied economics, quantitative analysis and systems theory for use in analyzing natural resource usage and environmental health for developing natural resource management policies. An important thing we learned about dynamic systems (those that change through time) is that cause and effect can often be separated by long distances and long periods of time. Carbon emissions 100 years ago from coal burning in Europe led to climate change in this century and extreme weather patterns in North America. Furthermore, global warming in the last few centuries is melting the permafrost in arctic lands and releasing the methane gas trapped in the frozen earth there, which, itself increases global warming. This kind of “vicious cycle” is called a positive feedback loop.

It’s easy for people to continue polluting in their daily routines because they don’t see the effects of their actions right away or nearby. I think the systems theory metaphor applies to how God works in our world. When we pray for something, we don’t usually see the results of our prayers immediately or in the same room. I’ve noticed that praying for someone’s health sometimes results in a cure within days or weeks, but not minutes or hours. To my great delight, when I pray for guidance, I sometimes notice that a helpful thought occurs to me within minutes! This brings me to a Bible passage that encourages our patience when we need God’s help. It is from Isaiah, chapter 40, verse 31: “Those who look to the Lord will win new strength, They will grow wings like eagles; They will run and not be weary.”

Gerry Starr

From Deacon Naomi

I recently found this article to pass along:

Wield the Power of Words Wisely

By Alice Wu (writer and an Anglican, based in Hong Kong)

I recently found myself really missing those “good old days” — like when everyone’s biggest worry was the Y2K millennium bug. Today, a lot of us are suffering from outrage fatigue. The atrocious, the horrendous and the outrageous happen on a daily basis. By just wagging the tongue, toxic words are spread at an incredible speed.

A tweet can bring down companies, undo years of carefully calibrated diplomacy, erase decades of human progress in civility and reverse the goodwill and incredible efforts of generations of peacemakers to bring the world to the cusp of World War III. The world has been dictated by senseless, hateful and nonexistent words (“covfefe,” anyone?)

It’s easy to get caught up in what was said. And in today’s world, where lying and assaults on facts are expected daily, it gets exhausting: too much evilness. . . all of which leaves us overwhelmed, cynical and hopeless.

Indeed, it’s not the size of the “nuclear button” that matters. Jesus, in the Gospel according to Matthew, reminds us of what truly matters:

“Listen and understand: It is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles. . . What comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander” (Matt.15:10b-11, 18-19).

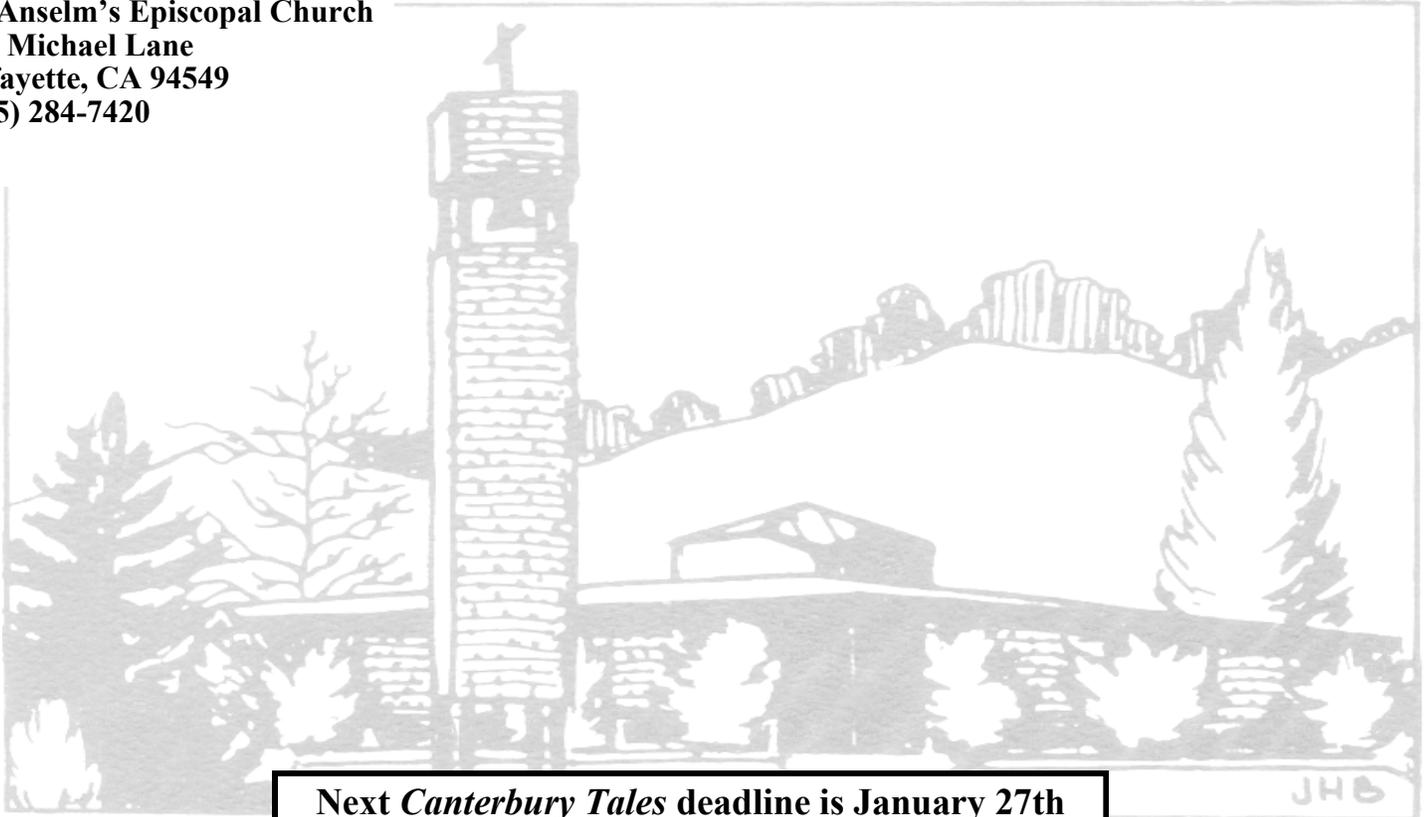
It may be true that people, especially politicians, would say anything to get “support,” whether it is to get “likes” and “shares” or pander to their base, even if that means resorting to the language of the hateful and ignorant. But the truth is that it’s the heart of the person with the toxic tongue that is vile, for “How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire by hell” (James 3:5b-6).

Instead of dousing the fire, the Bible tells us that our words, can, indeed, do much more: “that your words may give grace to those who hear” (Ephesians 4:29).

Elizabeth, mother of John the Baptist, who had been in seclusion for five months with the husband who had been temporarily silenced because of her “unlikely” pregnancy, spoke beautiful words when her pregnant cousin Mary came to her. Elizabeth had every reason to be but was not bitter. Elizabeth had every reason to seek validation but focused on the Lord. And her words inspired Mary’s response – the Magnificat.

Every time we speak – in person, on social media, etc. – we have a choice. We can choose to be shackled by deliberate hatred, deliberate fear and deliberate ignorance, and be a prisoner of anger, resentment and bitterness. Or we can choose to follow Elizabeth’s example, using our words to build others up and inspire.

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Next *Canterbury Tales* deadline is January 27th

All About January

The 1st month of the year brings us New Year's Day, MLK day, and the excitement of new beginnings.

In the Gregorian calendar, the calendar that most of the world uses, January is the very first month of the year. The name January came from a Roman god Janus. According to Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added, Pompilius gave 30 days to January. However, Romans later made January the first month of the year. Moreover, in 46 B.C. Julius Caesar added one more day to January and that's why there are 31 in January today. January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food. It is the coldest month in the northern half of the world, nature is quiet and the birds travel less. However, in the southern half of the world, January is the warmest month. During this time, unlike the northern half of the world, animals are active and plants are growing.

More fun facts about January:

- ◆ January's gem is garnet which represents constancy.
 - ◆ The zodiac signs for January is Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
 - ◆ National Blood Donor Month
 - ◆ National Braille Literacy Month
 - ◆ National Hobby Month
 - ◆ National Soup Month
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