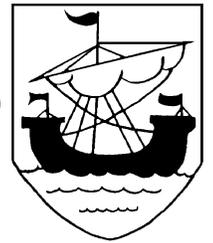


# Canterbury Tales



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

March, 2020

## From The Rector

*I read this poem today, preparing to enter the season of Lent. Morag Lobley is the author. All I could find out about her is that she is an Anglican layperson in England. I hesitate to even comment as it is such holy ground to which she so profoundly witnesses:*

### **Lazarus**

Darkness of death,  
Soundless, chill vacuum.  
Finality, oblivion.

Vibrating thread.  
Sonorous, penetrating  
Black space.

Piercing shadows,  
Fracturing silence,  
Calling.

Follow the sound,  
Cling to thread,  
Stumble to the light.

Life renewed.

John+



## *Anselm's Angels*

*In a gentle way, you  
can shake the world.  
Mohandas Gandhi:*

Thanks to Altar Guild members **Joan Martin** and **Zoe Hekmaty** for preparing the sanctuary for Patricia Koskinen's memorial service.

Once again the Crab Feed was a resounding success! Much thanks goes to **Eva Woo**, the event Coordinator and her enthusiastic crew: **Naomi Chamberlain-Harris, Bob Eddy, Sally & Marty Fischer, Trevor Holoch, Sara Nelson, John & Evan Powers, Julie Rinkenberger, Gerry Starr, John & Liz Sutton** and **George Wasson**.

Thanks to all who helped out with our most successful Shrove Tuesday Pancake Supper ever: **Susan Barnes & Katheryn Dunn** for doing all the shopping and to everyone who helped set up, cook, collect money and clean up: **Julie Hullverson, Harry & Francis Barnato** with friends **Owen & Landon; Palmer Hightower; Foster & Preston Lipscomb; Liam Perry; Liz & John Sutton;** and **Dale Zhang**. *\$201 was raised for the Food Bank of Contra Costa & Solano!*

Our Lenten season was solemnly begun with our traditional Ash Wednesday services. Thanks to the **Altar Guild** for preparing the ashes and transforming the sanctuary with the Lenten cross and purple drapes. Thank you also to **Vicki Pappas** and **Judy Peak** who served as lectors for the Ash Wednesday services.

## LENTEN SERIES 2020

### *One Body: Respecting Neighbors of Every Race & Ethnicity*

The 2020 Lenten Series provides an opportunity to explore issues of race and ethnicity in the lives of St. Anselm's members and members of our broader community. How can we understand and fully empathize with people who navigate issues of race and ethnicity in ways we have not experienced? How does diversity offer an opportunity for growth as we live into our faith?

The series began on March 3rd with a presentation and discussion with Cara Meredith. Ms. Meredith is the author of *The Color of Life: A Journey Toward Love and Racial Justice*. She is the mother of mixed race sons and the daughter-in-law of civil rights icon James Meredith, the first African-American to attend the University of Mississippi. We will welcome additional speakers from beyond and within the St. Anselm's community and will incorporate opportunities for reflection and small group discussion. Our remaining speakers include:

- March 10: Leta Seletzky, St. Anselm's parishioner and author
- March 17: Gabe Slavitt, leader within Acalanes High School's "Integrating all nationalities and helping others" student club
- March 24: Additional perspectives and group-wide discussion

Each evening a simple soup and salad supper will be served at 6:30 p.m., followed by a program that starts promptly at 7 and ends at 8:30. Free-will donations benefit the Food Bank of Contra Costa and Solano Counties. A sign-up sheet in Jackson Hall will help with attendance planning. Volunteers are needed to provide soup or bread and salad. For more information see Marian Mulkey, [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or 510-393-5997, or Anne Brown, [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com).

## EASTER LILIES

Help decorate the sanctuary for Easter Sunday by donating an Easter Lily. The order/dedication forms are available in the service bulletin or contact Cathy Witkay in the office. The deadline for these dedications is Tuesday, April 7th. The cost is \$15 per plant. Please make your check out to the St. Anselm's Altar Guild.



## BOOK LOVERS OF ST. ANSELM'S

Deacon Naomi would like to invite members of St. Anselm's to a gathering on Sunday, March 22<sup>nd</sup>, following the 10:00 service, in the Jackson Hall conference room to discuss interest in starting a Book Club. Naomi has never belonged to a Book Club, so she is seeking input on what members might like to have. She is tentatively planning to meet once a month at the Church on a weekday afternoon. Her one request is that any book chosen by the group have an audio version available so that everyone can take part in reading/listening to the book. If you are not available to meet on the 22nd but are interested, please send Naomi an email at [orchidsnrch@att.net](mailto:orchidsnrch@att.net).

## SOCK COLLECTION

Dear St. Anselm's Family,

It's that time of year again when deacons collect new white warm socks for our homeless brothers and sisters. I will be collecting new, white sport-type socks for our folks at Trinity Center from March 1st to Palm Sunday, April 5th. There will be a basket in the back of the church designated for socks. Periodically during Lent I will be delivering our socks to the folks at Trinity Center. Your generosity is greatly appreciated.

Many thanks,  
Deacon Naomi



*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*

Hello everyone, it's me again! I am so excited to serve as the senior warden for St. Anselm's church. Most of you know me as I've had a hand in quite a few events over the last few years, but just in case you haven't caught any of my crazy antics as Wise Woman, my auctioneering prowess at the Harvest Festival or my lovely lecturing at 8:00, let me tell you a little about who I am.

I grew up in Lafayette, attending Burton Valley, Stanley, and Campolindo (which, I know, is in Moraga, blame the district lines, OK?). I rode bikes with the neighborhood kids, recreated my favorite movies with my brother and sister along the trail behind our house and got lost in book after book the moment I learned to read. I have two loving parents who encouraged me to try new things and always follow through with my commitments. After high school, I spent some lazy years at DVC figuring things out, then landed at San Francisco State to get a degree in English. Along the way, I became passionate about social justice and began doing classroom education about bias in schools that eventually brought me to working with Contra Costa Public Health in the school-based clinic programs.

But where was my faith during all that time, you might ask? I remember going to St. Anselm's when I was very little in the 80s and getting baptized and standing behind the giant shell and wondering how big the clam that had been in that shell had to have been and oh my God. . .could it have EATEN ME?! After baptism, I only have a few memories here and there of going to St. Anselm's as my family started attending a Catholic church in Lafayette. At the time, I assumed we were going there because that's where all of my friends and their families went. Turns out, my Mom is Catholic. Who knew?

After the back and forth of churches in my childhood, it wasn't until I was 30 that I really came back to my Episcopal faith. My sister had gotten involved in the young adult church community where she lived and it sounded so rewarding to be a part of that faith community. My Dad had started attending church at St. Anselm's regularly again and he was getting so much from the fellowship. I was going through a really tough and isolating time in my life. I remember clearly asking my Dad if I could go with him to the Sunday service with him and I'll never forget the joy in his smile when he simply replied, "sure."

Flash forward four years and I started my first term as senior warden! I'd been involved in the Altar Guild and lecturing and served my first two years on the vestry as clerk before receiving this honor. I actually took a quick look recently at my first article I wrote and wow, the doubts and fears I had about being able to serve! But I came to the same conclusion I came to this time as well: what a great way to be a part of our faith and serve the St. Anselm's community! My faith continues to change and grow and become more meaningful as I get older and I'm happy to be in a position where I can help and encourage others to grow as well. I plan to bring the excitement, joy and love I have found in my faith to this position and look forward to this next year as your Senior Warden!

Shanda Young



## Contra Costa Deanery

Dear Parish Members,

At our annual meeting held in January, we elected Jane House, Sara Nelson, Chris Stone and Liz Sutton to be our Parish representatives to the Contra Costa Deanery. If you are interested in knowing more about our Diocese, meeting and working with folks from our sister parishes in the County, having a terrific dinner supplied by our host church and meeting on a quarterly basis, I hope you will consider being either a representative or alternate from St. Anselm's to the Contra Costa Deanery next year. Below is a further explanation of what a Deanery is and the duties of a Deanery representative.

Blessings, Deacon Naomi

### What is a Deanery?

We are all members of the Diocese of California. We live out that membership in our local congregations as well as a variety of other ministries and institutions, one of which is the Deanery. Deaneries play a key role in developing and implementing the policies and plans of the Diocesan Convention and the Executive Council through:

- ◆ Reviewing and giving input about the Diocesan budget and convention resolutions.
- ◆ Sharing Diocesan information with the congregations.
- ◆ Communicating with the Diocese about the concerns of congregations and the deanery.
- ◆ Providing a forum for education about matters of importance to the Diocese and the congregations.
- ◆ Nurturing relationships between congregations, organizations & individuals doing similar ministries & good works.
- ◆ Developing deanery-wide programs and participating in creative ministries.

### Who can be a Deanery Representative?

Deaneries are made up of lay and clergy representatives from each congregation in the deanery. The number of lay representatives each congregation has is determined by the number of communicants in good standing in the congregation. Lay representatives are elected by congregations or appointed by the clergy of a congregation. All deanery representatives attend deanery meetings. Some deanery representatives are designated by their congregations as "convention delegates." The people are voting representatives at convention.

### What is expected of a Deanery Representative?

- ◆ To attend deanery meetings, actively participate in deanery programs and support one another in the deanery.
- ◆ To report to the deanery meeting about congregational matters and to the congregations about deanery matters.
- ◆ To read, study and be prepared to discuss matters that come before convention.
- ◆ If a convention delegate, to attend convention and vote.
- ◆ To seek out and encourage people to serve on deanery ministries, Diocesan departments and commissions, and Executive Council.
- ◆ To communicate lay initiatives and concerns to the clergy.

### When and where do Deaneries meet?

Deaneries are required to meet at least four times a year to elect officers, review the Diocesan budget and review resolutions and other matters to be presented at Diocesan convention. The times and places of deanery meetings are determined by each deanery. Agendas and programs are planned by the officers of the deanery.

### Churches in the Contra Costa Deanery

Grace Church, Martinez; St. Anna's, Antioch; St. Anselm's, Lafayette; St. John's, Clayton; St. Michael and All Angels, Concord; St. Mark's Crockett; St. Paul's, Walnut Creek; St. Stephen's, Orinda and St. Timothy's, Danville.

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## Stephen Ministry

*“Bear one another’s burdens, and in this way you will fulfill the law of Christ.” (Galatians 6:2, NRSV)*

Stephen Ministry is a one-to-one Christian caring lay ministry that pairs trained Stephen Ministers with a hurting person, male to male and female to female. Stephen Ministers receive 50 hours of training to learn essential caring and relating skills with an emphasis on trust and confidentiality. Care Receivers, who are congregation members and others in our community who receive care from a Stephen Minister are people struggling through a difficult time in life: experiencing grief, divorce, job loss, chronic or terminal illness or some other life crisis.

A former Care Receiver is allowing us to share a letter she wrote last Fall about her experience with Stephen Ministry. Personal details have been edited for privacy and confidentiality.

“I retired from my job in May. I spent most of the summer in the High Sierra doing workshops and working on the house at the lake. I am doing really, really well. Thank you. My diploma came in the mail last week. I would like to open a private practice and find a home/office of my own. In the meantime, I am at home taking care of the cat while my roommate is traveling.

I am forever grateful to you for being an angel in my life during the dark night of the soul. My family continues to heal, slowly but surely. Praise the Lord! When my family is doing well I feel very happy in my heart. I am grateful that I have come through the dark night and that I am happy and healthy again. “

If you want to know more about Stephen Ministry, there is information including videos on their website: [www.stephenministries.org](http://www.stephenministries.org). We have a Stephen Ministry bookshelf in the Church library in Jackson Hall. You may also contact the Stephen Leader, Vicki Pappas or Father John.

We have six Stephen Ministers at St. Anselm’s but can usually provide a Stephen Minister from Lafayette Orinda Presbyterian Church with whom we partner if that is preferred.

Vicki Pappas  
Stephen Ministry Leader

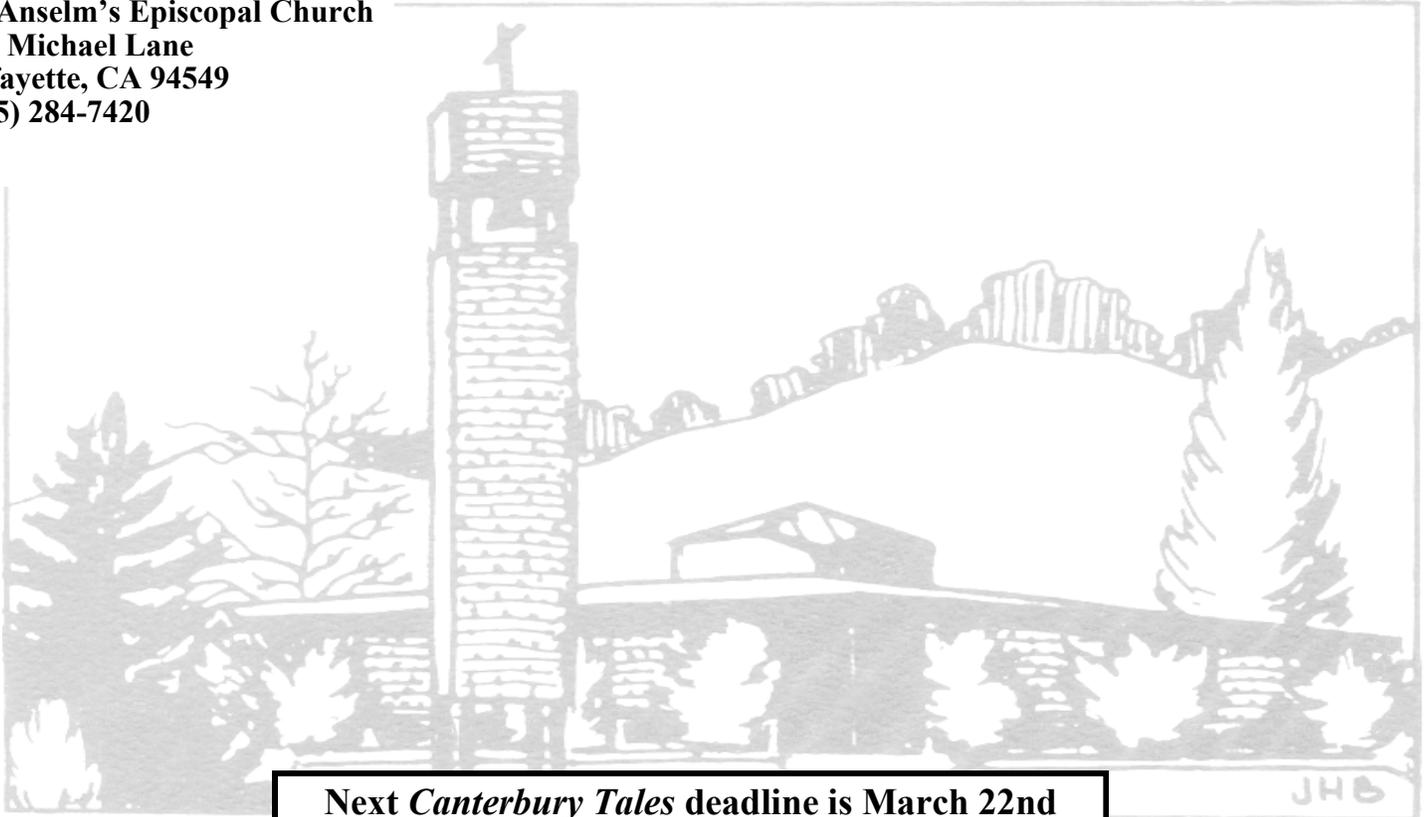


## *Upcoming Events in March*

1	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
3	Tue	6:30 p.m.	<b>Lenten Series</b>
4	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
5	Thu	11:45 a.m.	Preschool Board Meeting
6	Fri	10:00 a.m.	Stephen Minister Meeting
7	Sat	9:00 a.m.	Choir Rehearsal
8	Sun		<b>Daylight Savings Time Begins</b>
		9:00 a.m.	Choir Rehearsal
9	Mon	7:00 p.m.	Vestry Meeting
10	Tue	12:15 p.m.	Grief Support Group
		6:30 p.m.	<b>Lenten Series</b>
11	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
14	Sat	6:00 p.m.	Bridge Group
15	Sun	9:00 a.m.	Choir Rehearsal
16	Mon	12:15 p.m.	Preschool Board Meeting
17	Tue	6:30 p.m.	<b>Lenten Series</b>
18	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		1:30 p.m.	Property Commission Meeting
19	Thu	6:30 p.m.	Deanery Meeting, St. Anna's, Antioch
22	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Book Club Meeting
			<b>Canterbury Tales Deadline</b>
24	Tue	6:30 p.m.	<b>Lenten Series</b>
25	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
28	Sat	9:00 a.m.	<b>Work Party</b>
		9:00 a.m.	Choir Rehearsal
29	Sun	9:00 a.m.	Choir Rehearsal



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**Next *Canterbury Tales* deadline is March 22nd**



- It's Daylight Saving Time, not "savings" time.
- Benjamin Franklin did not invent it. Though in 1774 he did suggest getting people up earlier as a way to save money on candles.
- It was first implemented during World War I as a way to save energy for war production. It was also referred to as "war time."
- Hawaii and Arizona (except for the Navajo Nation) do not observe it.
- It's used in over 70 countries around the world, though dates and times vary.

*So remember. . . . .*

*Daylight Savings Time Begins on  
Sunday, March 8th*

*Turn your clocks  
AHEAD one hour on  
Saturday, March 7th*

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