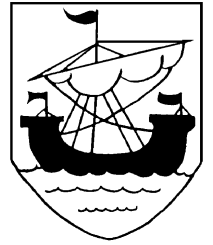


Canterbury Tales

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



February 2014

From The Rector

Tuning Up

In 1971, George Harrison headlined a concert with a group of musicians who donated their services to relieve suffering in Bangladesh. Two concerts were held in Madison Square Garden and played to over 40,000 people. An album was released and an estimated \$12 million was raised through the concert and the album, and sent to Bangladesh to help relieve the suffering of millions displaced by war and natural disasters. The concert was the first of its kind, and was tremendously influential in the creation of concerts to relieve the plight of those who suffer. (Remember Live Aid? "We Are The World?")

I bought The Concert For Bangladesh album when I was in high school, and there is a track that still makes me laugh when it rolls around on iTunes. Ravi Shankar, an Indian musician is tuning his sitar and pauses. The audience erupts in applause, and he says,

"Thank you. If you appreciate the tuning so much, I hope you'll enjoy the playing more."

It is funny because I don't think the audience had the first idea that this was an instrument being tuned, not played. But the confluence of a shared humanitarian cause, openness to Eastern mysticism, and doubtless a good measure of marijuana made the gathering so open that tuning became playing.

I have not been to a symphony in a long, long time, but for me there is something very special about that time before the concert when musicians tune their instruments. For me it is a metaphor of what can happen when souls walk from their cars in a church parking lot and into the doors of the church. It can be a process of 'tuning in' to God. And when the liturgy of word and music come together in a service, with participation of the attuned, something inspiring is at play.

This can also happen when we seek as a community to harmonize to a note that all of our instruments can play in one special gathering each year.

On Sunday at our annual meeting, I exhorted members of the congregation to re-energize the Harvest Festival. The Vestry has made a commitment to participate in the planning and staging of the event as the signature event in which St. Anselm's makes a commitment to those in need.

Rector cont.

It is my hope that we can all 'tune in' to this event as a community to make a difference this year and in future years in the relief of suffering. All will be

(Continued on page 2)

Anselm's Angels

**One kind word can warm
three winter months.**

~Japanese Proverb

Once again the Epiphany Party was a fun and exciting evening. Thanks to: Coordinator—**Gail Clarke**; Decorations—**Avon Wilson, Sheila Gorsuch, Gail Clarke, Pam Green and Jill Schon**; Set-up—**Michael Hollinger; Jim & Sally Morrison**; Bartenders—**Norm Gorsuch and Art Clarke**; Wise Woman—**Shanda Young**; and all who participated in the fun by bringing food, gifts, and helping with the clean up.

Thank you, for a job well done, to our out-going Vestry members: **Matt Gibson, Gordon Hart, Lindsay LaRoche, Eva Woo** and Deanery Delegates: **Gail Clarke, Matt & Alicia Gibson, Inge O'Neill**

A big THANK YOU to **Ann Burns** and **Sheila Gorsuch** for coordinating and scheduling our Coffee Hosts throughout the year!



Let It Rain

“DAY TRIPPERS” GROUP OUTING!



LOCATION: Eugene O'Neill Home (Tao House)
<http://www.nps.gov/euon/index.htm>
 Lunch at Slow G's Eatery, 440 Diablo Rd, Danville
http://www.slowgeatery.com/The_Eats.html

DATE: **March 15, 2014**

TIME: 11:30 -- St. Anselm's Parking Lot
 12:00 -- Restaurant
 1:45 -- Shuttle Parking lot
 205 Railroad Avenue, Danville

COST: There is NO ADMISSION FEE. Lunch is extra.

RSVP Deadline: March 9, 2014 – Signup in Jackson Hall

MORE DETAILS:

Plan to join the Day Trippers for lunch and an outing to the Eugene O'Neill National Historic Site in Danville. We are required to take a National Park Service shuttle from the Museum of the San Ramon Valley, 205 Railroad Ave., Danville, but parking is available next to the museum.

Carpools for lunch will leave from St. Anselm's at 11:30. If you want to skip lunch and meet us for the tour, please arrive at the museum lot by 1:45 PM.

DIRECTIONS TO SHUTTLE: Take I-680 South, and take exit 39 toward Danville. Merge right onto Diablo Road, and turn left on Front Street. Take the first right on E Prospect Avenue, and turn left onto Railroad Avenue. The museum and parking lot will be on the right.

We will return home at about 4:30 PM

For more information, Please Contact Gail Clarke at Phone 925-935-8717 or Email wcgail21@gmail.com

2013 FINANCIAL STATEMENTS

If you have not received your 2013 financial statement yet, or have questions about the one you received, please call Doug Merrill at 925-283-5301 or send him an e-mail at merrilldoug@comcast.net.

SOUPER BOWL SUNDAY

Following both services on Sunday, February 2nd, the Youth Group will be taking its annual collection to benefit the Food Bank of Contra Costa & Solano. The Rector's Discretionary Fund will match all donations up to \$1,000! Be sure to note ***"Souper Bowl Sunday"*** on the memo line of your check.

(Continued from page 1)

able to participate, in one form or another, and details of the event will emerge in the coming weeks and months. You can be a part of that process. All you need to do is let me know.

So I invite you to tune your instrument to the Harvest Festival this coming fall. If you invite God into the process, asking how you can help, new ideas may emerge. With all hope, you'll appreciate the process of tuning, and when the Harvest Festival arrives, enjoy the playing so much more, having been a part of a great symphonic effort to relieve suffering.

John+

Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
 Phone: (925) 284-7420
 e-mail: anselms@yahoo.com
 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

I have been honored to serve as the Senior Warden this year, and to serve on the vestry for the last 3 years. Each member of the Vestry has contributed significant time and talent to their positions, and next year's class promises to continue in this manner. This year's vestry has been fortunate to serve during an extremely good year for St. Anselm's. Here are just some of the highlights:

- We began 2013 by paying off our parish hall debt, several years early.
- We were able to quickly raise the extra funds necessary to take advantage of the unexpected opportunity to replace our organ, which has noticeably enhanced the worship experience at the 10:00 service.
- We maintained the forward-looking energy that was generated during the 2012 cottage meetings through establishing working committees on identified priorities, and reporting back to the full parish on progress at a luncheon meeting in June.
- We have seen a steady increase in newcomers, including a number new families with children. The focused welcoming efforts resulting from the cottage meetings has definitely been working.
- We are ending the year with an even bigger budget surplus than the one we had at the beginning of the year.

Gordon Hart
Senior Warden, Class of 2014

STEPHEN MINISTRY

As a member of our church and a Stephen Minister, I would love to share with you an example of our work.

Recently, I was able to connect my care receiver to a program run by Contra Costa County. This program is supported by a national and county organization, NAMI (National Alliance on Mental Illness) that gave her more education and another support group where she could have a better understanding of her concerns. She enrolled and received a very coveted place in a program, "Family to Family". She reports that it was a blessing and she is thankful for the experience that has proved helpful in finding peace and happiness in her family.

The above is just one example of the Christian-based loving care that the Stephen Ministers have been trained in during their six months education. Our job is to listen confidentially and to assist when needed. We attend classes during the year to continue our learning, and meet monthly with guest speakers on related subjects.

If you are interested in having a care receiver or in becoming a Stephen Minister, please contact Father John or, our director, Linda Orear.

Thank you.
Sara Swimmer



PLANNED GIVING

A Poor Person's Foundation

If you were Bill Gates you would understand the advantages—both tax and otherwise—of establishing a private foundation for your charitable giving. A private foundation gives immediate tax deductions when you contribute to it. Then, you have time to think about what charities you wish the foundation to make grants to as time goes by.

For those of us who are not in a financial position to establish a private foundation, there is an excellent alternative that offers many of the same advantages but is much simpler and cheaper. It is called a “Donor Advised Fund,” or DAF for short. And the good news is that Episcopal Charities has just made a Donor Advised Fund available to Episcopalians in the Diocese of California.

For those who make total charitable contributions in excess of \$5,000 annually, a DAF can be an excellent financial tool. It assists in getting tax deductions sooner, permits anonymous gifts, allows funds destined for charity to grow tax-free, and can be a way to involve children and heirs in charitable giving.

A DAF works this way: transfer cash or shares into a DAF and get an immediate charitable income tax deduction. Within a DAF, donated appreciated stock may be sold tax-free. When you wish to make a contribution to your parish or any other charity, you advise the DAF sponsor (Episcopal Charities) to send the check and they do. Meanwhile, while the funds are resting in your DAF account, they may be re-invested so that they are growing tax-free until such time as you decide to distribute them to a charity.

When my wife and I set up our DAF, we named it “The Loaves and Fishes Fund.” But you may name yours whatever you wish. We named our daughter as successor donor so that after we are gone, she will take over making the distributions to charities selected by her. We also made “The Loaves and Fishes Fund” a beneficiary of our trust.

But the best use of a DAF is right now. Use it to claim tax benefits sooner, and to conveniently use appreciated shares for gifts to a variety of nonprofit organizations. Every charitable giver I know who has tried out using a DAF (it costs nothing to set it up) has loved it. You can open one with Episcopal Charities for as little as \$10,000 cash or stock. No more than 10% needs to go to Episcopal-related organizations. For more information, click on the Episcopal Charities logo at www.EpiscopalGift.org

A Donor Advised Fund can make your giving go farther. You don't have to be Bill Gates, just who you are: a would-be faithful pilgrim and steward of God's gifts.

For more information contact:
Amanda Kiernan
Gift Planning Office
Episcopal Diocese of California

(415) 869-7812
amandak@diocal.org

WOMEN'S RETREAT - 2014

When: This year our St. Anselm's Women's Retreat will be held Friday-Sunday, March 28-30. Participants are welcome to come for the full three days or for one day only, Sat. March 29.

Where: Once again, we will be meeting at Mercy Center in Burlingame, which is a setting that lends itself to what we want to create. There is a serenity about the place. There are gardens to walk in and a labyrinth. The food is delicious. Each of us staying for the whole weekend will have a comfortable private room. We will have our own meeting room, where we can store our snacks, our knitting, our prayer books, and have a small altar, whatever works for us.

Why: For me, there are several reasons:

- **Companionship** - Soon after my husband and I joined St. A's, I went on the Women's Retreat. It helped me to get to know some of the women and feel at home in the church much sooner. I continue to get to know others at a greater depth than I believe I would have otherwise, through the personal sharing that takes place.
- **Rest** - There's something about getting away from my busy life, satisfying though it is, that is healing and re-energizing.
- **Fun** - We typically laugh a lot, tell funny stories, do needlework, visit the bookstore, have a pre-dinner "Happy Hour".
- **Spiritual Growth** - This is an opportunity to be intentional about our relationship with God. It happens through our connection to others, insight from their shares, our reading and meditation, the quietness and presence practiced while we are there.

Cost: The full weekend, which is from 3:00 p.m. on Friday till noon on Sunday is \$260. (\$130./night). For Saturday only, the cost is \$60, which includes lunch. If you want to stay for dinner also, the cost is \$80. Whatever you do, PLEASE DO NOT MAKE YOUR DECISION TO ATTEND OR NOT ON THE COST!!! There are funds for full or partial scholarships. You can talk to me or Father John about it.

Something New: This year our retreat will be led by The Rev. Lindsay Hills. Lindsay was our seminary intern several years ago. She is now the Associate Rector at St. Matthew's in San Mateo. She is a bright light - smart, caring, and spirit-filled. I will be assisting her. She has asked that we include women from her church who want to come on the retreat, so this will be a joint St. A's and St. M's retreat.

Next Steps: If you have questions or want to sign up, you can call me (Anne Brown) at (925) 788-0664 or e-mail me: annechalfant-brown@gmail.com. You can also talk to me at coffee hour. If you know you want to attend, please let me know as soon as possible. As we are sharing with St. Matthew's this year, we are uncertain how many rooms to reserve and want to be able to reserve more than usual if necessary.

Anne Brown

FOOD BANK

Did you know that St. Anselm's can make it easier for you to donate to the Food Bank of Contra Costa and Solano? Bring your non-perishable donations, in unbreakable containers, on Sunday and put them in the basket just inside the door of the church, to the left. The basket is taken to the altar by the ushers at the same time as the collection plates; the contents are then transferred to the huge barrel in the cloakroom area of Jackson Hall, until there is enough to warrant our Office Manager making a call to have the items picked up. This is another way we can expand St. Anselm's ministry and you can personally help the homeless and others in need.



CHRISTMAS CARDS

Many thanks to all of you who gave Christmas cards for the consumers at Crestwood. I know the cards were appreciated. The census is running at about 80 folks at the facility so early next November I will once again ask you to save me any that you have extra or that come to you in the mail. I sign the cards coming from "your friends at St. Anselm's."

Thank you, Naomi

Upcoming Events in February

1	Sat	9:00 a.m.	Choir Rehearsal
2	Sun		SOUPER BOWL SUNDAY
		9:15 a.m.	Altar Guild Meeting
4	Tue	12:15 p.m.	Grief Support Group
		7:00 p.m.	Social Justice Film Series
5	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		Noon	Social Justice Film Series
		12:15 p.m.	Men's Group Meeting
7	Fri	10:00 a.m.	Stephen Ministry Meeting
8	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	Crab Feed
9	Sun	11:30 a.m.	Cancer Support Group
12	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
13	Thu	7:00 p.m.	Women's Group Meeting
15	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
17	Mon		Presidents' Day—The Church Office will be closed
		7:00 p.m.	Vestry Meeting
18	Tue	12:15 p.m.	Michael Lane Preschool Board Meeting
19	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
22	Sat	9:00 a.m.	Choir Rehearsal
23	Sun	9:15 a.m.	Inquirers' Group
			Canterbury Tales Deadline
26	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study



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



Next *Canterbury Tales* deadline is February 23rd

HOLY HUMOR

GOOD SAMARITAN

A Sunday school teacher was telling her class the story of the Good Samaritan. She asked the class, "If you saw a person lying on the roadside, all wounded and bleeding, what would you do?" A thoughtful little girl broke the hushed silence, "I think I'd throw up."

DID NOAH FISH?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms."

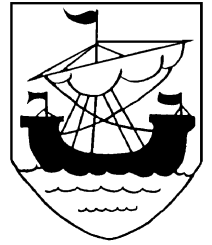
THE LORD IS MY SHEPHERD

A Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible - Psalm 23. She gave the youngsters a month to learn the chapter. Little Rick was excited about the task - but he just couldn't remember the Psalm. After much practice, he could barely get past the first line. On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said proudly, "The Lord is my Shepherd, and that's all I need to know."

UNANSWERED PRAYER

The preacher's 5 year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why. "Well, Honey," he began, proud that his daughter was so observant of his messages. "I'm asking the Lord to help me preach a good sermon." "How come He doesn't answer it?" she asked.

Canterbury Tales



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

March 2014

From The Rector

LENTEN SERIES

"Cheap grace is the grace we bestow on ourselves. Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession

.... Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate."

This is perhaps the most well-known quote of Dietrich Bonhoeffer, the Lutheran pastor who was martyred by the Nazis for his opposition to Hitler. The extent to which Bonhoeffer lived and died into his faith is sobering.

This year's Lenten series is entitled *Conscience at Odds With Consensus*. We will focus on the latent anti-Nazi movement within Germany during Hitler's rule, and the conflicts of conscience for those involved.

The four week series will be held on four successive Tuesdays beginning March 11th. We will gather at 6 p.m. for a brief meal, and the program will begin at 7 p.m.

The first evening we will view a DVD entitled *Restless Conscience* which documents the surprisingly robust opposition within Germany to Hitler during the war. The next two evenings we will focus specifically on best-selling author Eric Metaxas' work *The Life and Writings of Dietrich Bonhoeffer* through a DVD and group discussions from the study guide. The last evening we will reflect on situational ethics and explore what we might do when living into faith is difficult, and choices are less clear.

Do you ever feel the call to live more deeply into your faith? If so, this may be a series for you.

I hope you can join us.

John+



*Dietrich Bonhoeffer
Westminster Abbey
West Wall of Modern Martyrs*

Anselm's Angels

Thanks to all who contributed to the **Souper Bowl** collection and to the **Youth Group** members who stood with soup pots in hand. We raised over \$2,742, our highest total ever, for the Food Bank of Contra Costa and Solano!

Thanks to the **Congregational Development Commission** for continuing the Social Justice Film Series with the showing of Paperclips.

The Crab Feed was well attended this year and a good time was had by all...in large part due to the efforts of: **Matt Gibson, coordinator**, and the rest of the **Crab Feed Crew**:

Kitchen Crew:

David Watson; Michael Hollinger; Marty Fischer; Bob Eddy; Alicia Gibson; Sara Swimmer; Jack Carey

Set up:

Alicia Gibson; Sara Swimmer; Michael Hollinger; John McGraw

Check in:

Sheila Gorsuch; Gordon Repp

Bartenders:

Andy Orear; Bob Eddy

Clean Up:

Keith & Joni Pearce; Doug Merrill



“DAY TRIPPERS” GROUP OUTING!

LOCATION: Eugene O'Neill Home (Tao House)
Lunch at Slow G's Eatery, 440 Diablo Rd, Danville

DATE: **March 15, 2014**

TIME: 11:30 -- St. Anselm's Parking Lot
12:00 -- Restaurant
1:45 -- Shuttle Parking lot
205 Railroad Avenue, Danville

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We will return home at about 4:30 PM

For more information, Please Contact Gail Clarke at Phone 925-935-8717 or Email wcgail21@gmail.com

!! MARDI GRAS BAKE SALE !!

The Christian Formation Commission and the participants in the Women's Retreat are planning to hold a Bake Sale during Coffee Hour on Sunday, March 2nd. This will be a Mardi Gras splurging opportunity for us all before the start of Lent.

As in past years, we expect there to be many delicious and mouth-watering offerings that can be purchased guilt-free, because, after all, it *is* the season of Mardi Gras and the funds go to a very good cause - our St. Anselm's Women's Retreat!

If you would like to contribute to our cause by bringing your own home-baked goodies, we would welcome them.

Just in Time for Easter! Eastern European Pysanky Egg Workshop!

Create your own uniquely-decorated eggs using this ancient art form

Suitable for Adults and Teens

SPACE IS LIMITED!

Date: Saturday, April 5, 2014

TIME: 11a – 4p BYO Bag Lunch

SIGN UP DEADLINE:

Sunday, March 23

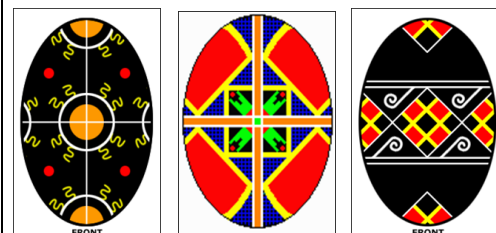
Sign Up Sheet in Jackson Hall

COST:

\$ 5.00 - Returning Participants

\$15.00 - New Participants

\$15.00 - Returning Participants
who need to purchase equipment



Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
Phone: (925) 284-7420
e-mail: carol.f@stanselms.ws
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
The Rev. Linda Wood, Associate
The Rev. Naomi Chamberlain-Harris, Deacon
Carol Fontana, Office Manager

The Senior Warden

When I received the call from John+ asking if I'd be interested in being on the Vestry a little over two years ago, I hesitated. I more than hesitated, actually. I was very close to declining. I hadn't been back to the church for very long at that point, maybe just over a year. I was still getting my feet wet in my faith, so to speak; how was I supposed to be a part of the governing body for the church when I didn't know up from down? And he wanted me to be Clerk as well? That sounded like an awful lot of responsibility for one whose faith had only just recently become important to her. I needed a second opinion, so I went to my parents for advice on whether or not I should do this. They were both almost as surprised as I was to hear that John+ had called and asked, but both, from the beginning, thought it would be a great opportunity and told me I should go for it. I left still unsure.

I kept asking myself, why did they want me? What could I bring to the Vestry? I didn't understand things like budgets, I was never really good at math (no, seriously, I had to repeat Geometry in High School). Committees were never really my thing (working in groups, depending on other people to get a job done sounded like torture to me). So why me? What could I do? Was it because I'm young? As an 8 O'Clocker John+ used to tease me that I brought the average age of that group down by about 25 years. Was it because I'm a girl? Was there some kind of quota the church needed to meet?

The more I thought, the more I figured this wasn't going to be a good fit for me. I liked being a part of the Altar Guild and being a Lector, both of which I still am a part of today, and that seemed enough for me and my faith. Why take on more responsibility? My shy faith had only just begun to build up some courage to stand tall; there was no reason to burden it with more responsibility.

And then it hit me. I realized why John+ recommended me to become a Vestry member.

What better way to bring someone whose faith was still so timid and fragile into the fold? I would be able to see what faith could bring to a community and how that faith could bring people closer together from all walks of life. I could experience the inner workings of a church I had come to love as it had loved me from the moment I walked through the doors. I could be a part of something larger than just my own faith; I could be a part of the faith of the whole congregation. I began to see being a part of the Vestry as a blessing rather than burdensome responsibility. My faith, my life, could be all that richer for being a bigger part of the community.

I called John+ quickly after this epiphany and accepted and have been grateful for it ever since. Now, starting my third year, I'm the Senior Warden. Two years ago this would have sent me running for the hills in horror for fear of responsibility. But now, I relish the challenge. I look forward to discovering more facets to my faith through this leadership opportunity over the year to come and sharing with all of you the amazing things that St. Anselm's does, and is capable of doing, through faith and fellowship.

Shanda Young

MICHAEL LANE PRESCHOOL

Michael Lane Preschool celebrated its tenth year of operation in 2013 with an anniversary party in May. Many past enrolled families attended the event which demonstrates the lasting impact the school and staff has had in the community. These families continue to recommend the program to others and many of our presently enrolled families initially toured the school because of these recommendations. Michael Lane's standing and presence in the area is largely due to "word of mouth" publicity. The school was fully enrolled throughout 2013 and is already receiving applications for the upcoming school year. We are pleased to be fully enrolled despite the added competition of the Transitional Kindergarten program in the local school district. As of December 2013 Michael Lane has a net operating fund of \$45,100.34 and a scholarship fund of \$3750.00. No families are in need of scholarship help at this time.

The staff continues to keep up to date with current research in early childhood education. The director completed a year-long program sponsored by First Five in which she had to video tape herself interacting with children as she practiced standards found in CLASS (The Classroom Assessment Scoring System). She was critiqued by a mentor by telephone, and shared what she learned with her staff during their staff meetings. Additionally, staff members attended the CAEYC conference in April. Lastly, staff meetings now occur five times a year rather than three.

Trina Audley left the school after more than five years at the school. Fortunately a replacement was found quite quickly in a past parent (and board member) at Michael Lane, Rebecca MacDonald. Rebecca has had two children attend the school for a total of six years. She is very familiar with the program and has made a smooth transition to her new position as our Tuesday/Thursday assistant.

Changes have also occurred on the board. Andy Orear took over as president in February. Jill Murphy, our treasurer for two years, trained Raina Foster to take over her position in September 2013. Our board recording secretary position, vacated by Rebecca MacDonald, was turned over to Rebecca Kelvin. Bob Eddy (Vestry Liaison) and John Sutton (Rector) are still members of the board, thus providing board stability.

MLP continues to enjoy a good and incredibly supportive relationship with the members of St. Anselm's Church. The Property Commission is always fast to fix any problems that occur with the property. The preschool looks forward to another successful year in 2014.

Kim Olson



***Daylight Savings Time Begins on
Sunday, March 9th***

***Remember to turn your clocks
AHEAD
One hour on Saturday, March 8th.***

WOMEN'S RETREAT - 2014

When: This year our St. Anselm's Women's Retreat will be held on March 28-30. Participants are welcome to come for the full three days or for one day only, Sat. March 29.

Where: Mercy Center, Burlingame, a serene and beautiful setting, with gardens, a labyrinth, private rooms, good food.

What: Our theme and focus will be Full-Body Prayer - prayer that can be embodied through walking, dance, music, and body postures that express the meaning of the prayer and, therefore, can deepen the emotionality of it. Some of our techniques will be from Celtic spirituality, some from monastic traditions. We're hoping for a creative and expressive time together.

Why: As women, who have come in past years, were signing up on Sunday for this year's retreat, I listened as they talked about why they were coming. High on the list was connection and getting to know other women at St. A's, deepening friendships and starting new ones. Close to this was fun - laughter and sharing. They also said that this is an opportunity every year to focus on their relationship to God and on next steps.

Leader: This year our retreat will be led by The Rev. Lindsay Hills. Lindsay was our seminary student intern several years ago. She is now the associate rector at St. Matthew's in San Mateo. She is a bright light - smart, caring, and spirit-filled. I will be assisting her. She has asked that we include women from her church who want to come on the retreat, so this will be a joint St. A's and St. M's retreat.

Cost: The full weekend, which is from 3 pm on Friday until noon on Sunday is \$260. (\$130/night). For Saturday only, the cost is \$60, which includes lunch. If you want to stay for dinner also, the cost is \$80. Whatever you do, PLEASE DO NOT BASE YOUR DECISION TO ATTEND OR NOT ON THE COST!!! There are funds for full or partial scholarships. You can talk to Father John or me about it.

Next Steps: If you have questions or want to sign up, you can call me at (925) 947-5932 or e-mail me: annechalfant-brown@gmail.com. You can also talk to me at coffee hour. If you know you want to attend, please let me know as soon as possible. We have only a couple of rooms left. Mercy Center's deadline for signing up for Saturday only is March 18.

Anne Brown

CRAB FEED 2015

**Mark your calendar:
February 7, 2015**

*IF YOU ATTENDED THE CRAB FEED THIS YEAR, AND WOULD LIKE A \$10 CREDIT FOR ATTENDING NEXT YEAR, PLEASE CALL CAROL IN THE OFFICE AND GET YOUR NAME ON THE LIST **BEFORE MARCH 31ST**, WHEN THE OPPORTUNITY WILL EXPIRE.*

FATHER JOHN SPOKE WITH THE VERY NICE OWNER OF PUCCI FOODS ABOUT THE SALTY CRAB. IT SHOULD NOT HAPPEN AGAIN! ☺



Lenten Series

Costly Conscience –*Conscience at Odds With Consensus*

Our challenging and timely Lenten series explores the dilemma faced by people of moral conscience when confronted with a tyranny to which their fellow citizens have acquiesced: people whose conscience is at odds with an overpowering consensus. Through the eyes of loyal German citizens during the Nazi regime, with special focus on the agonizing choice made by Lutheran pastor Dietrich Bonhoeffer, we will explore the tension between individual responsibility to a personal religious/ethical code, fear of reprisal, and the courage needed to make the choice.

It examines the major themes of Dietrich Bonhoeffer's belief system manifested in his public witness, his writing and speaking and how he not only helped transform an entire faith community in Germany during World War II, but how his beliefs continue to impact the Christian faith of people throughout the world today.

We will review themes from all of Bonhoeffer's major writings and learn how his faith has inspired the Christian faith of so many today. Please join us for this thought-provoking and inspiring series

As is traditional, we will gather for home-made soup, salad and bread prior to the program. *Some important information:*

SAVE THE DATES!

Dates: Tuesdays - March 11, 18, 25 and April 1

Time: 6:00 pm – *Program begins promptly at 7:00 pm*

Place: Jackson Hall

Needed: Volunteers to make soup and volunteers to provide bread and salad for each date.!

*Please contact Avon Wilson at coffee hour; at 283-3373;
or avonmwilson@yahoo.com*

FOOD BANK

Did you know that St. Anselm's can make it easier for you to donate to the Food Bank of Contra Costa and Solano? Bring your donations, in unbreakable containers, on Sunday and put them in the basket just inside the door of the church, to the left. The basket is taken to the altar by the ushers at the same time as the collection plates; the contents are then transferred to the huge barrel in the cloakroom area of Jackson Hall, until there is enough to warrant our Office Manager making a call to have the items picked up. This is another way we can expand St. Anselm's ministry and you can personally help the homeless and others in need.



WOMEN'S GROUP

The Women's Group will not be meeting in March. We decided to attend the Lenten Series instead.

Our group will have its next meeting on Thursday, April 10 at 7 pm in Jackson Hall. We will continue our regular monthly meetings thereafter on the second Thursday of every month.

If any of you have been thinking of attending and not getting around to it, I encourage you to come. Try us out one time! You'll experience interesting discussion, warmth and sharing, and an opportunity to stop, reflect and get centered.

If you have any questions, please phone me at (925) 947-5932 or e-mail: annechalfantbrown@gmail.com.

Anne Brown

Upcoming Events in March

1	Sat	9:00 a.m.	Choir Rehearsal
2	Sun		Christian Formation Bake Sale
		9:15 a.m.	Altar Guild Meeting
4	Tue		Shrove Tuesday
		5:30 p.m.	Pancake Supper
5	Wed		ASH WEDNESDAY
		9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		Noon	Service w/imposition of Ashes
		12:45 p.m.	Men's Group
		7:00 p.m.	Service w/imposition of Ashes
7	Fri	10:00 a.m.	Stephen Minister Meeting
8	Sat	9:00 a.m.	Choir Rehearsal
9	Sun		Daylight Savings Time Begins
		11:30 a.m.	Cancer Support Group
10	Mon	7:00 p.m.	Vestry Meeting
11	Tue	12:15 p.m.	Grief Support Group
		6:00 p.m.	Lenten Series
12	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
13	Thu	1:00 p.m.	Seniors Ministry Team Meeting
15	Sat	9:00 a.m.	Choir Rehearsal
		11:00 a.m.	Day Trippers to Tao House
18	Tue	6:00 p.m.	Lenten Series
19	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
22	Sat	9:00 a.m.	Work Party
23	Sun	9:15 a.m.	Inquirers' Group
			Canterbury Tales Deadline
25	Tue	12:15 p.m.	Michael Lane Preschool Board Meeting
		6:00 p.m.	Lenten Series
26	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
28-30	Fri-Sun		Women's Retreat at Mercy Center



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



Next *Canterbury Tales* deadline is March 23rd

Victory Garden of Life

Plant Four Rows of Peas

- Presence
- Promptness
- Preparation
- Perseverance

Plant Three Rows of Squash

- Squash gossip
- Squash indifference
- Squash criticism

Plant Five Rows of Lettuce

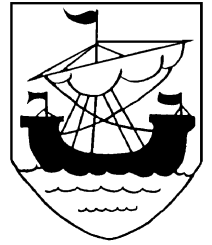
- Let us be faithful to duty
- Let us be unselfish and loyal
- Let us obey the rules
- Let us be true to our obligations
- Let us love one another

No Garden is Complete without Turnips

- Turn up for meetings
- Turn up with a smile
- Turn up with new ideas
- Turn up with determination to make everything count for something good and worthwhile



Canterbury Tales



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

May 2014

From The Rector

Wing's Wisdom

One of the fellows I run with is married to a woman who is an artist. She is using lint in her art. Yes, lint. So I have been very happy to go down to the dryer exhaust outlet on the side of the house and collect a week's worth of lint to give to Tom. I delight in the opportunity to NOT put something into the garbage can, when another can find a use for it.

Several years ago, I saw a documentary on how there are whole communities of folks who furnish their houses with what they find in the city dump. Some of the stuff is quite nice. Some of it serves a purpose only. But the bromide about one person's trash being another person's treasure is at play. And isn't there something wonderful we all feel when we know things are not being wasted?

When I was in college I had a summer job as a chauffeur. My employer was a delightful elderly woman who rented a house on the Bay for the summer in Belvedere. Her cook was an elderly gentleman named Wing. He moved for the summer from San Francisco to Belvedere with his employer.

Wing wasted nothing. One afternoon I came into the kitchen and Wing offered me a piece of watermelon. When I was finished eating it, I threw the rind in the garbage can. Wing chastised me, asking, "What did you do that for?" I responded, "It's a watermelon rind. It's worthless." He pulled the rind out of the trash, saying "HA! I'll show you!" He proceeded to cut the rind into little pieces as he told me a story:

"People say don't throw anything in the Bay. Wing says 'HA!' Late at night, Wing goes out on the porch and throws the pieces of watermelon rind into the Bay. Little fish come along and eat them. They produce more little fish. Then medium-sized fish come along and eat the little fish. They produce more medium-sized fish. Then big fish come along and eat the medium-sized fish. More big fish.

Late on Sunday afternoon, a poor man is fishing in the Bay. He works all week to support his family, but it isn't enough. Before, he went home sad because he didn't catch anything. But THIS Sunday, he reels in a whopper! He has food to feed his family, and extra food to sell at the fish market! Prices drop, the man's family is fed, ALL BECAUSE WING THREW THE WATERMELON RIND INTO THE BAY!

Everybody happy."

I got to know Wing pretty well. Well enough to admire how much he did with what little he had. There was a great dignity to this cook, and a great sense of connection to a greater good and a larger world. His values were indispos-able.

John+

Anselm's Angels

Our first annual "Egg-stravaganza" event was a success and met with enthusiasm. Thanks to:

Sheila Gorsuch -- planning, setup and cleanup; **Marty Fischer** -- planning, food, shopping, and setup; **Gail Clarke** -- planning, crafts, shopping, setup, photos, cleanup; **Michal Hollinger** -- setup; **Julie Starr, Carol Fontana and Anne Brown** -- basket decorating; and everyone who brought food for Trinity Center baskets; **Janet Nadol & David Holcombe, Joni, Keith, Nathan & Alden Pearce, Sally Morrison, Dharmini Harichandran, Roseanna Conlon-** - crafts; **Sally Fischer** -- crafts and setup **Jim Morrison and Foster Lipscomb**-- food; **Calvin Sherwood** -- food and delivering baskets to Trinity Center; **Norm Gorsuch and Art Clarke**-- cleanup; **Gordon Repp** -- cleanup and lockup; **Vicki Pappas** -- photos **Katherine Ward** -- mood music on the piano.

This year's Lenten Series – *Costly Conscience* - was privileged to have a yeomen group of helpers: from the planners to those who pitched in to clear tables and load the dishwasher. The Christian Formation Commission would like to thank the following wonderful volunteers who made it such a successful and meaningful event:

ANSELM'S ANGELS
cont.

(Continued on page 2)

EQUIPPING THE BELOVED COMMUNITY

(hosted by the Contra Costa Deanery)

When: Saturday, May 17, 10 a.m. to 5 p.m.
Where: St. Timothy's, 1550 Diablo Road, Danville

Cost: \$25 — general
 \$10 — parishioners in the Contra Costa Deanery
 Free — St. Timothy's member, trainers, and youth 18 & under
 Scholarship support available - contact Julia McCray- Goldsmith,
juliam@diocal.org

Lunch is included in the cost of registration
 Childcare available by advance reservation -
 contact Lori Robinson, lrobinson@sainttimothysdanville.org

ONLINE REGISTRATION:
<https://diocal.wufoo.com/forms/equipping-the-beloved-community/>

SUPER STARS LITERACY

“Again! Again!” How many of you dreaded hearing those words after reading a favorite story for the 3rd time in one night? Did your child use a chubby little cardboard book as a teething ring? Did you make weekly trips to the local library for story hour and to refresh the supply of bed-time stories so that, maybe, everyone could hear something new without the house being swamped in books? When my family was going through that stage of life, it didn't occur to me that my children were lucky or that Jim and I were setting the stage for a lifetime of learning. We were just doing what we thought everybody did. But there are many children who enter school three years behind grade level – at age five they have the vocabulary and literacy skills of the average two year old.

Before grade two, children are learning to read. In grade three and beyond, they must read to learn. That's what I learned in my first encounter with Super Stars Literacy; it made sense of all the other literacy statistics related to high school dropout rates and our prison population. If a student can't read, she can't succeed in school and if he feels like a failure, he won't stay engaged. The mission of Super Stars Literacy is to provide every child the foundation for lifelong learning.

Super Stars started off in one school in Oakland 11 years ago and I have been a proud volunteer for the past 2 ½. This year, we are serving over 400 children in grades k-2 in seven schools in Hayward and Oakland. Our program is aimed at everyday children whose families haven't had the opportunity to prepare them for success in school. Students are recommended by their teachers and their parents have to agree not only to their child's participation but to attending family events held throughout the school year. Participants receive ***Super Stars cont.***

in-school support as well as 15 hours per week of on-site after school intervention that includes social emotional skill building along with literacy train-

(Continued on page 5)

(Continued from page 1)

Program Advance Planning

Christian Formation Commission:
Anne Brown, Gail Clarke, Judy Peak, Marty Fisher, Sharon Barrington-Carlson, Marian Mulkey, Cathy Witkay, John Sutton and Avon Wilson

Discussion Leaders - **Anne Brown, Gail Clarke, Judy Peak, John Sutton and Avon Wilson**

Soup, Salad and Bread – Delicious!

- Soup – **Avon Wilson, Judy Wasson Anderson, Caroline Merrill and Roseanna Conlon**
- Salad and Bread - **Anne Brown, Bobette Atkins, Jeannie Hill and Gail Clarke**
- Set-up - **Gail Clarke, Bobette Atkins, Barbara Thornton and Avon Wilson**
- Clean up - **John Sutton and all the attendees**

THANKS SO MUCH!

Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
 Phone: (925) 284-7420
 e-mail: anselms@yahoo.com
 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

“Happy Jesus-Is-A-Zombie Day!”

This status popped up on my Facebook feed multiple times this past Easter. It’s something I’ve heard on multiple occasions throughout my lifetime, usually from friends who are stout Atheists or Agnostics. In all honesty, before I came back to my faith, I too repeated the refrain from time to time.

However, with the popularity of the TV show/graphic novel The Walking Dead, movies like “Evil Dead” or “Shaun of the Dead”, and books (turned movie) like World War Z, the prevalence in the belief of the dead rising seems to have increased ten-fold over the last ten years alone. There have been research studies done to determine if the “zombie threat” is real or simply a myth propagated worldwide. I, myself, consider myself to be quite the zombie aficionado. Anything I can get my hands on about the reanimated dead has always fascinated me. I’ve read short stories, listened to podcasts about the viability of an actual zombie uprising, and seen countless movies.

So the correlation between the belief in rising dead and Jesus being raised is an easy jump to make. Psalm 27:2-4 gives compelling argument:

²When the wicked advance against me
to devour me,
it is my enemies and my foes
who will stumble and fall.
³Though an army besiege me,
my heart will not fear;
though war break out against me,
even then I will be confident.
⁴One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD
all the days of my life,
to gaze on the beauty of the LORD
and to seek him in his temple.
⁵For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent
and set me high upon a rock.

Now, “devour” can be equated to “slander”, but if one reads this passage with a literal, zombie-centric view, “devour” can literally mean that the enemy has come to eat the living. The passage continues on about how the Lord will “keep me safe in his dwelling;/ he will hide me in the shelter of his sacred tent/ and set me high upon a rock”. I don’t know about you, but again thinking in the literal sense, one of the best ways to retreat from a zombie is to find high ground, the perfect example: being set upon a high rock. Now, I know this is not the literal translation, as one is to infer from this passage that faith in the Lord when those who would do us harm will keep our spirits whole and He shall keep us safe. I also understand that Jesus is most definitely NOT a zombie, as he was risen to sit at the right hand of the Father, not to devour the living. But you have to admit, this gives interesting food for thought, no?

Shanda

Speak Up And Act!

Summing Up the 2014 Lenten Series

By Anne Brown, Avon Wilson and Gail Clarke

Lent is a time to reflect, contemplate, renew, and strengthen our spiritual lives. The goal of this year's Lenten Series was to challenge our hearts, minds, and consciences, and grapple with current issues that we, as everyday citizens and Christ's disciples, need to face.

The first three sessions of the series centered on understanding more about the moral and spiritual underpinnings of the resistance to Nazism in Germany before and during World War II. Using two timely documentaries, we:

- Learned of the growing opposition by steadfast German citizens to the evils of the Nazi regime, and of many of their unsuccessful attempts to overthrow that government.
- Focused on the beliefs, teachings and moral dilemmas faced by Lutheran pastor, Dietrich Bonhoeffer, one of those loyal Germans who supported the overthrow of Hitler, and paid with his life. We examined the major themes of Bonhoeffer's belief system, public witness, writing, and speaking.
- Realized that Bonhoeffer practiced what he preached; he felt that God's word and the Sermon on the Mount should guide our everyday lives and actions. His value system not only helped transform an entire faith community in Germany during World War II, but also continues to impact the Christian faith of people in the world today.

Channeling Bonhoeffer, in our final session we moved on to look at the application of his ideas and moral teachings today. We considered the following questions:

What are some of the current issues impacting us?

- Climate change
- Widespread pollution
- Extensive surveillance
- Functional illiteracy
- Political polarization
- Special interest legislation
- Media consolidation
- Public information manipulation

As Christians, how do we assess our personal and economic preferences against the public benefit?

- Donating/Not donating to causes that make a positive difference but are not tax-deductible
- Making/Not making environmentally sounder, but perhaps costlier, choices
- Agreeing/Not agreeing to tax ourselves to improve education
- Weighing global needs against individual interests

What does a Christian ethical conscience look like today? What can we do individually?

- Speak out and take a stand.
- Put our money where our mouth is.
- Engage in community service - use our talents as well as our treasure.

What are some socially conscious organizations where we might become personally involved?

- **Episcopal Public Policy Network** - The Episcopal Church's political action group
www.episcopalchurch.org/page/public-policy
- **Interfaith Power and Light** - A religious response to global warming and energy use
www.interfaithpowerandlight.org/
- **Trinity Center** - A local organization helping those without a home; www.trinitycenterwc.org/
- **Habitat for Humanity-East Bay/Silicon Valley** - An organization that brings people together to build homes, communities and hope;
www.habitatbsv.org/
- **Responsible Wealth/ United for a Fair Economy** - A network of American business leaders, investors, and inheritors who believe that growing inequality is neither in their own nor society's best interest
www.aireconomy.org/responsible_wealth
- **Common Cause** -- A nonpartisan citizen's lobbying organization promoting open, honest and accountable government that serves the public interest; www.commoncause.org/

We could summarize the evening and the series with the simple phrase, "**Speak Up and Act!**"

MICHAEL LANE PRESCHOOL

KINDERGARTEN READINESS ACT OF 2014

I would like to share my concerns about SB 837, the Kindergarten Readiness Act of 2014. I am sure that you are all aware of the big push for Universal Preschool as the idea is getting a lot of attention in the press. Although I am a strong believer in early education for all, I am 100% against this bill proposal, in its current state, which has been introduced by Senator Steinberg. I applaud Senator Steinberg's effort to fix the flawed Transitional Kindergarten (TK) program. While the original intent of TK was to meet the needs of children who weren't ready for a kindergarten program, it has ended up being inconsistent and spotty throughout the state. I personally visited the TK program at Happy Valley in the fall. Although the teacher is devoted, experienced and committed to her children, I was dismayed to note that she was completely unaware of The Preschool Curriculum Framework established by the California Department of Education, standards which we follow at Michael Lane Preschool. The class was not, in any way, developmentally appropriate. The children had very little time to learn through play, the class was not child-centered. The children are not getting an "extra year to develop their social skills". They are getting an extra year of practice in following school routines, and a watered-down kindergarten curriculum. Simply put, it seems that it is a case of the right hand not knowing what the left hand is doing in the state of California as far as early childhood education is concerned. The rhetoric is there, but the follow through is not. The bill promises to provide the opportunity for all four year olds in California to attend a high-quality, voluntary transitional kindergarten. Yet, these four year olds will be placed in classrooms with credentialed elementary school teachers who have no units in early education. The student-teacher ratio will be 10-1. If SB 837 passes, four year old children (the child must turn four by September 1st), throughout the state of California, will be able to attend school for free at public schools. Sadly, their teachers will be woefully unprepared to teach them. Additionally, if this bill passes it will greatly impact many private and public preschool programs in the state which currently, and successfully, serve low income children. The idea of Universal Preschool is often touted as being beneficial to lower income families. The reality is that putting preschool in the public elementary schools will threaten many programs, public and private, which now serve children who need care all day long, while the proposed bill only offers part-time kindergarten. Where will these children go for the rest of their day? It is my belief that low income children are better served by Head Start and Title-5 programs which adhere to developmentally appropriate standards and provide full day care.

I encourage you to write your legislators requesting them to oppose SB 837. We can do a better job for our young children. Universal Preschool for all four year olds is, and should be, in California's future, but not as defined in Bill SB 837. More work needs to be done to get it right.

A list of Legislator Contact Information is available from St. Anselm's the office.

Kim Olson, Director
Michael Lane Preschool

(Continued from page 2)

ing. The majority of our students are from low income families and about half are English language learners. Last year, 94% of our students increased their literacy skills. If Super Stars is lucky enough to work with them for three years, 66% of our students will have reached or exceeded benchmark proficiency by the end of 2nd grade.

Super Stars teachers are AmeriCorps members and we are proud to have been one of only four new AmeriCorps grant recipients in the state of California in 2012. Working with Super Stars changes the lives of our young teachers, too. Nearly one-third extend their placement with Super Stars for a second year and we've inspired some to join Teach for America or go back to school for degrees in education.

Sunday, May 4th, Father John has offered to donate the plate collection to Super Stars and I hope you remember your wallets and checkbooks. If you'd like to find out about volunteering or want more information, please contact me: Sally Morrison at: jdsb.morrison@gmail.com

Environmental Series

The Mechanism of Global Warming

Introduction

This is the first of a series of environmental articles for Canterbury Tales. We hope to place an article in each issue. “We” are Doug Merrill and John Powers. Our intent is to raise awareness of environmental issues and their effects on us and to describe what we might do to help and what others are doing. We will offer tips about resource conservation, discuss the effects of policy, describe upcoming technology, and more. John’s background is in energy and Doug’s in water. That doesn’t mean we will limit ourselves to those topics; the subject matter is limitless. We encourage others with environmental interests to contribute to this series. Our first article is about global warming.



Global Warming: the Mechanism

Global warming is one of the great challenges of our time. The warming trend is believed to be caused mainly by the accumulation of greenhouse gases in the atmosphere, primarily carbon dioxide (CO₂), during the industrial revolution. These gases are for the most part generated by the burning of fossil fuels and wood.

How do greenhouse gases trap solar heat and radiation within earth’s atmosphere? Let’s first look at the ways energy moves among the sun, earth, and earth’s atmosphere. Radiant energy moves from high-temperature bodies (the sun, for example) toward lower-temperature bodies (the earth, for example). Short wavelengths of visible light emanating from the sun rather easily pass through the atmosphere and are absorbed by the earth, heating it. This short-wave radiation is minimally absorbed by the atmosphere and heats it very little. However longer-length, lower-temperature energy re-radiated from the warmed earth back towards cold outer space is less able to pass through the atmosphere and a great deal of this energy is thus absorbed by it (the atmosphere). Heating of the atmosphere is mainly caused by this re-radiated low-wavelength energy.

Before the industrial revolution, when greenhouse gas concentrations were relatively low, the atmosphere maintained a fairly constant average temperature. As man-made greenhouse gas concentrations began to increase, average temperatures began to creep up. This is because greenhouse gases strongly absorb re-radiated low-wavelength energy. The higher the concentrations of greenhouse gases in the atmosphere the higher the amount of re-radiated energy retained in it. The result is a higher-temperature atmosphere.

Can greenhouse gas concentrations be reduced to pre-industrial levels, reversing the temperature creep? In theory, it’s possible but it will be extraordinarily difficult to do. Perhaps this topic can be explored in a future article.

Doug Merrill

PLANNED GIVING

THE EASIEST WAY TO REMEMBER YOUR CHURCH

“What is the simplest way to remember our parish in our estate plan?” I was recently asked. What a wonderful question. In response, I gave several ways to choose from. “Different strokes for different folks,” I proposed, “depending upon how your affairs are arranged.”

The Most Popular Way

Most estate gifts received by parishes are in the form of a bequest from a will or a revocable trust. The amount may be a specific dollar amount. More often, the gift is expressed as a percentage—for example, “To St. X Episcopal Church, Smalltown, CA, I leave 10% of the remainder of my estate.”

An Easier Way

When writing or changing your will or trust, it is easy to make provision for a bequest to the church. A way to remember the church without using an attorney to modify your will or trust is to name the church as the beneficiary of a retirement plan or life insurance policy. If you have an IRA, 401(k), or 403(b), you can simply name Episcopal Charities, your parish, or another charity, for a percentage. For example, “40% to St. S. Episcopal Church, Smalltown, CA.” Just call the 800 number on your plan statement and ask for a “Change of Beneficiary” form. It’s easy! Same with life insurance—even with an employer-provided policy.

A More Beneficial Way

Before Sally sold her house, she put part of it in a charitable remainder trust. That way she did not pay any capital gains taxes and received a secure lifetime income as well as a large cash settlement. She named her parish as remainder beneficiary of the trust that paid her income for as long as she lived. When Betty’s CD matured, she used it to buy a charitable gift annuity. This doubled her income, gave her a tax deduction, and will benefit Bishop’s Ranch when she dies.

How Much?

“Your father and I want to put the church in our trust,” my mother once told me, “but we don’t know how much. Any ideas?” she asked. “Well, Mom, you and Dad have always tithed on your income. How about the same 10% in your estate?” “How simple!” she replied. “Why didn’t I think of that?” “In our will,” another parent told me, “we have made St. S. our fourth child.”

There are many different ways to remember your church. The best way for you depends upon your circumstances and your intentions. To learn more about your options, ask a member of the Gift Planning Committee. Or call your diocesan Gift Planning Officer at (415) 869-7812.

Let your estate plan become an expression of your values and your faith.

For more information contact:

Amanda Kiernan
Gift Planning Office
Episcopal Diocese of California

(415) 869-7812
amandak@diocal.or

Upcoming Events in May

2	Fri	10:00 a.m.	Stephen Ministry Meeting
3	Sat	9:00 a.m.	Choir Rehearsal
4	Sun		Literacy Sunday
		9:15 a.m.	Altar Guild Meeting
		11:15 a.m.	Youth Choir Rehearsal
		11:30 a.m.	Cancer Support Group
6	Tue	12:15 p.m.	Grief Support Group
7	Wed	9:30 a.m.	Hatha Yoga
		12:15 a.m.	Men's Group
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12	Mon	7:00 p.m.	Vestry Meeting
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		11:00 a.m.	Contemporary Bible Study
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18	Sun	11:15 a.m.	Youth Choir Rehearsal
20	Tue	12:15 p.m.	Preschool Board Meeting
21	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
25	Sun	9:15 a.m.	Inquirers' Group
			Canterbury Tales Deadline
26	Mon		MEMORIAL DAY—the Church office will be closed
28	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study



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



Next *Canterbury Tales* deadline is May 25th

SMILES FROM THE BIBLE

Q. What do they call pastors in Germany?

R. German Shepherds.

Q. What excuse did Adam give to his children as to why he no longer lived in Eden?

R. Your Mother ate us out of house and home.

Q. Which Bible character had no parents?

R. Joshua, son of Nun.

Q. Why didn't they play cards on the Ark?

R. Because Noah was standing on the deck.

Q. What kind of motor vehicles are in the Bible?

R. Jehovah drove Adam and Eve out of the Garden in a Fury. David's Triumph was heard throughout the land. Also, probably a Honda, because the apostles were all in one Accord.

Q. Who was the greatest female financier in the Bible?

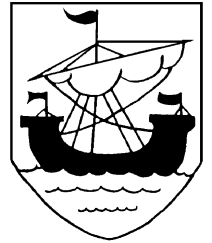
R. Pharaoh's daughter. She went down to the bank of the Nile and drew out a little prophet.

Q. Who was the greatest comedian in the Bible?

R. Samson. He brought the house down.

Canterbury Tales

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



June 2014

From The Rector

ATTENDANCE AT ST. ANSELM'S DOUBLED OVER THE COURSE OF LAST YEAR!

Okay, that was a shameless lie designed to get you to read on. But I suspect that if I had headlined this article, **Invite A Friend to Church**, some of you would have turned to page six of Canterbury Tales and looked at the schedule for the coming month.

What if attendance did indeed double over a year though? Is it conceivable? I think it is. And it wouldn't happen by chance, but by a deliberate change in mindset in how far church reaches in our lives. That change would incorporate simple modifications of behavior that could ultimately benefit our friends and neighbors.

On Saturday May 17th, St. Timothy's Danville hosted a series of workshops entitled "Equipping the Beloved Community." The workshops were sponsored by the Diocese for the Contra Costa Deanery.

One session, **On Being An Invitational Church** was designed to help parishes become more welcoming to visitors and newcomers. *Thanks to Gail Clarke, who took notes, and provides them below:*

What are some things we can do to be more invitational?

- 1) Invite a friend to church, especially if there is something special going on. One good upcoming example is the Pentecost Party on June 8th.
- 2) Go to friends with whom you have other connections, whose needs you may know, and whose stories you know. Invite them to come to church when there is something that is going on that may interest them.
- 3) If you invite a friend to a church event that isn't connected to the Sunday service (Example: "the Making a Difference" Social Justice film series), this is a time to make a quick but not heavy-handed plug for checking us out on Sunday too.
- 4) Don't make assumptions about people and act on those assumptions – they may be completely wrong. Get to know the personal stories of new folks and proceed from there.
- 5) Don't feel that you have failed if someone comes to church or to an event and doesn't return regularly. We are up against a strong secular world out there, and many folks are skeptical at best. A good "hook" is to be relevant and personable, rather than overwhelming.

RECTOR cont.

(Continued on page 2)

Anselm's Angels

There shall be eternal summer in the grateful heart.

~Celia Thaxter

My deepest thanks for all of your prayers, good wishes and cards while I was convalescing from my broken hip and hip replacement. I am deeply appreciative for your support. It is so good to be back with my Church family.

With love,
Naomi

Thank you to all of you who brought socks for the Deacon's annual sock project during Lent. My friend, Deacon Mary Hinse, has already distributed them to the homeless in Oakland. My basket is back in the rear of the Church ready to collect clothing for the folks coming to Trinity Center located at St. Paul's. Especially needed are clothing and toiletry items for men. If you have questions as to needed items, please check with Vicki Pappas. Thank you!

Blessings,
Naomi



PENTECOST CELEBRATION!

Calling all grandparents and parents and kids to have fun together at St. Anselm's festival for families and friends!

St. Anselm's will celebrate Pentecost on Sunday, June 8th, with a BBQ and activities for all ages following the 10 o'clock service, starting at 11:30 a.m. The BBQ theme will be Southern, featuring Marty Fischer's famous pulled pork sandwiches as well as hot dogs and veggie burgers. There are sign-up sheets in Jackson Hall for the potluck selection -- potato salads, coleslaw, baked bean casseroles, green salads, macaroni salads, etc., and desserts/cookies -- and, oh yes, clean up!

At 10:30 a.m. on Saturday, June 7th, we will be inflating balloons. Any and all help will be appreciated. Listen up at each service for the latest detailed announcements.

Courtesy of George Wasson, there will be an old fire truck visiting us for kids to explore and ride. There will also be a Jumpy Castle, face painting and a scavenger hunt.

This is a great opportunity to invite your neighbors, your children's school pals, your family favorites to join us at St. Anselm's. Please sign up ASAP to help the organizers plan accordingly.

(Continued from page 1)

- 6) Realize that dealing with an Episcopal service can be VERY overwhelming to the uninitiated. Stand up, kneel down, call and response, etc. Thank goodness we have a service bulletin and don't use BCP very often, because that adds a whole level of complexity. A great way to be helpful and welcoming to someone new is to just quietly help them use our materials if they seem confused. Be a good "book handler and page turner".
- 7) There is a fine line between being welcoming and being overwhelming to newcomers -- some of the participants gave anecdotes about parishioners trying too hard and almost acting predatory. Be warm and invitational, but don't try to sign up someone to be on a committee the first thing. That often will scare them away.
- 8) Have a discussion about what makes your church unique, special, even charismatic, and play off those strengths through media (social and otherwise) and promotional materials.

John+

SUMMER WORK PARTY

Our Summer Work Party will be held on Saturday, June 21st. Please mark your calendars and watch for further announcements. As usual, lunch will be served.

No August Canterbury Tales

Our next issue of *Canterbury Tales* will combine both July and August.

The deadline for submission of articles and notices is June 23rd.

New Parish-Wide Directory

The 2014 Parish Directory is now available. Copies are located in the Church and in Jackson Hall. It is also available in an e-version.

Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
Phone: (925) 284-7420
e-mail: anselms@yahoo.com
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

PLANNED GIVING

Stewardship Challenges for Unmarried Couples

As I drove my retired aunt to the Alameda Coast Guard station to get her military identification card updated, I was reminded of why some older couples live together without the benefit of marriage. Despite the natural desire for life companionship, a military widow would lose her military pension if she were to marry—a financial hardship that might tip the balance to insolvency. For others—such as same gender couples—there are legal barriers to marriage.

Whatever the reason for not being legally married, unmarried couples face particular challenges in their financial and estate planning. While married couples may face a “marriage penalty” affecting their income tax, unmarried couples can face much greater penalties by not qualifying for very significant benefits enjoyed by lawful spouses— such as the availability of the unlimited marital deduction.

Thus, the same gifts or inheritances that can be given tax-free between spouses may be subject to taxes when made between unmarried partners. Nor are real estate tax allowances for spouses in California, a community property state, extended to unmarried partners. For example, the jump in real estate taxes on a co-owned home upon the death of an unmarried partner may precipitate the surviving partner having to sell.

Healthcare decision-making is another important area of stewardship where unmarried partners face special obstacles. When a person is incapacitated, legal spouses and blood family have legal authority that unmarried partners generally do not have. A distant or estranged relative may end up making decisions for a hospital patient while the patient’s life-partner can only helplessly stand by and watch.

The good news is that some of these legal disadvantages can be anticipated. For example, an Advance Healthcare Directive can give primary healthcare decision-making authority to a loved one who is not a relative. A well-drafted revocable living trust can deliver to unmarried partners results that are similar to prerogatives enjoyed automatically by those who are married. Some attorneys and financial planners have special expertise in this area.

For more information or for names of expert professional advisors, contact the Gift Planning Department.

As stewards we are called to be smart as well as generous. Whether our personal circumstances are single, partnered or married, our Christian stewardship means caring for the assets that God has given us.

For more information contact:
Amanda Kiernan
Gift Planning Office
Episcopal Diocese of California

(415) 869-7812
amandak@diocal.or

STEPHEN MINISTRY AT ST. ANSELM'S

Stephen Ministry is our congregation's one-to-one caregiving ministry. God works through Stephen Ministers to plant a seed of hope and healing in a person whose life seems turned upside down and forlorn because of some crisis or tragedy.

Stephen Ministers pray, share Christ's love, maintain confidentiality, listen, explore feelings and pray.

Stephen Ministers care for people who are:

- Grieving
- In a crisis
- In need of long term care
- Dying
- Hospitalized
- Divorcing
- Experiencing losses as they age
- The family and friends of people in crisis



Through this ministry God will bring forth new life and renewed faith in both your care receiver and in you as a Stephen Minister.

Is God calling you to serve this way?

To learn more about becoming a Stephen Minister contact Father John+ or Linda Orear

ENVIRONMENTAL SERIES

Solar Power

Last month, in the inaugural article in our Environmental Series, Doug Merrill outlined the grim (some might say inconvenient) truth about global warming – it's real, it's caused primarily by the burning of fossil fuels, and it's already having real impact on real people today. This month we'll look at a viable alternative to some fossil fuel burning, i.e. solar power.

In the US, producing electricity by burning fossil fuels releases more carbon dioxide than all of our cars and trucks combined. And it need not be so. We can produce a great deal of the electricity we need with solar power. The most common method of producing solar power is with photovoltaic arrays, which convert the sun's rays directly into electricity. As anyone who looks up at the roof of Jackson Hall knows, St. Anselm's has been on board with solar power for several years. St. Anselm's was the first Episcopal church in our Diocese to install a solar system. Since our system was installed in 2007 our electric bill has hovered around zero. We have saved approximately \$25,000 on electrical costs while avoiding production of about 20 tons of CO₂ at the power plant.

What you may NOT know is just how much the cost of a rooftop solar power system has declined in recent years. The cost of the solar panels used for most Bay Area rooftop systems has dropped by 80% since 2008. You read that correctly – 80%. And while it's true that there are other costs (inverters, wiring, installation, monitoring, etc.), the cost of putting solar on a house in the Bay Area is down by over 50% in the past six years. And the news gets better. Prices are now low enough that most PG&E customers will save money immediately upon installing a solar power system. New offers from solar companies and their allies make it possible to buy a photovoltaic system for your roof without a big up-front investment.

I've had a solar power system on my own house for more than 5 years, and it's been (almost) trouble free (we've replaced one part, under warranty). It saves us more than 50% of our PG&E bill, and has reduced our carbon footprint significantly. I don't regret spending more, but if you've waited this long, congratulations – you can spend a lot less!

John Powers

Upcoming Events in June

1	Sun	9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
		11:30 a.m.	Pentecost Party Planning Meeting
4	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		12:15 p.m.	Men's Group
		5:15 p.m.	"Day Trippers" - "Chanticleer" Concert at LOPC
7	Sat	9:00 a.m.	Choir Rehearsal
8	Sun		PENTECOST SUNDAY
		11:30 a.m.	Friends & Family Barbeque
9	Mon	7:00 p.m.	Vestry Meeting
10	Tue	12:15 p.m.	Grief Support Meeting
11	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
12	Thu	7:00 p.m.	Women's Group
14	Sat	9:00 a.m.	Choir Rehearsal
15	Sun		FATHER'S DAY
16	Mon	1:00 p.m.	Michael Lane Preschool Board Meeting
18	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
19	Thu	1:00 p.m.	Seniors' Ministry Team Meeting
21	Sat	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	Summer Work Party
22	Sun	9:15 a.m.	Inquirers' Group
			Canterbury Tales Deadline
25	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
28	Sat	9:00 a.m.	Choir Rehearsal

Happy
Father's Day



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



Next *Canterbury Tales* deadline is June 22nd

Maya Angelou (1928-2014)

A scroll through her Twitter account leaves us with a kind of Maya Angelou Playbook for Life”

“Listen to yourself and in that quietude you might hear the voice of God.”

“The most called-upon prerequisite of a friend is an accessible ear.”

“Have enough courage to love.”

“When we decide to be happy we accept the responsibility to bring happiness to someone else.”

“You can only become truly accomplished at something you love. Don’t make money your goal. Instead pursue the things you love.”

“Let the brain go to work, let it meet the heart and you will be able to forgive.”

“I agreed a long time ago, I would not live at any cost. If I am moved or forced away from what I think is the right thing, I will not do it.”

“I have a certain way of being in this world, and I shall not, I shall not be moved.”

“This is a wonderful day. I’ve never seen this one before.”

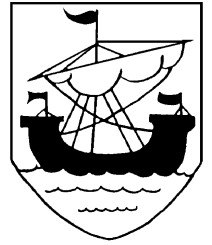
“We must be warriors in the struggle against ignorance.”

“To my surprise and delight, Oprah, Stedman and Gayle came by to approve my recovery. I am grateful to God for love.”

“I rise, I rise, I rise.”

Canterbury Tales

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



July-August, 2014

From The Rector

Welcome your new Youth Minister!

I am happy to announce that Shanda Young, your Senior Warden, has agreed to take the lead on becoming our Youth minister. Shanda will be coordinating with me, our youth and parents of Junior and Senior High-aged students over the summer to develop a program that will work for the majority of participants.

Some of you may not know Shanda as she usually attends the 8 a.m. service. She is in her third year of serving on the vestry, and is a member of the Altar Guild.

Shanda loves working with youth, and brings significant skills to the table. She works for Contra Costa County Public Health Services as a counselor to at-risk youth in Central and East County. She works to ensure the youth are aware of the resources available to them, and to encourage them to make healthy choices. She also is the girls' softball coach at Ygnacio Valley High School.

In all the right ways, Shanda is a 'kid at heart' and is a caring and empathetic person. She grew up in Burton Valley, attended Campolindo, and has first-hand knowledge of the challenges our youth face.

We anticipate starting up the program in September, and seeing where it leads us.

Please feel free to contact me or Shanda directly if you have questions. Shanda's email address is slyoung33@gmail.com.

*Yours in Christ,
John+*

Anslem's Angels

*A perfect summer day is when
the sun is shining, the breeze is
blowing, the birds are singing,
and the lawn mower is broken.
~James Dent*

The Pentecost Party was a smashing success and enjoyed by all. Thanks to all who contributed: **Sheila Gorsuch** and the Parish Life Commission; **Julie Barnato, Gail & Art Clarke, Roseanna Conlon, Marty & Sally Fischer, Carol Fontana, Norm Gorsuch, Don Helmholtz, Michael Hollinger, Caroline Huddart, Foster Lipscomb, Katherine McCall, Doug Merrill, Roy & Ina Merrill, Vicki Pappas, Gordon Repp, Calvin Sherwood, Al & Sara Swimmer, Barbara Thornton, George Wasson, Avon Wilson, Eva Woo Norm Gorsuch** and **George Wasson**.

Fortunately our Angels didn't share the same outlook as Mr. Dent — many thanks to all who participated in the Summer Work Party: Organizers **Norm Gorsuch & Roy Merrill**; Workers—**Walter Blount, Gail Clarke, Rosanna Conlon, Sheila Gorsuch, Pam Green, Michael Hollinger, Doug Merrill, Ina Merrill, Dick Orear, Jill Schon, John Sutton, Al & Sara Swimmer** and **George Wasson**.

ACKNOWLEDGEMENTS TO OUR DADS

At coffee hour on Father's Day, we asked people to write "Something I Love About My Father" on post-it notes. Here are some responses.

My dad was filled with life, love, and adventure. He helped me to develop as a person and a Christian. Vicki Pappas

Milton Houghton - I love my dad because of his compassion. He could have made a lot of money as a doctor. He chose to be a "country doc" and take baskets of walnuts, etc. instead of \$\$ for his services, because he knew it was the right thing to do. Gail Clarke

Roy Merrill Sr. - Always there for me! Roy Merrill

I love that my Dad showed me how to give to others and show compassion and love!! Keith Pearce

He taught me stuff about life! Alden Pearce

My dad can do anything. He has love to give, happiness to spread, and good looks for Alden and I. I love you dad. Nathan Pearce

My Dad used to read to me when I was a child, so I grew up loving books. Anne Brown

My Dad used to say whoever told you life is fair, has a great sense of humor and a gentle spirit. Pam Green

My dad was my best friend! Amy Miller Neal

My father was always there. Love, Nancy

O.T. Warren - Wonderful advice. Ina Merrill

Anne Brown

TO SET THE RECORD & CREDITS STRAIGHT

For several Sundays before the Pentecost Party, Fr. John announced that George's Model T Antique Fire Engine would be at the party.

It is NOT George's fire engine! It is Lafayette's FIRST MOTORIZED FIRE ENGINE (1920 Model T) and was rediscovered in a collection yard in Pleasant Hill in 1975. Lafayette citizens decided that the City of Lafayette should acquire the old Model T. The City Council members agreed. The cost was covered by donations from citizens and merchants in the City. So the Fire Engine came home.

George was on the City Council at that time. When the question came up about who could drive it, George said that he had had a Model T as a teenager. The job was his. The fire engine resided in George's garage for 30 years, during its restoration.

The fire engine, known as "Old Betsy", is now permanently housed in the Heritage Room of the Lafayette Library.

So now you, too, know all about the fire engine! George Wasson

PRESCHOOL NEWS

I am happy to report that the Preschool just finished another successful year with full enrollment, and we are already full Fall 2014!

We are fortunate to have all of our amazing staff returning this fall, **Peg Matson, Reshma Faiq, Rebecca MacDonald and Kim Olson.**

Summer School begins June 24th and will run for six weeks, Tuesdays, Wednesdays and Thursdays.

A wonderful summer to all!

Kim Olson
Director



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

The Senior Warden

"Hmmm.... what should I write about this month?"

This is the question that has been turning through my mind for the last several days. I know the article is due this weekend, but what do I write about?

There are a whole ton of things I could write about. Like, how the Pentecost party was a huge success. Everyone I've talked to who attended has had nothing but great things to say about it (that jumpy castle, always a good call for the little ones... and some of the big ones, too). I was really sad to miss it, but I'm definitely excited to attend next year. In fact, all of the events that the different commissions have put on this year have been amazing. The fellowship that each event engenders is palpable and the fact that folks continue to talk about events months later truly shows the impact that they have.

I could also talk about the successful work party that happened last Saturday (yes, I know, I put this article off to the last minute... again... it's when I do my best work, I promise). I can't begin to tell you how much pride I take in how beautiful our church looks. To all of those folks who have put in so much work, thank you a thousand times over for putting so much blood, sweat and tears into making this one of the most amazing landmarks of Lafayette.

I might take some time to write about how excited I am by the prospect of having more youth involvement in our church. It's fantastic that both of the Grace boys are out on a mission trip this summer, and the overwhelming support, both spiritually and financially, from the congregation has been inspiring. The youth at our church will have an opportunity quite soon to have a larger role as part of the congregation as St. Anselm's youth ministry is about to go to the next level. My passion for youth development and engagement makes me practically giddy to think of all of the possibilities that can come from encouraging our youth to become a more dynamic part of our already fantastic congregation.

Or maybe I'll write about how much of a pleasure it has been these last six months to be the Senior Warden of the Vestry. I've had the opportunity to work with a dynamic group of folks as part of the Vestry for the last two and a half years and have learned so much about the inner workings of St. Anselm's. There are times during the meetings that I feel lost (usually when numbers are involved), but everyone has taken the time to help me understand so that I can contribute to the greater good of the church.

Huh, I really wish I knew what to write about. Guess I'll have to think some more.... Hmmm.

Shanda Young

PLANNED GIVING

SOMETIMES A WILL WON'T

When a supper table parish conversation turned to a mother hugging her waist-high daughter, she shared proudly, “This week I wrote my first will.” By way of further explanation, she added, “My financial planner told me that if I wrote it out in my own hand, this would serve until I visited a lawyer and did something more formal.”

“Congratulations on your first will!” I offered. “How did you decide who would serve as executor for your will?” “Executor???” she queried. “The person who will be your personal representative in seeing that your will is carried out,” I prompted. “Was that supposed to be in there?” she asked. “Well, if you don’t name someone in your will to do this, then the probate judge may name someone who may not be your first choice in distributing your goods to your loved ones,” I pointed out.

“In my will,” she offered further, “I’ve made two gifts to the church. I said that I want part of my life insurance to go to my parish, and part of my IRA also.”

“It’s wonderful that you want to include the church in your plans,” I encouraged, “however, your will won’t have any effect upon your life insurance or your IRA. No matter what you have written in your will, your life insurance and your retirement plan proceeds will go to whomever you have named elsewhere as policy and plan beneficiaries. If you wish part of these to go to your church, you need to request a “change of beneficiary” form from the life insurance company and the retirement plan custodian. I can help you with this, if you wish.”

Then I pointed out that, tax-wise, it is generally better to make the charitable gift from the IRA and the family gifts from the life insurance. This way the family avoids paying income tax on the IRA.

“If you’d like, I can email you a California Statutory Will form with blanks to fill in, if you are determined to avoid an attorney. But it would be far better for your family if you’d make an appointment with an attorney at an up-coming parish Wills Writing Session. For only \$75, you can have the assurance that your will will do what you want it to do.”

Sometimes a will won’t do what you want to be done. Some assets—like real estate or retirement plans, annuities or life insurance policies—may require other means to get them to whom you wish to receive them. When an attorney prepares your will, you will be informed on how you can accomplish your goals, both through a will and by other means. Get good legal advice for the sake of your loved ones—and your church.

For the names of attorneys who assist with writing wills and for a schedule of appointments, visit “Make a Will” at www.EpiscopalGift.org or call (415) 869-7811. In your plans, remember the church. And make your plans effective.

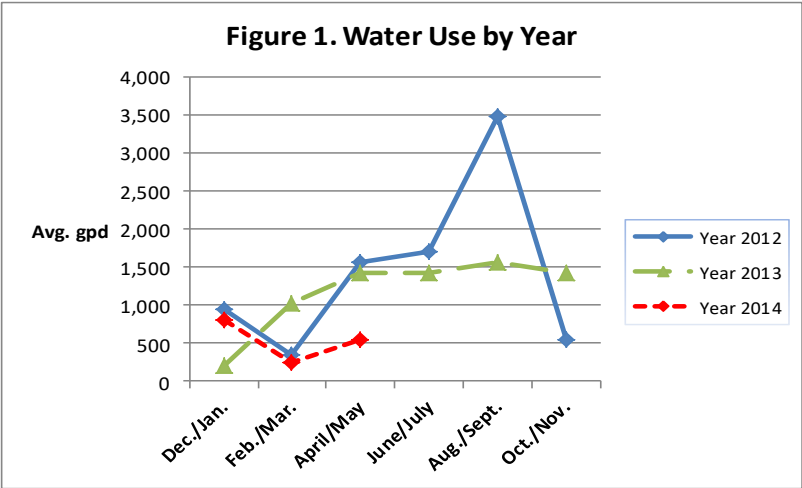
Amanda Kiernan
Gift Planning Officer, Diocese of California

St. Anselm’s Response to the Drought: An Interim Report

California has always been and will probably always be a water-short area. Water-conservation measures aid in preserving this increasingly scarce commodity.

St. Anselm’s has six large gardens. Our water use during the past two irrigation seasons has averaged about 1,500 gallons per day (gpd), except during August/September 2012, when usage spiked to 3,500 gpd, see Figure 1. The spike was probably due to an unattended hose left running. Our base flow, which is fairly constant throughout the year and supports cooking, cleaning, preschool and bathroom activities, accounts for 200-300 gpd. The remainder is consumed by irrigation. Our water bills for 2012 and 2013 were \$2,980 and \$2736, respectively.

In response to the drought of 2014, we have cut our warm-weather water use to about 575 gpd, see the red dashed line, Figure 1.



This reduction has been largely accomplished by trying to understand our gardens' minimum irrigation needs and then throttling back water delivery to match those needs and by using our programmable flow controllers (timers) more effectively than we have in the past. A stop watch and EBMUD’s water meter are used to assess flow volumes and flow rates to individual garden areas.

Table 1 shows how radically our irrigation rates have changed.

Table 1. Irrigation Season Water Usage, Past and Present				
Entity	Past		Present	
	Flow, gpd	Percent of total flow	Flow, gpd	Percent of total flow
Base flow	250	17	250	43
Columbarium lawn	150	10	100	17
All other plants	1,100	73	225	39
Total	1,500	100	575	100

While base flow has and will remain constant, irrigation rates have dropped precipitously. Flows to the columbarium lawn, the major individual irrigation-water consumer, have been reduced by 1/3. Flows to all other plants are now 20% of what they were previously. Overall we are using about 1/3 of the water we used in the past.

Has this project succeeded? We have certainly succeeded in reducing our water usage. If we continue in this way, we will succeed in reducing our water bills by 60-70%. However, if we are to claim a successful project our plants will have to make it through an entire drought season in good condition. We began irrigating in early April. So far, so good. We still have to get through the summer and fall. Stay tuned.

Doug Merrill

¹Data are presented in two-month intervals because that’s how often EBMUD reports water usage.
²Base flows correspond to the troughs on Figure 1, cold-weather periods when there is no irrigation.

MAKING A DIFFERENCE FILM SERIES

As part of our ongoing “Making a Difference” film series, and as an adjunct to our environmental awareness and climate change education program, St. Anselm’s will be presenting a double feature on Tuesday, August 5th and Wednesday, August 6th in Jackson Hall. These related films, “**Extreme Ice**” and “**Chasing Ice**”, deal with the efforts of scientists and photographers to accumulate real-time current evidence of the effects of human activity on the Earth’s climate.

The Extreme Ice Survey was founded in 2007 by noted National Geographic photographer, James Balog. Brilliantly merging art and science, this innovative, long-term project gives a “visual voice” to the Earth’s changing ecosystems. It demonstrates, through amazing visual images, just how global warming and human activity are affecting the planet NOW. This collection of photographs and videos of changes in glaciers are being used for scientific evidence and as a part of a global outreach campaign aimed at educating the general public about the effects of climate change.

Our first offering, “**Extreme Ice**” was televised as part of the acclaimed PBS science series, “**Nova**”. This hour-long program presents an overview of the Extreme Ice Survey, the participating scientists and photographers, the methodology they used to collect the data, and some stunning images of glacial melt and calving.

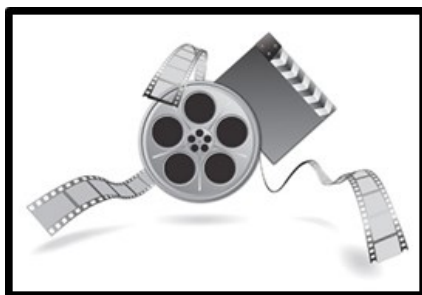
The second film is the 75-minute-long documentary, “**Chasing Ice**”. This film premiered at the Sundance Film Festival in 2012, and has won numerous awards and many accolades. It focuses on the survey’s founder, James Balog. He was once a skeptic about climate change and a cynic about the nature of academic research, but has done a complete about-face, and has the supporting evidence to back up his current beliefs.

“**Chasing Ice**” tells the story of this visionary artist and follows him as he sets up his cameras, risks his health, and endangers his life, to photograph and capture and bring back the most visible sign of climate change on the planet today. As in the Nova piece, this film shows some astonishing and disturbing images of glacial melt and calving.

Come, and encourage your friends to come and see these very important documentaries. Admission is FREE. For more information contact Gail Clarke at wcgail21@gmail.com.

VIEWING TIMES IN JACKSON HALL:

Tuesday, August 5, at 7:00 PM (Snacks will be available)
Wednesday, August 6, at about 12:00 noon (Please bring a bag lunch)



THE NEXT MEETING WILL BE...

Altar Guild—September 7th
Cancer Support Group—August 3rd
Grief Support Group—July 8th
Men’s Group—August 6th
Vestry—August 4th
Women’s Group—September 11th

Upcoming Events in July

1	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
4	Fri		INDEPENDENCE DAY
5	Sat	9:00 a.m.	Choir Rehearsal
8	Tue	12:15 p.m.	Grief Support Group
9	Wed	11:00 a.m.	Contemporary Bible Study
12	Sat	9:00 a.m.	Choir Rehearsal
16	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
19	Sat	9:00 a.m.	Choir Rehearsal
23	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
27	Sun	9:15 a.m.	Inquirer's Group
30	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study

Upcoming Events in August

2	Sat	9:00 a.m.	Choir Rehearsal
3	Sun	11:30 a.m.	Cancer Support Group
4	Mon	7:00 p.m.	Vestry Meeting
5	Tue	12:15 p.m.	Grief Support Group
		7:00 p.m.	Make A Difference Film Series
6	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		Noon	Make A Difference Film Series
		12:15 p.m.	Men's Group
9	Sat	9:00 a.m.	Choir Rehearsal
13	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
20	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
24	Sun	9:15 a.m.	Inquirer's Group
			Canterbury Tales Deadline
27	Wed	9:30 a.m.	Hatha Yoga
		11:00 a.m.	Contemporary Bible Study



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



Next *Canterbury Tales* deadline is August 24th

LESSER KNOWN SUMMER HOLIDAYS *(if you're looking for something to do)*

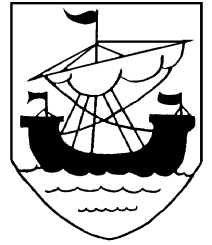
July

- 1 Creative Ice Cream Day
- 2 I Forgot Day
- 3 Compliment Your Mirror Day
- 4 Sidewalk Egg Frying Day
- 6 Build A Scarecrow Day
- 7 National Strawberry Sundae Day
- 9 National Sugar Cookie Day
- 10 Teddy Bear Picnic Day
- 12 Different Colored Eyes Day
- 13 Barbershop Music Appreciation Day
- 14 Pandemonium Day
- 15 Tapioca Pudding Day
- 17 Yellow Pig Day
- 20 National Lollipop Day
- 22 Hammock Day
- 24 Amelia Earhart Day
- 26 Aunt and Uncle Day
- 27 Take Your Pants for a Walk Day
- 30 Father-in-Law Day
- 31 Mutt's Day

August

- 1 National Raspberry Cream Pie Day
- 2 National Mustard Day
- 3 Friendship Day
- Sisters Day
- 5 Work Like A Dog Day
- 6 Wiggle Your Toes Day
- 7 National Lighthouse Day
- 9 Book Lovers Day
- 10 National S'mores Day
- 11 Son and Daughter Day
- 13 Left Handers' Day
- 16 National Tell A Joke Day
- 17 National Thriftshop Day
- 18 Bad Poetry Day
- 22 National Tooth Fairy Day
- 25 Kiss and Make Up Day
- 26 National Dog Day
- 27 Global Forgiveness Day
- Just Because Day
- 28 Race Your Mouse Day
- 30 Frankenstein Day
- 31 National Trail Mix Day

Canterbury Tales



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

September, 2014

From The Rector

Happy New Year!

Today the kids started back to school two blocks from our house. Kate and her friends are headed off to college. And the new year for the church is getting underway.

It is going to be a busy September, and beginning of October, so I want to highlight activities in the event you don't make it to the calendar:

- Work Party – Saturday 9/20
- Opportunity Fair – Sunday 9/21
- Outreach Sunday – Sunday 9/28
- Harvest Festival – Saturday 10/4
- Blessing of the Animals – Sunday 10/5
- Winter Nights – Monday 10/6 – Monday 10/20

I think we are pretty close to being sold out of tickets for the Harvest Festival dinner. Trinity Center is getting much more involved this year. And their ministry has significantly expanded in the last year, going from two to five days per week.

Whether you come to the dinner or not, please buy raffle tickets! Everything we raise goes to Trinity Center!

Work Party is always looking for volunteers, so if you have that Saturday morning free, we'd love to see you there.

The Opportunity Fair is your chance to decide whether there is/are new activities at St. Anselm's of which you would like to be a part.

Outreach Sunday is our chance to vote on to whom our designated funds go to. Like the Opportunity Fair, it will be in Jackson Hall after both Sunday services.

The Blessing of the Animals occurs during both Sunday services when you, neighbors, friends are invited to bring your pet in for a blessing during the service. Got a neighbor with a sick pet? Invite them!

Winter Nights is our annual housing of homeless residents of our County. Eva Woo is coordinating volunteers, and if you would like to participate in this rewarding ministry, you can reach her at: eva94945@gmail.com

What a series of great activities to which we can look forward!

John+

Anselm's Angels

Thanks to **Gail Clarke** and the Congregational Development Commission for organizing the "Making A Difference" film series. The showings of ***Extreme Ice*** and ***Chasing Ice*** were both eye opening and thought provoking.

Despite hectic vacation schedules Sunday's services ran smoothly: Many thanks to all for their unfailing service:

- ♦ The **Altar Guild** for dressing the altar and the lovely flowers each week;
- ♦ Our **Lectors** and **Lay Eucharist Ministers**;
- ♦ The **Acolytes** and their parents who got them here;
- ♦ The **Ushers** and **Greeters** for their weekly welcomes;
- ♦ The **Choir** and **guest musicians**

The kitchen remained sparkling and well stocked thanks to the tireless oversight of **Sheila Gorsuch** and her many helpers: **Jill Schon**, **Marty Watson**, **Roseanna Conlon** and **Pam Green** ...

...and ant free thanks to the excellent efforts of **David Watson**, **Michael Hollinger** and **Al Swimmer**.

And thanks to **Norm Gorsuch** for dissecting and repairing the out-of-service coffee pot.

We were gifted with hot coffee and yummy goodies each Sunday thanks to **Ann Burns** our Coffee Host scheduler and all the **Coffee Hosts! THANK YOU!**

VOLUNTEERS AMONG US

Dear St. Anselm's Family,

I know that many of you volunteer out in the community outside of the many roles that you partake in at St. Anselm's. I would like to build a database of those agencies and of you, the wonderful volunteers. What I will do with the information that you share with me is to highlight you and your agency in our monthly newsletter along with some agencies that I think you might find interesting. I would appreciate a short email telling me which agency you are volunteering with and what your role with that agency is. Please send this information to Deacon Naomi at: orchidsnrch@att.net



Summer ends, and Autumn comes, and he who would have it otherwise would have high tide always and a full moon every night; and thus he would never know the rhythms that are at the heart of life. ~ Hal Borland

ALTAR FLOWER DONATIONS

Effective January 1, 2015 the donation for Altar flowers will be \$45 per Sunday.

To donate flowers, sign the Flower Chart, located on the east wall of the Sanctuary, and fill out one of the dedication cards. Turn the card, along with your check (made payable to the "St. Anselm's Altar Guild", into the office.

Thank you.

SOUPER BOWL OF CARING

2014 Recap

Souper Bowl of Caring is excited to wrap up the 2014 campaign. As of today over \$8.3 million in cash and food items have been collected by 7,500 schools, churches, businesses and other community organizations from across the nation.



We are thrilled to report that 2014 marked our 100 million milestone. Since our inception in 1990, 100 million in cash and food items has been collected by our participants. 100 percent of these donations have gone directly to the poverty-relief charities selected by the groups involved.

We appreciate all of your support and look forward to celebrating our 25th anniversary with you in 2015!

FOOD BANK YEAR-ROUND COLLECTION

Did you know that St. Anselm's can make it easier for you to donate to the Food Bank of Contra Costa and Solano? Bring your donations, in unbreakable containers, on Sunday and put them in the basket just inside the door of the church, to the left. The basket is taken to the altar by the ushers at the same time as the collection plates; the contents are then transferred to the huge barrel in the cloakroom area of Jackson Hall, until there is enough to warrant our Office Manager making a call to have the items picked up. This is another way we can expand St. Anselm's ministry and you can personally help the homeless and others in need.

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Phone: (925) 284-7420
e-mail: anselms@yahoo.com
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
The Rev. Naomi Chamberlain-Harris, Deacon
Carol Fontana, Office Manager

The Senior Warden

When I was a teen, the end of summer meant one thing.

School is about to be back in session.

How we dreaded the fall! Long summer days and warm summer nights gave way to cooler weather and a shorter amount of time to be out and about with my friends. The freedom that summer brought was soon to be curtailed by hours at a desk, trying to pay attention, followed by what felt like hours of homework in the evening.

I always had the greatest of intentions at the beginning of the school year. “This year, I will get all of my homework done right away when I get home, then I can chill the rest of the day and watch MTV!” This was back when MTV was your best source of new music, so you HAD to make sure you caught the latest videos, or there would be hell to pay at school the next day.

This lasted, oh, maybe a week or two.

Suddenly, I would be overwhelmed with all of the work being handed to me by my teachers and my time management skills would decide this was the perfect time to take an open-ended vacation. Add on to that playing sports, being involved in school clubs and trying to find time to hang out with my friends, it was a wonder that I got any sleep at all when I was in high school. And it wasn’t just me. I saw friends freaking out all of the time over forgetting an assignment or worrying about how they were going to be in this club because it was at the same time as that club and their parents wanted them to get a job and ... and... and...

It’s a testament to the resiliency of young folks that they don’t regularly explode with all of the pressures they face on a daily basis. One of the best ways to avoid such explosions is to practice self-care. Self-care is just that: taking care of and being good to yourself.

As the new school year gets underway, there are a few words of wisdom about self-care that I want to impart on the young folks of today; words that helped me get through the tough days that never seemed to end:

- **Be mindful of how you feel.** Check in with yourself on a regular basis by asking, “How do I feel right now?” Am I overwhelmed? Am I frustrated? Am I tired? And recognize that it’s absolutely OK to feel that way sometimes. Your feelings are your own and nobody else can tell you how you are supposed to feel.
- **Talk to someone when you’re stressed out.** You can talk to anyone you trust, a parent, a teacher, a friend, a coach, a counselor, a brother or sister, a priest. Anyone who you are comfortable with and who you know won’t sit in judgment of you. Keeping stuff inside can make it a lot worse; getting it out can make you feel better mentally, emotionally and physically.
- **Take some me time!** In all the hustle of your life, it’s easy to lose what little time we set aside for ourselves, so be intentional and set some time aside for just YOU. Whether it’s a half hour with your headphones on, listening to your favorite playlist or reading a “Just for fun” book or even getting outside and taking a walk or shooting hoops, be intentional and adamant about taking your me time.

These three, simple steps can make a huge difference now and in the future. It’s never too late to start taking care of ourselves (adults, I’m looking at you!), but our habits of self-care develop early, so the sooner we begin being mindful of ourselves and our needs, the better we can all be at recognizing when those needs are being overlooked and take that self-care step back when it’s needed.

Shanda



Celebrate your **Harvest**
Join the **Festival**

Oct 4th!

Lets all join in celebrating the harvest we have been blessed with this year, and every year. The Annual Harvest Festival will be held on October 4th starting at 5PM. Chief Cook (and bottle washer) Eva Woo has got an International menu planned that includes great selections from the Italian, Mexican and Asian traditions. John Powers and his team have put together an amazing list of raffle prizes including a Caribbean Cruise, a weeks home use on Maui and more. Then there are both silent and live auction items!

Why all these opportunities to share your Harvest? Because this is the one major fundraiser we have each year to do what we can do to help our local community needs. This year, like last year, all proceeds go to Trinity Center to provide support for the most unfortunate of our community...those without a roof over their heads, an empty belly and the feelings of despair and hopelessness that accompany homelessness. It's a Harvest for the Homeless! Trinity Center is an oasis in their desert of urban sprawl, freeway overpasses, small parks and back alleyways. Every dollar you spend at the Harvest Festival goes to help the homeless in Contra Costa. So come early, bid high, eat well, drink some great wines and, most importantly... enjoy the company of our congregational family. Have a wonderful time and please, dig deep to share your Harvest with those who have nothing to look forward to except an occasional meal, shelter, clothing and helping hands from their oasis at Trinity Center.

Sign up now for the Harvest Festival at the poster kiosk in Jackson Hall while tickets last. If you have an item to donate to the silent or live auction, please see John Powers. If you can't make the event or it is sold out, please consider writing a check to St. Anselm's, note it for Trinity Center and send it into Carol. These contributions will be added to the Harvest for the Homeless. See you on the 4th!

BEING SMART ABOUT BUYING NEW LIGHT BULBS

In 2012 the US Energy Information Administration estimated that residential lighting consumed 186 billion kilowatt-hours (kWh) or about 14% of all residential electricity. This is a tremendous amount of energy. In 2012 it's likely that many, if not most, people still used incandescent light bulbs for home lighting.

Things are changing. The old incandescent light bulbs everyone knows are giving way to compact fluorescent lamps (CFLs) and light-emitting diodes (LEDs). These new bulbs provide the same amount of light as incandescents but use 75 to 80% less power and last much longer. Incorporating them into your home means drastically reduced lighting costs for you and significantly reduced carbon dioxide emissions for the environment.

Selecting Replacement Bulbs

To make good replacement decisions you'll need to know the amount of visible light the bulb alternatives put out (lumens) and the amounts of power they draw (watts). Table 1 can help.

Table 1. Visible Light Output vs. Power Draw			
	Power draw, watts		
Visible light output, lumens	Incan- descent	CFL	LED
450	40	9 - 11	6 - 8
800	60	13 - 15	9 - 12
1,100	75	18 - 20	13 - 16
1,600	100	24 - 28	18 - 22
2,400	150	30 - 52	25 - 28

Let's assume you want to replace a 60-watt incandescent (which emits 800 lumens of visible light) with a CFL or LED that provides the same amount of light. Looking at the table you'll see a 60-watt incandescent puts out about 800 lumens. A CFL emitting the same amount of light draws 13 – 15 watts. An LED draws 9 -12 watts. Generally, CFLs and LEDs draw about 25% and 20%, respectively, of the power drawn by incandescents. It's clear that their widespread use could put a serious dent in the 186 billion kwh load mentioned above.

Other Important Bulb Characteristics

Long life is the most striking feature of the new bulbs. Table 2 shows that CFLs last about 10 times longer than incandescents and LEDs 25 to 50 times longer. You may not have to replace an LED bulb in your lifetime! Here are a few cautions about CFLs. CFLs contain small amounts of mercury and must be disposed of in hazardous waste facilities. Rapid on/off/on cycling (< 5 minutes) may reduce CFL life drastically. CFLs take a minute or so to attain full brightness, and their glass is easily broken, like the glass of incandescents. LEDs have none of these drawbacks.

Table 2. Other Important Bulb Characteristics				
Parameter	Incan- descent	CFL	LED	Comment
Bulb life, years	0.5 - 0.7	4-10	17-35	Assumed use 4 hrs/day
Hazardous disposal needed?	No	Yes	No	
Sensitive to on/off cycling?	Some	Yes	No	
Instantaneous full brightness?	Yes	No	Yes	
Dimmable?	Some	Some	Some	
Durable?	No	No	Yes	

LIGHT BULBS *cont.*

(Continued on page 6)

Costs

LED bulbs are more expensive to buy than CFLs and CFLs are more expensive to buy than incandescents. However, one should not be put off by the LED's and CFL's relatively high prices. Because they last longer you'll have to replace them much less frequently than incandescents. Also their power costs will always be much lower. So what's the bottom line here? Will LED's and CFL's lower power costs and longer lives more than compensate for their higher initial costs? Present worth analyses provide a way to determine total costs over a period of time in today's dollars, giving us a way to make rational cost decisions. The alternative with the lowest present worth is the one that's least expensive when all is considered.

Table 3 presents a cost analysis of some representative 800-lumen bulbs. Calculations assumed a study period of 17.1 years (equal to the life of one LED bulb), a current electrical cost of 20 cents per kilowatt-hour (in the San Francisco Bay area), an electricity inflation rate of 1.3% /year, a bulb inflation rate of 8% /year, and a discount rate (the interest rate a customer can get at a bank) of 1%.

Table 3. Costs				
Parameter	Incan- descent	CFL	LED	Comment
Manufacturer	Satco	GE	Feit	
Model	S4166	Reveal	A21	
Lumens	800	800	800	
Watts	60	13	11	
Advertised life, years	0.8	6.8	17.1	Assumed use 4 hrs/day
Number of bulb replacements	25	4	1	
Current bulb costs, \$	1.00	9.29	24.99	
Present worth, \$	353	113	93	

The LED alternative is the least-expensive alternative, with CFLs trailing and incandescents far behind.

Summary and Recommendations

This analysis suggests that CFLs and LEDs are superior to incandescents in virtually all aspects. CFLs lag LEDs in electric efficiency, overall cost, and durability and must be handled as hazardous wastes when exhausted. LEDs' edge seems likely to increase in the future as their costs will probably drop as their market matures. For these reasons, I recommend LEDs. Note that bulb costs vary widely, even within the same category (LEDs for example), so shop around. Also make sure that the bulb you buy fits in to your lighting design and is compatible with your light fixture and light covering.

Doug Merrill

Upcoming Events in September

1	Mon		LABOR DAY —The Church Office will be closed
2	Tue	12:15 p.m.	Grief Support Group
		6:30 p.m.	Michael Lane Preschool Parents' Orientation
3	Wed	9:30 a.m.	Hatha Yoga
5	Fri	10:00 a.m.	Stephen Ministry Meeting
6	Sat	9:00 a.m.	Choir Rehearsal
7	Sun	9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
8	Mon	7:00 p.m.	Vestry Meeting
9	Tue	12:15 p.m.	Men's Group
10	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Michael Lane Preschool Board Meeting
11	Thu	7:00 p.m.	Women's Group
13	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
17	Wed	9:30 a.m.	Hatha Yoga
18	Thu	1:00 p.m.	Senior Ministry Team Meeting
		6:30 p.m.	Contra Costa Deanery Dinner
20	Sat	9:00 a.m.	Work Party
21	Sun		Opportunity Fair Sunday
			Canterbury Tales Deadline
24	Wed	9:30 a.m.	Hatha Yoga
27	Sat	7:30 a.m.	Stephen Ministry Training Workshop
		9:00 a.m.	Choir Rehearsal
28	Sun		Outreach Sunday
		9:15 a.m.	Inquirer's Group

MICHAEL LANE PRESCHOOL

I hope everybody has had a great summer, a time for many to travel and visit family members who live far away. That is exactly what all four staff members at Michael Lane did. Reshma Faiq spent time in India, Peg Matson in North Carolina, Rebecca MacDonald in New York and me in New England. We are now back, refreshed, and working hard to get the school ready for the children who return Wednesday September 3rd. We have a new rugs, both inside and outside and are busy cleaning and organizing equipment and toys.

I am also doing home visits for the new children to our school. It is always fun to meet the children and families and anticipate what they will bring to our little community. We are beginning the year with full enrollment and the phone is still ringing so we are lucky to have a wait list as well.

We look forward to another great year at Michael Lane!

Kim Olson



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Next *Canterbury Tales* deadline is September 21st

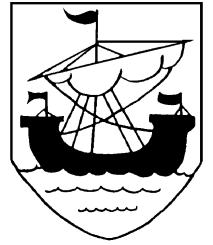
10 Reasons to be an Episcopalian According to Robin Williams (1951—2014)

10. No snake handling.
9. You can believe in dinosaurs.
8. Male and female God created them; male and female we ordain them.
7. You don't have to check your brains at the door.
6. Pew aerobics.
5. Church year is color-coded.
4. Free wine on Sunday.
3. All of the pageantry - none of the guilt.
2. You don't have to know how to swim to get baptized.

And the Number One reason to be an Episcopalian:

1. No matter what you believe, there's bound to be at least one other Episcopalian who

Canterbury Tales



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

October, 2014

From The Rector

Do you know where Canterbury Tales comes from? There is another answer besides your email inbox or via the USPS. In fact, it goes way back, to a time when paper was first being invented. All these years of writing for the monthly newsletter, I have never referred to Geoffrey Chaucer's literary masterpiece Canterbury Tales! And from that masterpiece someone, I would bet, named our newsletter. (St. Anselm was Archbishop of Canterbury.) In high school I took a class from one of the best teachers I ever had, Professor James Killian. Mr. Killian had his students recite at the beginning of class the prologue to Canterbury Tales. Many of us remember it to this day:

*Whan that Aprill with his shoures soote
The droghte of March hath perced to the roote,
And bathed every veyne in swich licour
Of which vertu engendred is the flour;*

My memory on the rest of the class is not nearly as good, though the passion for literature Mr. Killian engendered remains. So here, c/o Wikipedia is some great info on Canterbury Tales:

The Canterbury Tales is a collection of over 20 stories written in Middle English by Geoffrey Chaucer at the end of the 14th century, during the time of the Hundred Years' War. The tales (mostly written in verse, although some are in prose) are presented as part of a story-telling contest by a group of pilgrims as they travel together on a journey from Southwark to the shrine of Saint Thomas Becket at Canterbury Cathedral. The prize for this contest is a free meal at the Tabard Inn at Southwark on their return.

Canterbury Tales is built around a frame narrative or frame tale, a common and already long established genre of its period. Chaucer's *Tales* differs from most other story "collections" in this genre chiefly in its intense variation. Most story collections focused on a theme, usually a religious one. Even in the *Decameron*, storytellers are encouraged to stick to the theme decided on for the day. The idea of a pilgrimage to get such a diverse collection of people together for literary purposes was also unprecedented, though "the association of pilgrims and storytelling was a familiar one" Introducing a competition among the tales encourages the reader to compare the tales in all their variety, and allows Chaucer to showcase the breadth of his skill in different genres and literary forms.

While the structure of the *Tales* is largely linear, with one story following another, it is also much more than that. In the *General Prologue*, Chaucer describes, not the tales to be told, but the people who will tell them, making it clear that structure will depend on the characters rather than a general **RECTOR cont.**

theme or moral. This idea is reinforced when the Miller interrupts to tell his tale after the Knight has finished his. Having the Knight go first, gives one

(Continued on page 6)

Anselm's Angels

Bittersweet October. The mel-low, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter.

~Carol Bishop Hipps, "October,"
In a Southern Garden, 1995

This year St. Anselm's hosted the Stephen Ministry workshop.

Thanks to: **Gail Clarke** -- setup, catering coordinator, server, clean-up; **Deacon Naomi** - teaching; **Judy Peak** -- baker, set-up, catering pickup, server; **Sara Swimmer** -- set-up, catering pickup, decorator; **Sheila Gorsuch** -- setup, cleanup, server, savior of Gail's sanity and **Linda Orear** — who has been a guiding light throughout this entire process.

We also hosted the Deanery Dinner. Thanks to our members who helped organize a successful event: **Deacon Naomi; John+; Judy Peak; Sara Nelson; Vicki Pappas; David Holcombe; Janet Nadol; Norm & Sheila Gorsuch.**



COMMUNITY VOLUNTEERS

This month for our Community Volunteering, I am highlighting Judy Peak and her 15 plus years of service to the Senior Help Line Services. The intent of the Senior Help Line Services is to assist seniors in the community to remain in their homes. The service provides door to door service to medical appointments in Contra Costa County and occasionally through the tunnel. Each applicant is vetted by staff members and each driver is trained by staff members. Each driver is responsible for the cost of gas and upkeep on their car and is expected to have a valid driver's license and insurance on their vehicle. There is not a minimum number of hours a volunteer must contribute a month. Some volunteers drive once a week and others once a month.

If you are interested in knowing more about this community volunteer program, please contact Laurie Beck at 925.284.6164. Their office is located in Lafayette. Judy is also happy to tell anyone interested more about the service.

My deepest thanks to Judy for her community volunteering and also for the many things she is involved with at St. Anselm's.
Naomi



SENIOR MINISTRY AT ST. ANSELM'S

There are seniors in our congregation who have special assistance needs from time to time...meals because of sickness in the family, transportation to doctor appointments, grocery shopping, a trip to the beauty parlor or yard work, to name a few.

We have a team of volunteers to help with this ministry, but we need more! If you are available and able to help with any of these services, please contact Fr. John, Deacon Naomi or Kelvin Booty. [We do not hand out the list].

If you are a senior who needs help in any of these area, please contact one of the above-named people. We will do our best to help you.

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

The Senior Warden

As a young person in Lafayette, it would have been easy to stay in my safe little bubble of suburban idealism. I went to Burton Valley Elementary, then on to Stanley Intermediate, then, because of the way districts were drawn, on to Campolindo for high school. Lafayette and Moraga still have the small town feeling today as it did when I was younger, even though we now boast four Starbucks, designer burger places and even ice cream made with liquid nitrogen. It would have been very easy to play it safe here, like most of my peers.

My mom, however, had different ideas for how we would grow up to see the world. She's a self-confessed army brat with wanderlust through and through. Before her family settled near Monterey, she had lived all over the United States, from Kansas, to Ohio, to California and even Alaska. There was even a stint in Germany when she was very young, which encouraged all three of her children to take German in school. In all her travelling, the one consistent thing, beyond her family, was the cultural diversity all around her. The army is made up of so many different types of people, from all walks of life. The army in and of itself is far from perfect, but it is a perfect example of taking so many people of different racial, ethnic, and socioeconomic backgrounds and building them into one cohesive unit. This example, I believe, is what led my mother to encourage us to step out of our comfort zone... to burst that ideal bubble.

It started slowly for us. When we were little, my parents would take us to the city to different parades and events. They would encourage us to try new things that would take us out of our comfort zones. When I hit middle school and started to test the limits of my independence, my mom was patient and encouraging while maintaining rules and boundaries. In high school, she was the first to encourage me to look beyond our small town for adventure. Weekends spent on BART heading to Berkeley or San Francisco with friends opened my eyes to all kinds of different people and perspectives. I managed to make friends with a few girls who went to Campo but lived in the good and not so good parts of Oakland. My mom never batted an eye about dropping me off or picking me up in these places, only seeing them as a way for my worldview to be expanded.

It was during these moments of expansion that I was first exposed to being a part of, what I like to call, the greater good. One Thanksgiving, my basketball team worked delivering meals on wheels to HIV-positive people in San Francisco. I was expecting a very specific type of person when the doors would open and would be humbled every time I was wrong. Men, women, families, they all received these hot meals and were grateful, down to the last person. This moment stands firm as a turning point in my life. Yes, I came from a privileged background, but drive 30 or 40 minutes in almost any direction, and there are people who are less fortunate. Without having the freedom to explore the diversity of the Bay Area I may not have found my passion for working with disadvantaged youth in our own county. I may not have recognized the truly important work that St. Anselm's does in supporting the Trinity Center through the Harvest Festival and opening up Jackson Hall to the Winter Nights program. We are part of a community that has the ability to help those in need through volunteering or donating to programs that desperately need it. I encourage each of you, like my mother did for me, to step out of your comfort zone. It doesn't have to be a big step, it can be as small as buying a couple of raffle tickets for the Harvest Festival or volunteering to bring a meal to our Winter Nights guests. It's in those moments, when working towards the greater good, we can truly feel connected to our faith and our community.

And a big thanks to my mom for always reminding us as kids that if we stay stuck where we are, never looking beyond the noses on our faces, we could miss out on some truly amazing things, people, and experiences.

Shanda

ENVIRONMENTAL SERIES

STUFF

We've talked about ways to manage our use of water and energy; this month we'll take on the Stuff issue. We have a lot of Stuff, and we throw it away in prodigious quantities. In 2012, Americans generated about 251 million TONS of "municipal solid waste," of which about 34.5% was recycled.

Californians are a little less wastey and a little more recycley than average, but not enough to brag about. Most of our Stuff still ends up in a landfill. Landfill space is expensive, and landfills are significant sources of both groundwater pollution and methane emissions (methane is a powerful greenhouse gas).

We have all heard the slogan "reduce, reuse, recycle" before, but let's drill down on "reuse" for a minute. After all, "one person's junk is another person's treasure." Here are a few ideas to consider for various unwanted items.

Clothing: We all outgrow and otherwise outlive clothing. And we all know about donations to Goodwill or other large, established charities. But there are other alternatives closer to home. As St. Anselm's has expanded our efforts to support the Trinity Center (a local organization assisting the homeless with food, clothing, counseling, and in connecting with other local resources: www.trinitycenterwc.org), we can donate gently-used clothing to help those in our own community in the greatest need. My son Evan worked one shift per week in their clothing shed this summer; he says all men's clothing is always in short supply, and women's clothing is also appreciated (Trinity Center does not serve children, so Goodwill is a good choice).

Expired Food: Eat it!

OK, that burger marked "best before May 2005" has to go. But packaged food (in boxes and cans) can be safely consumed up to one year after the expiration date printed on the package. Or, if you let it expire because you just don't like it (fair enough), donate it. The Food Bank of Solano and Contra Costa Counties accepts and distributes food in undamaged packages up to one year past the expiration date. (Packaged food, in non-glass containers, can be donated in the basket by the front door of the church on Sunday mornings).

And as for food (and other recyclables) generated at our own events at St. Anselm's, please refer to the excellent list posted on the Big Fridge for all the dos and don'ts. (Kudos to Doug for that!)

Electronics, furniture, toys, random household items: Freecycle first!

Before you head to the dump or eWaste facility, try putting your old computer / printer / stereo receiver / bookshelf / whatnot on Freecycle. If you have not heard of Freecycle, it's a movement to match Stuff you don't want with people who do want it. I have passed on outgrown toys and games, an old bicycle, patio furniture, barely functional electronics, and mounds of other miscellaneous Stuff, all without leaving home. You can learn more here: <https://groups.freecycle.org/group/walnutcreekfreecycle/description>

And for items that can't be reused:

Dead batteries and fluorescent lamps: These items contain mercury and other hazardous materials, so it's important to keep them out of the trash. But there's a convenient place to take them: St. Anselm's! Yes, we have a box right in the church where you can bring these items; as it fills up, we take it to the appropriate disposal site.

Expired Medications: Recent studies have found traces of medications in water samples from 30 states (including California). Research has linked pharmaceutical pollutants to reproductive defects in fish, and environmental exposure to antibiotics to the development of drug-resistant germs. For both prescription and over-the-counter medications, it's im-

STUFF cont.

portant to take unused quantities to a pharmaceutical collection bin. A list of locations throughout the county, along with good instructions, can be found here: http://www.wastediversion.org/app_pages/view/222

(Continued on page 5)

PLANNED GIVING

IS YOUR PET IN YOUR WILL?

“I never felt that I needed to have a will,” a single person told me recently, “Because I don’t have any children, so I thought that I didn’t have any dependents. Then I realized, ‘My goodness, I DO have a dependent! Who would take care of my pet?’”

For many of us, particularly if we live otherwise alone, our dog or cat may be an important member of our family. A pet typically is dependent upon daily care and feeding. So it makes sense to give some thought to how we might provide for our pet in the case of our incapacity or death.

To assist people in including their pets in their estate planning, a group of pet-friendly Episcopalians who are knowledgeable about estate planning have come together to form a guild for pet care that is named after the saint on whose commemoration day many of our animals are blessed.

The Guild of St. Francis will be making available information to better inform Episcopalians regarding their options for petcare when they can no longer take care of their companion animals themselves. Some of these options are sponsored by local or regional animal care organizations. Other options include participation by members of parishes or attorneys to which the Guild may refer you.

Examples of Need

“When I die, I would like someone to move into my home and care for my cats for their lifetime and after that, the church can have my home,” one member confided to me. Another person who was puzzling through issues connected with the writing of her will, asked me, “If I should die suddenly, how would my dogs and birds be fed and cared for? Someone would have to have a key and come to my house very soon. I live near the church. Could someone there do it?”

Still another pet owner reflected that, while she knew a particular person who she wished to take her dog, she wondered how best to provide for a sum of money to provide for food and veterinary expenses.

In each of these situations, the Gift Planning Office has worked with the person to seek a good solution. Now the Guild of St. Francis will also be available to provide supportive counsel and referrals. Your inquiries are welcome.

If you would like more information about including your pet in your plans, or if you would like to participate in the Guild of St. Francis for Petcare, please contact the Gift Planning Office.

Our pets are counting on us not to forget them when we plan for the inevitable. Your gift planning office will be pleased to help you to think through your stewardship options, for your pet’s welfare and for your peace of mind.

For more information contact:

Amanda Kiernan
Gift Planning Office, Episcopal Diocese of California

(415) 869-7812
amandak@diocal.org

(Continued from page 4)

We have barely scratched the surface; feel free to send me your own suggestions on how you deal with Stuff, and I’ll incorporate them into a future article. Johntpowers AT gmail DOT com.

John Powers

(Continued from page 1)

the idea that all will tell their stories by class, with the Knight going first, followed by the Monk, but the Miller's interruption makes it clear that this structure will be abandoned in favor of a free and open exchange of stories among all classes present. General themes and points of view arise as tales are told which are responded to by other characters in their own tales, sometimes after a long lapse in which the theme has not been addressed.

Chaucer does not pay much attention to the progress of the trip, to the time passing as the pilgrims travel, or specific locations along the way to Canterbury. His writing of the story seems focused primarily on the stories being told, and not on the pilgrimage itself.

The *Tales* reflect diverse views of the Church in Chaucer's England. After the Black Death, many Europeans began to question the authority of the established Church. Some turned to lollardy, while others chose less extreme paths, starting new monastic orders or smaller movements exposing church corruption in the behavior of the clergy, false church relics or abuse of indulgences. Several characters in the *Tales* are religious figures, and the very setting of the pilgrimage to Canterbury is religious (although the prologue comments ironically on its merely seasonal attractions), making religion a significant theme of the work.

Two characters, the Pardoner and the Summoner, whose roles apply the church's secular power, are both portrayed as deeply corrupt, greedy, and abusive. A pardoner in Chaucer's day was a person from whom one bought Church "indulgences" for forgiveness of sins, but pardoners were often thought guilty of abusing their office for their own gain. Chaucer's Pardoner openly admits the corruption of his practice while hawking his wares. The Summoner is a Church officer who brought sinners to the church court for possible excommunication and other penalties. Corrupt summoners would write false citations and frighten people into bribing them to protect their interests. Chaucer's Summoner is portrayed as guilty of the very kinds of sins he is threatening to bring others to court for, and is hinted as having a corrupt relationship with the Pardoner. In *The Friar's Tale*, one of the characters is a summoner who is shown to be working on the side of the devil, not God.

Churchmen of various kinds are represented by the Monk, the Prioress, the Nun's Priest, and the Second Nun. Monastic orders, which originated from a desire to follow an ascetic lifestyle separated from the world, had by Chaucer's time become increasingly entangled in worldly matters. Monasteries frequently controlled huge tracts of land on which they made significant sums of money, while peasants worked in their employ. The Second Nun is an example of what a Nun was expected to be: her tale is about a woman whose chaste example brings people into the church. The Monk and the Prioress, on the other hand, while not as corrupt as the Summoner or Pardoner, fall far short of the ideal for their orders. Both are expensively dressed, show signs of lives of luxury and flirtatiousness and show a lack of spiritual depth. *The Prioress's Tale* is an account of Jews murdering a deeply pious and innocent Christian boy, a blood libel against Jews which became a part of English literary tradition. The story did not originate in the works of Chaucer and was well known in the 14th century.

Pilgrimage was a very prominent feature of medieval society. The ultimate pilgrimage destination was Jerusalem, but within England Canterbury was a popular destination. Pilgrims would journey to cathedrals that preserved relics of saints, believing that such relics held miraculous powers. Saint Thomas Becket, Archbishop of Canterbury, had been murdered in Canterbury Cathedral by knights of Henry II during a disagreement between Church and Crown. Miracle stories connected to his remains sprang up soon after his death, and the cathedral became a popular pilgrimage destination. The pilgrimage in the work ties all of the stories together, and may be considered a representation of Christians' striving for heaven, despite weaknesses, disagreement, and diversity of opinion.

After a long list of works written earlier in his career, including *Troilus and Criseyde*, *House of Fame*, and "Parliament of Fowls", *The Canterbury Tales* is near-unanimously seen as Chaucer's magnum opus. He uses the tales and the descriptions of its characters to paint an ironic and critical portrait of English society at the time, and particularly of the Church.

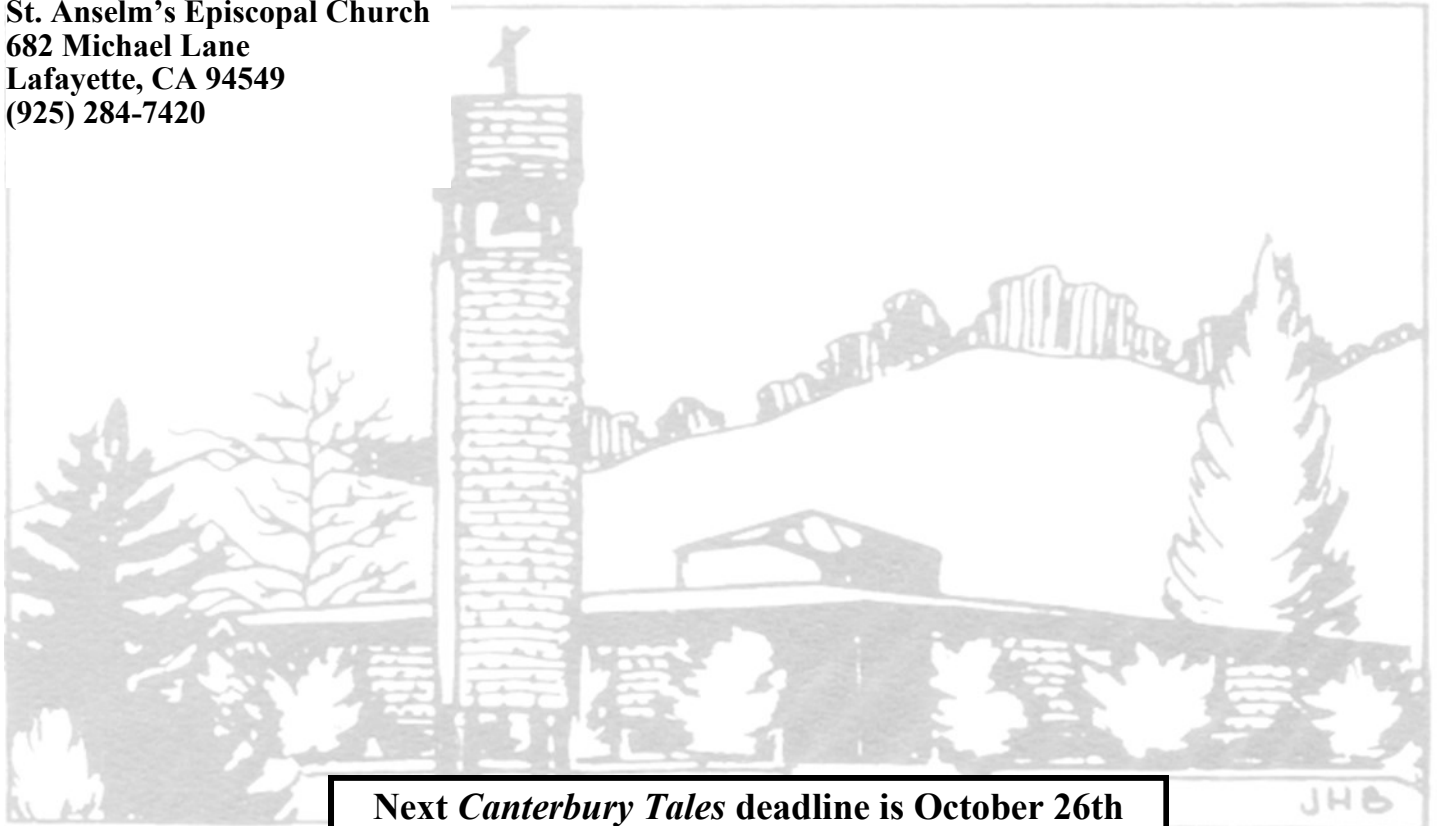
John+

Upcoming Events in October

1	Wed	9:30 a.m.	Hatha Yoga
3	Fri	10:00 a.m.	Stephen Ministry Meeting
4	Sat	9:00 a.m.	Choir Rehearsal
		5:00 p.m.	Harvest Festival
5	Sun		Blessing of Animals
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
		2:30 p.m.	Youth Ministry Meeting
6-20	M-M		Winter Nights
7	Tue	12:15 p.m.	Grief Support Group
8	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group
9	Thu	7:00 p.m.	Women's Group
11	Sat	9:00 a.m.	Choir Rehearsal
12	Sun		Acolyte Recognition and Commissioning Sunday
13	Mon		COLUMBUS DAY—the Church office will be closed
14	Tue	12:15 p.m.	Michael Lane Preschool Board Meeting
15	Wed	9:30 a.m.	Hatha Yoga
18	Sat	9:00 a.m.	Choir Rehearsal
20	Mon	7:00 p.m.	Vestry Meeting
22	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
25	Sat	9:00 a.m.	Choir Rehearsal
26	Sun		Canterbury Tales Deadline
		9:15 a.m.	Inquirer's Group
29	Wed	9:00 a.m.	Hatha Yoga
31	Fri		ALL HALLOWS' EVE



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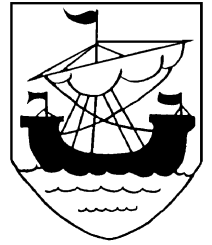


Next *Canterbury Tales* deadline is October 26th

RANDOM THOUGHTS

- Back up my hard drive? How do I put it in reverse?
- I just got lost in thought. It was unfamiliar territory.
- Everyone has a photographic memory. Some don't have film.
- When the chips are down, the buffalo is empty.
- I feel like I'm diagonally parked in a parallel universe.
- You have the right to remain silent. Anything you say will be misquoted, then used against you.
- Atheism is a non-prophet organization.
- On the other hand, you have different fingers.
- Change is inevitable. Except from a vending machine.

Canterbury Tales



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

November, 2014

From The Rector

Oh What A Night!

\$17,726! That was how much money we raised for Trinity Center through the Harvest Festival on October 4th! It is more than double what we raised last year, and by far the highest total we have ever reached. Additionally, over 100 people attended the event. This also was an all-time high.

There were a lot of people who were responsible for this the day of, and for months in advance:

Eva Woo- who planned the meal and spent hours working in the kitchen before, during AND AFTER the event. She is a dynamo!

Gail Clarke and Sheila Gorsuch- who led the effort to decorate Jackson Hall festively

John Powers and Foster Lipscomb- who led the effort for raffle ticket sales, and garnering auction items

Sara & Al Swimmer, Anne Brown- Ticket sellers, decorators and all-around helpers

Shanda Young- who entertained us with her humor and skillfully led the auction

Andrew Huddart and Duane Nelsen- who entertained us with song

Doug Merrill- who led the clean-up effort the night of the event, and the morning following.

Marty Fischer- who cooked, brainstormed, acted as our accountant during the event, and led the overall effort to find new ways to increase our giving.

AND MANY, MANY MORE! (See Anselm's Angels)

There was extraordinary energy this year, among the planning team, the workers at the event, and the parish community as a whole. This is something to build on. This effort will tangibly relieve the suffering of the poor among us.

THANK YOU!

John+

Anselm's Angels

If the only prayer you said in your whole life was, "thank you," that would suffice.

~Meister Eckhart

We have many folks to thank this month:

HARVEST FESTIVAL:

Chefs – **Eva Woo & Marty Fischer**; Sous Chefs - **Jim Morrison, Monica, Kevin & Jack (from Trinity Center), Anne Brown, Sylvia Williams**; Set-up - **Michael Hollinger**; Decorations - **Sara Swimmer, Gail Clarke, Ina Merrill, Jill Schon, Sylvia Williams, Anne Brown, Sheila Gorsuch, Caroline Huddart**; Entertainment: **Andrew Huddart, Duane Nelsen**; Raffle Ticket sales – **John Powers, Sara & Al Swimmer, Anne Brown**; Check-in - **Jill Schon, Sheila Gorsuch**; Bartenders - **Art Clarke, Norm Gorsuch**; Wine Donations - **Justin Ferrera, Marty Fischer**; Desserts: **Sally Roberts, Art Clarke, Jon Martin**; Silent auction: **John Powers, Foster Lipscomb**; Live auctioneer - **Shanda Young**; Trinity Liaisons: **Donna Colombo, John Alonso, Carol Lombard John Powers, Calvin Sherwood**; Clean-up Captain - **Doug Merrill** and all who pitched in, too numerous to name.

WINTER NIGHTS:

Organizers: **Eva Woo, Anne Brown**; Set Up: **Eva Woo, Anne Brown, Yvonne & Alexander Grace and the Boys Team Charity, Doug Merrill, John McGraw**; Sleep Over: **John McGraw**; Breakfasts: **Sally Roberts, Michael Hollinger, Pam Green, Barbara Thornton & Anne Brown**; Greeter/Appetizers: **Caroline Huddart**;

(Continued on page 2)

STEWARDSHIP

We are Family

The theme of this year's Stewardship campaign is Family. Myself, along with my wife, Lori, and our two children, consider St Anselm's to be our extended family. I know many of you feel the same. I take comfort in the fact that our church is relatively small and promotes fellowship as well as a warm sense of family. This parish is always there for each other. Celebrating good times and offering support during times of challenge. We have personally benefited from St Anselm's ministry.

My family and I joined St. Anselm's four years ago and we attend the 8AM service. We fell in love instantly with Father John, and our intimate congregation. The one thing that we treasure the most about the parishioners of St Anselm's is the continued focus on investing in our church, outreach programs and the various ministries.

Like any family, our church depends on the ongoing "care and feeding" to thrive. Although our church is strong, our annual pledges have decreased. What I ask is simple, please take the time to pray and reflect on our many blessings and let's together, as a family, strive to increase our commitment this year.

I will leave you with a passage from 2 Corinthians 9:7 *"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."*

Foster Lipscomb,
Stewardship Commission

MICHAEL LANE PRESCHOOL

It is difficult to believe that it is almost November, probably especially hard for me to comprehend as I took nine days off work due to my trip to Germany. As expected, all went smoothly when I was gone under the capable hands of Peg, Reshma, Rebecca and Yumi, our devoted volunteer. We are also lucky to have Colleen, our very enthusiastic sub. Although it is always challenging to come back from a wonderful vacation, I cannot imagine a better way to return to routine than being greeted by young children who were so happy to see me!

When I was away eating sausages and going to operas the children were engrossed in many activities which were focused on body and sensory awareness. They finger painted, body painted, and traced their hands, feet and bodies. The children have also been weighed and had their height measured so that we can track their growth throughout the year.

We are now moving on to recognizing the changes of the season. The leaves are beginning to fall and the days are getting cooler. We are planning to make a "nature display" and will begin by using some of the specimens we found on our Fall Walk around the neighborhood. The foods of the season are present in our curriculum as we make applesauce, eat and compare different pears and apples, and explore various squashes which present great opportunities for math activities as we measure, count and weigh them. The children have become very comfortable at school and the classes have taken on their own personalities. We are on our way to a great year!

Kim

(Continued from page 1)

Angels, cont.

Dinners: **Joan Toney, Sylvia Crivelli, Carolyn Merrill, Barbara Thornton, Peggy Matson, Mollie Nelsen, Emily LaRoche & GS Troop #31017, the Pearce Family, Joan Booty, Abby Perry, Avon Wilson, Susan Barnes & Kathryn Dunn, Leslie Weaver, Marty & Sally Fischer, Sara Swimmer, Eva Woo, Karen Ng, Elaine Woo, Sue Byrnes Olson, Angela Lucas, Elizabeth Newton, Tina Ninh, Cheryl Keats, Tamra Brown, Yvonne Grace & Boys Team Charity; Homework Helpers: Alden & Nathan Pearce; Person-on-call-in-case-of-an-emergency: Doug Merrill.**

Cathy Witkay for organizing our annual Acolyte Recognition Service.

The kitchen clean-up crew following Winter Nights: **Sheila Gorsuch, Jill Schon, Marty Watson, Sara Swimmer and Ann Burns.**

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

When thinking about what I wanted to write about this month for my article, several thoughts and ideas vied for attention. But, as is the case most months, one idea was louder than the others. The funny thing, it was really only a single word that kept repeating in my mind. A word that, until a few years ago, meant about as much to me as any other word, which is to say, not much indeed. I may have been an English major, but this word rarely crossed my path and seemed quite trivial.

The word that comes to mind... Grateful.

I believe that that simple word has really made a huge difference in my life and can make a huge difference in the lives of so many other people.

Now, to be clear, I'm not referring to being thankful, though often the two are used interchangeably. There are many things to be thankful for, to be sure. My health, having a steady income, a roof over my head. All things to be greatly thankful of. But what am I grateful for? Gratitude is more to do with the daily kindnesses and the appreciation of those kindnesses, whether big or small. Gratitude can come in the shape of a simple act of kindness that can be found in everyday events.

Has someone ever stood for an extra moment to hold the door open for you? Held an elevator? Offered you a seat on a bus or BART train? These are small, simple acts of kindness that we can all be grateful for on a daily basis. But like I said earlier, it wasn't until the last few years that this word held any true meaning for me.

I'd always been thankful for many things. Thankful for a car that runs, thankful for a job that paid the bills, thankful for a family I could lean on when times were rough. But I never felt truly grateful until I experienced a single, momentous act of kindness. I was going through a tough time in my life, questioning the path I had chosen and the very direction I put myself on. I was floundering, if you will, in a sea of self-doubt that had become a heavy burden. I remember vividly, sitting at my desk at work, and feeling apart from myself. It was then that my boss, someone who had been kind in the past, but also aloof as bosses at times are wont to be. She looked at me, really saw me, and asked, "Are you ok?" It was a simple question that so many of my other coworkers had failed to ask that day. I looked at her and shook my head no, and she asked me to follow her to her office. Once inside, I sat in a chair and watched as she knelt in front of me. She looked me in the eye and said, "You may not be ok right now, but you will be." With those simple words, she soothed my crippling anxiety and helped me begin on the path that I am on today.

Until that moment, I'd never truly understood what it meant to be grateful. I'm grateful she took the time to stop at my desk and remind me that I would be ok. And in the days, months and years since, not a day goes by that I don't try to find something to be grateful for. In fact, I remind myself with an alert on my phone to find something to be grateful for. But lately, I've been taking it one step further. I try to impart a small kindness onto someone else every day so that they may feel the same gratitude I've experienced in my life.

Now, here is where I challenge you. It's a two part challenge really. I challenge you all to find at least one thing to be grateful for every day. In turn, try to create gratitude wherever and whenever you can. Open that door for a stranger, hold the elevator if you can, offer your seat to someone on the bus or BART train. The gratitude you experience will make your life all that much sweeter.

Shanda

WINTER NIGHTS HIGHLIGHTS

St. Anselm's ministry to homeless families in our area every year is an important and vital part of our outreach. Here are some of this year's highlights. High on the list are the dinners. They were a wonderful combination of comfort food, like lasagna, chicken taco soup, berry pie, fun food—like ribs, a taco bar, and Eva's Chinese dinner, stylish food, like a fancy chicken casserole and broccoli casserole, salty caramel ice-cream with biscotti. At one point, one of the guests said that the food had been so delicious we should open a restaurant!

Another highlight were the number of families and people relatively new to St. Anselm's who volunteered to cook - Joan Toney, the Pearce family, Abby Perry, Leslie Weaver, and Zoe Hekmaty.

Along with them were the young people. Alexander Grace and his Boys Team Charity helped to set up. William Grace came to cook. Charlotte and Eva Toney would have come, but they were sick. Alden Pearce helped out (Nathan was sick). Katheryn Dunn helped on her mom's night. Mollie Nelson, Emily LaRoche and their Girl Scout Troop not only fixed the dinner, but also warmly included one of the guests, a 14-year old girl, who asked if she could help. Kudos to those young people for their willingness and to their parents for including those kinds of values and teachings in their upbringing.

Some of us volunteers were there a lot. The breakfast team, Sally Roberts and Michael Hollinger, Barb Thornton, Pam Green and I came every morning at 6 am to set out the breakfast. Barb walked there and back, as well as bringing dessert three nights. John McGraw spent the night every night, as well as being part of the breakfast team and helping out at dinner. Caroline Huddart brought hors-d'oeuvres several nights and sat and talked with the guests. Eva, of course, not only did the run-up but also cooked dinner two nights - that, as you may recall was only one week after she cooked that huge and amazing Harvest Festival dinner!!

Once again, our guests defied any stereotype that we may have about "the homeless". One young African American couple were there with their adorable 4-month old baby girl. The mother is a dental hygienist. She was so ill during her pregnancy that she had to quit her job. Her husband had a good job, until the employees unionized and the company moved to another state. He had been able to find only part-time work after that. While at St. A's, she got a job again in her profession. She was both relieved to have work and sad to have to give up the full-time care of her daughter

Another family was a father on disability with two sons - one a senior in high school, who was applying to colleges. The older had an AA degree but had decided to postpone transferring to a 4-year college and to get a job, so he could help the family and give his younger brother a leg-up.

What I witnessed all week was the St. Anselm's spirit of welcome, inclusion and community-building that happens every time a new person comes to our church. Because of that, I had the sense that our guests felt at home, sensing that they were seen, that they mattered. I was proud to be part of us. Thank you all for being part of that, either directly or indirectly.

Anne Brown

VOLUNTEER OPPORTUNITY

Senior Center Without Walls is a non-denominational non-profit community outreach program of Episcopal Senior Communities. Senior Center Without Walls offers conversation and an assortment of telephone groups and activities to adults sixty years and older in California who may find it difficult to participate in activities in their communities. Participants phone in and it's free. There are over 60 weekly groups. For example: Reading and Writing, Armchair Art and Travels, Health and Well-Being, Brain Games, Supportive Groups, and Tech talk.

* Interested California Seniors, call 1.877.237.9339 to register. Registration is free and easy

*Participants will receive a catalog and schedule in the mail.

* Participants simply dial a toll-free number to be connected to the groups of their choice.

* Most groups are "drop in", no need to make a commitment.

If you know of someone who you think would benefit from this program, please have them call 1.877.237.9339. If you would be interested in volunteering for this program, please call (510) 444-5974. The Director is Krista Brown.

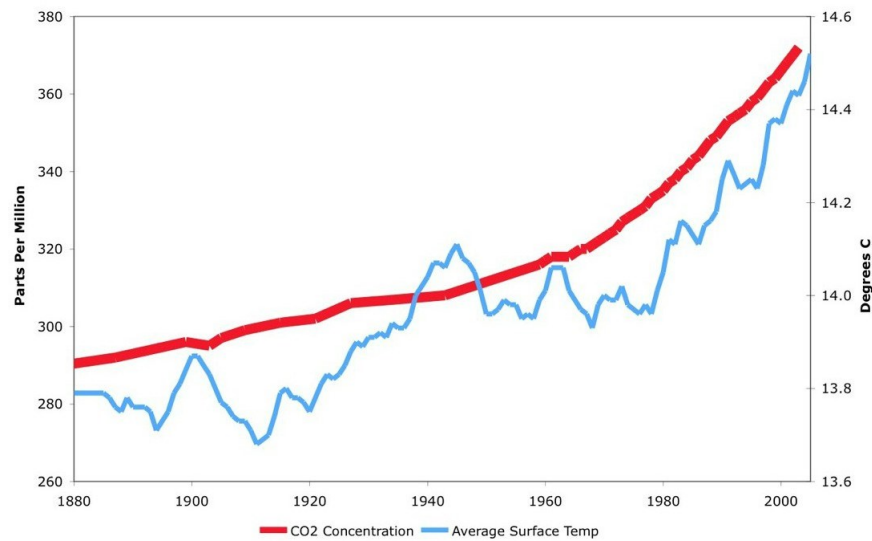
Tax deductible donations are always appreciated and will enable the program to continue at no cost to the participants.

*Thank you.
Deacon Naomi*

Man-Made Carbon Dioxide
Where it Comes From and Where it Goes

Carbon dioxide (CO2) is the greenhouse gas believed to be mainly responsible for global warming. Scientists have used charts like Fig. 1 to show that CO2 in the atmosphere affects the earth’s surface temperature and that global warming is the result of human activities. Atmospheric CO2 concentrations (red), which had not exceeded 290 parts per million (ppm) for the previous 600,000 years, began to move upward with the onset of the industrial revolution (around 1880) and surface temperatures (blue) followed along. The upward trend has accelerated in recent years.

Figure 1. Atmospheric CO2 Concentrations and Surface Temperatures since 1880



Many climate scientists believe that if surface temperatures are allowed to increase more than 2 degrees C (3.6 degrees F) above preindustrial levels there will be unacceptable consequences, such as massive polar-cap melts, coastal flooding, and extreme droughts. For many people, it will be the end of life as they know it. The scientists believe that the temperature rise can be controlled by limiting the amount of man-made CO2 added to the atmosphere. The first step in developing CO2-control strategies is developing a quantitative understanding of where man-made CO2 comes from and where it goes, i. e., developing a carbon budget.

Global Sources and Sinks for Man-Made CO2

Table 1 estimates global CO2 sources (how CO2 was generated) and sinks (where the CO2 accumulated) in 2012. Quantities are expressed in gigatons of CO2/ year (1 gigaton = 1 billion tons).

Table 1. Global Sources and Sinks for Man-Made CO2 in 2012			
Sources		Sinks	
Item	Gigatons/yr	Item	Gigatons/yr
Fossil-fuel combustion		Land	10.5
Coal	15.8	Ocean	9.7
Oil	12.1	Atmosphere	20.2
Gas	6.6		
Cement manufacture	1.9		
Gas flaring	0.2		
Land use	3.6		
Sum	40.3		40.4

(Continued from page 5)

CO₂, cont.

The majority of CO₂ emissions (86%) came from fossil-fuel combustion. The term “land use” refers mainly to the burning of forests to create farm land, a common practice in developing countries.

CO₂ was taken up on land by plants and algae during photosynthesis, ultimately becoming part of the organism structure. CO₂ also dissolved in the oceans, increasing their acidity. However, by far the largest amount of CO₂ (50%) accumulated in the air, causing the rise in atmospheric CO₂ concentrations that drive global warming.

The Largest Emitters

Table 2 displays 2012 emissions data for the six largest generators.

Table 2. CO ₂ Emissions by Country in 2012			
	Total	Percent	Per capita
	emissions,	change	emissions,
	gigatons	from 2011	tons/person/year
China	10.6	+ 5.9	7.6
US	5.6	-3.7	18.5
European Union	3.6	-1.3	7.7
India	2.5	+ 7.7	2.0
Russian Federation	2.0	-0.2	13.7
Japan	1.4	+6.9	10.1

These top six emitters contributed about 64% of global emission in 2012. China passed the US as the largest emitter in 2005. Emission rates in China, India, and Japan grew rapidly in 2012 while emission rates in the US, European Union, and the Russian Federation dropped slightly.

Percentagewise the US dropped its total emissions more than any other country. However, we can't take much consolation from this result. Our per capita consumption was over twice that of that of China and the European Union, nine times that of India, and three times that of the world in general. A report commissioned by the United Nations (UN, 2014) suggests that annual CO₂ emissions worldwide must be reduced to about 1.6 tons /person/year by 2050 to limit temperature rises to 2 degrees C above their preindustrial level. Since the US generated 18.5 tons per year per person in 2012, we have a long way to go. Subsequent articles will explore ways we might get there.

Doug Merrill

References:

Figure 1. <http://www.marketcalls.in/statistics/population-vs-global-warming-interesting-facts-and-charts.html>

Tables 1 and 2. Global Carbon Budget 2013, by the International Geosphere-Biosphere Programme, November 25, 2013

UN report, 2014, Pathways to Deep Decarbonization, Interim Report, by the Institute for Sustainable Development and International Relations

Upcoming Events in November

2	Sun	9:15 a.m.	ALL SAINTS' DAY/ALTAR GUILD RECOGNITION SUNDAY
		11:30 a.m.	Altar Guild Meeting
			Cancer Support Group
3	Mon	11:00 a.m.	Bible Study
4	Tue	12:15 p.m.	Grief Support Group
5	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group
7	Fri	10:00 a.m.	Stephen Ministry Meeting
8	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
9	Sun		VETERAN'S RECOGNITION SUNDAY
10	Mon	11:00 a.m.	Bible Study
11	Tue		The Church office will be closed in observance of Veteran's Day
12	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
15	Sat	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	Work Party
16	Sun		LOYALTY SUNDAY
		9:00 a.m.	Stewardship Breakfast
17	Mon	11:00 a.m.	Bible Study
		7:00 p.m.	Vestry Meeting
18	Tue	12:15 p.m.	Preschool Board Meeting
19	Wed	9:30 a.m.	Hatha Yoga
22	Sat	9:00 a.m.	Choir Rehearsal
23	Sun	9:15 a.m.	Inquirer's Group
			Canterbury Tales Deadline
24	Mon	11:00 a.m.	Bible Study
26	Wed	9:30 a.m.	Hatha Yoga
27	Thu		THANKSGIVING DAY—The Church office will be closed.



LONA'S NEW ADDRESS

Long-time parishioner, Lona Molyneaux, has recently relocated to Petaluma to be closer to her family. Her new address is 815 Wood Sorrel Dr., Petaluma, 94954. Her phone number will be (707) 769-3038.

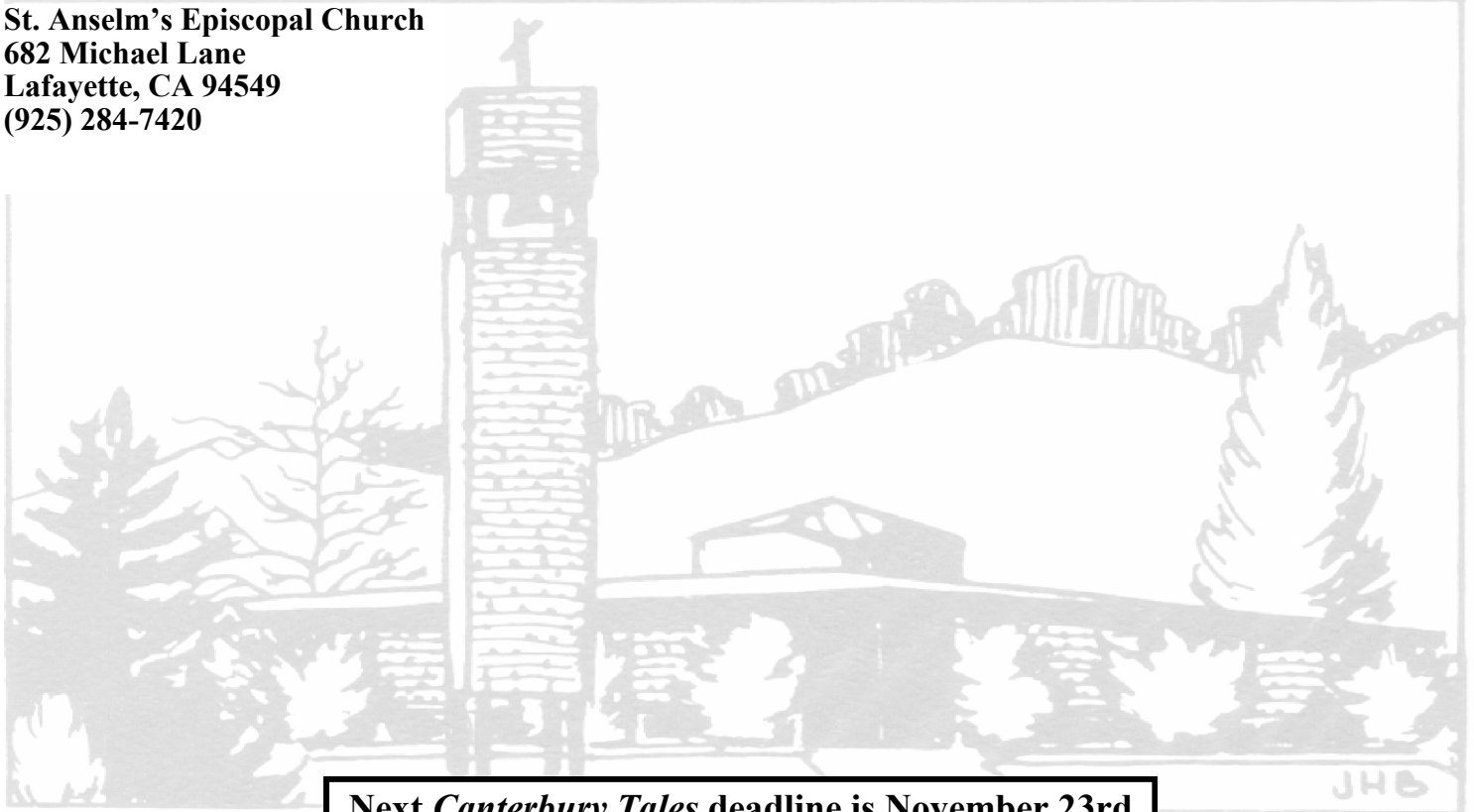
She would love to hear from you.

COFFEE HOSTS

Once again, thank you to all who have been Coffee Hosts throughout the year. There are a few openings left for November and December. Although it is a busy time of year, if you can take a little time to help cover any of those dates it will be greatly appreciated.

Although it may seem hard to believe, 2015 is just around the corner. If you can plan ahead to help with this special ministry and sign up for future dates it will be a great help. The sign-up sheets are in the kitchen or contact: Ann Burns at: burnjc@aol.com; 925-284-2839 or Sheila Gorsuch at: sgorsuch@hotmail.com

St. Anselm's Episcopal Church
682 Michael Lane
Lafayette, CA 94549
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Next *Canterbury Tales* deadline is November 23rd



STEWARDSHIP BREAKFAST

*Sunday, November 16th
Jackson Hall
9:00 a.m.*

This is an opportunity for parishioners from both the 8:00 am and 10:00 am services to come together to recognize the progress our St. Anselm's community has made during the past year and simply enjoy coming together as a community.

All are invited to attend.

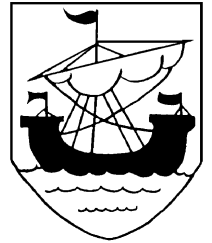
IT'S TIME TO FALL BACK!

Daylight Savings Time ends on Sunday, November 2nd at 2:00 a.m.

Remember to turn your clocks **BACK** one hour on Saturday evening, November 1st.!



Canterbury Tales



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

December, 2014

From The Rector

Good Friday

January 2, 2035

On this the 20th anniversary of the shooting death of Charles Jackson and the subsequent conviction of police officer James Agee, we reflect on the monumental changes the case brought to the criminal justice system and race relations in America. Jackson was a 15 year old African American who had robbed a convenience store before dawn on a Friday morning in West Memphis, Tennessee. James Agee, a 34 year old white police officer responded to the call.

Agee claimed that Jackson refused to stop when ordered to do so. A chase ensued. Agee claimed that when he cornered the boy in an alley, Jackson reached into his pocket for what Agee believed was a weapon. Agee fired multiple shots into the boy's chest and he died on the scene. No weapon was found.

There were conflicting accounts from witnesses who saw the shooting from apartment windows above the alley where Jackson was killed. But what appeared to sway the Grand Jury in the highly publicized case was the fact that Agee had failed to observe protocol. At the time, body cameras, now ubiquitous in law enforcement was new technology. The West Memphis Police Department had recently acquired the devices, and officers were directed to initiate filming the instant they sensed a dangerous confrontation. From the point the chase began, Agee did not begin filming.

The night the Grand Jury announced the indictment, National Guard troops prepared to restrain an angry crowd, instead witnessed a celebration. Several arrests were made, but property was not destroyed and the conflagration that was anticipated never transpired.

What followed in law enforcement circles across the nation was noteworthy. Aware of the import of video evidence, body cameras were almost immediately uniformly employed by officers where a confrontation was even remotely anticipated. No one forgot to turn on the body camera. When confrontations occurred the responses became measured, as officers increasingly aimed below the waist and for appendages, firing fewer shots. Many departments equipped officers with Tasers mounted in a more accessible spot, while placing the firearm in a back holster, avoiding the potential for confusion that was cited by Johannes Mehserle when he shot and killed Oscar Grant in the 2009 incident depicted in the film *Fruitvale Station*. Non-lethal force became the force of choice.

RECTOR cont.

As incidents of violence declined, and its nature became less lethal, a thaw began to occur between the African American community and law enforce-

(Continued on page 2)

Anslem's Angels

Winter is dead; spring is crazy;
summer is cheerful and autumn is wise!
~Mehmet Murat ildan

As we prepare for our "dead" season we send out thanks to our many Angels:

Art Clarke who has been diligently going around the church and cleaning all those low windows, inside and out.

Thanks to the **Stewardship Commission** for organizing a successful campaign: **Paul Witkay, Chair; Doug Merrill, Jim Morrison, Foster Lipscomb and John Sutton.**

Thanks to **Anne Ward and Foster, Lori, Jordan & Preston Lipscomb** for their stirring talks during services on Sundays in November.

The food at the Loyalty Sunday Pancake Breakfast was delicious and the event was well-attended. Thanks to all who helped: **Jim & Sally Morrison, Paul, Cathy & Kelsey Witkay and Doug Merrill**

All those who participated in our last Work Party of 2014: **George Wasson, Art & Gail Clarke, Al & Sara Swimmer, Pam Green, Norm & Sheila Gorsuch, Elaine Sherwood, Gene Bozorth, Doug Merrill, Tom Flynn, Julie Starr, Michael Hollinger, Bob Eddy, Roy Merrill, David Holcombe, Gordon Repp, John Sutton, Jill Schon and Mike Gooding.**

(Continued from page 1)

ment. City police officers found the community to be more trusting, and crime dropped as police and inner city residents worked toward a common goal of safer neighborhoods.

While not as well-known as the changes following the case in law enforcement and race relations was what happened in the life of Officer Agee and the Jackson family. After serving several years in a high security prison, Agee was offered the opportunity to participate in a restorative justice program. The family of Charles Jackson agreed to visit Agee in prison, and later regularly met with him at their home, where he voluntarily took on tasks to assist the family while living in a halfway house. Counselors facilitated a conversation between Agee and the Jackson family which later led to a friendship.

Agee said, *"After the shooting, all I could think was, 'I am the victim here! I didn't do anything wrong!'" But after I got to know the Jacksons, I began to understand they had lost something too. I was able to acknowledge my role in their loss. When I did, they were able to forgive me. It took longer for me to forgive myself. I am still working on that.*" When asked if he was guilty, Agee said he would have handled it differently now.

Agee went to college while incarcerated, earning a degree in counseling after he got out. He went to work as a youth counselor for at risk teens in West Memphis, and began a practice whose aim was to ease tension between the law enforcement community and inner city youth.

Agee's story stood as a marked contrast to other officers in similar cases who previous to video evidence had not been indicted. Many of those officers spoke of living in constant fear, and their lives spiraled out of control, even while they had not been found guilty.

Agee said, *"It wasn't the time I served that helped me. When I became aware of the Jackson family's loss, face-to-face, I really got what had happened. I never felt I had paid a debt to society by serving time. But when they forgave me, they helped me forgive myself, and then I could start to move on with my life."*

John+

ANNUAL REPORTS

If you are the Chair of a commission, committee, guild or group, and have something new and exciting to report, please have your Annual Report to Carol (in the office) by the end of this year. Thank you.

CHRISTMAS PAGEANT

Our annual Christmas Pageant will be at 5:00 p.m. on December 24th. All children are welcome to participate. There are no speaking parts but please arrive early (about 4:30 p.m.) to get into costume. We need shepherds, angels, wise men and sheep.

ADVENT FESTIVAL

The 10 o'clock service on Sunday, December 14, will include the traditional Lessons and Carols, followed by St. Anselm's annual Advent Festival, sponsored by the Parish Life Commission. This will feature arts and crafts specifically for the junior church members, with a chance to meet others in the same age group -- Peg Matson is the organizer and she would welcome any assistance. Please contact her for further details: plmatson@comcast.net or call her at 925-210-1747. There will be an expanded coffee hour to include soup, bread and cookies for all. If you would like to contribute or assist with this part of the program, please contact Sheila Gorsuch: sgorsuch@hotmail.com or 925-256-9546.

Come one, come all in the spirit of the season!



Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA 94549
Phone: (925) 284-7420
e-mail: anselms@yahoo.com
web site: www.stanselms.ws

Editor:
Carol J. Fontana

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

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

The Senior Warden

The fall is my favorite time of year. The cold has finally taken to the air and each morning I have to wait a few extra moments to warm up my car. I turn on the ignition, turn the defroster on, then sit listening to the news quietly while observing the world waking up around me. It's usually very peaceful, observing the leaves falling, maybe watching the raindrops fall and plunk against the windshield. But the last few days have been chilling on a different level. As I sit, warming up in the safety of my car, I listen to the news and turn it up a little bit louder to hear the full story.

I hear of terrible things happening in the world. The devastating Ebola outbreak in Africa, which creates worldwide pandemic of panic, not to mention the mistrust of travelers from any African nation. There is the continued unrest in the Middle East, with beheadings gracing the cover pages of newspapers and splashed across TV screens. Most recently, and ever so close to home, the unrest in Ferguson, Missouri, which has spread to many major cities, including Oakland and San Francisco. I hear of violence begetting violence, fear spiraling out of control, and pain, so much pain.

It is in these moments in the car, quietly listening to the news, that I feel at my most vulnerable. I feel as though I am helpless, as though the problems of the world are so big, so vast, and so insurmountable that why should we even bother to try. How can this little more than average woman from Lafayette make any kind of change in a society that literally abhors change? I've mentioned in past articles my passion for working with underprivileged youth and my desire to make the world a little bit better, but it's these moments of quiet that cast doubt as to whether I can really make that difference.

And that's when I see it. A small school bus comes around the corner from my house, carrying inside the salve that the world needs. I can see the small faces smiling, blowing their hot breath onto the cold window, then drawing silly faces or stick figures to entertain their friends. It is the joy I see in their faces that reminds me that there is still good in this world. That even when there seems little to fight for, there is always someone little to fight for, to make the world better for. No matter their race, religion, ethnicity, gender, sexual orientation and so on, each child is worth fighting for. Whether it's our own children, our nieces and nephews, our best friend's little girl, or the child in different city, state or country; they are ALL worth fighting for.

With this thought in mind, I feel a renewed sense of purpose flow through me. I feel a determination that pushes me to take off the parking break, put my car in gear, and enter the day with hope for a better and brighter future for all.

Shanda

How to Reduce Your Home's Natural-Gas Consumption and a Case Study

Inspired by John Powers' fine Earth Day presentation on saving energy in the home, I went to Pacific Gas and Electric's (PG&E's) website www.pge.com/myenergy and compared our household's energy use to the energy use in 100 similar homes within 0.6 miles (similar square footage, without solar panels, using natural gas heating). I was gratified to see that our house was rated among the most efficient in electrical use. In 2013, we used about 44% of that used by similar homes. However for the same period, our gas use compared poorly. We used 36% more gas than that used by similar homes. Our 2013 gas bill (\$1,200) dwarfed our electric bill (\$465). Because nothing short of solar panels could significantly reduce the latter and solar panels are not feasible because our roof is tree shaded, it was clear that our main hope of reducing PG&E's energy bills lay in reducing our gas use. A corollary benefit of our using less gas is the proportionate reduction of our home's emissions of carbon dioxide, a greenhouse gas driving global warming. We very much wanted to do that.

We wondered what we could do to reduce our gas use. There are a lot of things, it turns out, and those interested in saving gas can see them in the lists below. A valuable reference for our investigation was the booklet "30 Simple Energy Things You Can Do to Save the Earth", written by The Earth Works Group in 2006 and distributed by PG&E. To see the items we chose to implement and their effects on our gas consumption, see "Our Response" at the end of this report.

Use Less Heat

Below you'll find inexpensive and easily implemented methods to reduce your gas use. These methods are the low-hanging fruit of energy conservation.

- Lower the temperature:
 - Of your living space. Lowering your room temperature a few degrees can make a surprising difference in your gas bill.
 - Of your water heater. Water heating accounts for 25% to 50% of home energy consumption. Scalding water is not required. A temperature of 120 F is adequate for most all household needs. For those using conventional hot water heaters, be sure the reservoir is well insulated to minimize heat loss.
- Heat only the frequently used rooms. Block off registers and close doors of rooms you don't occupy much. Use a space heater if you live in just a few rooms of a multi-room house. It's much more efficient to heat a few rooms with electricity than to heat all rooms with gas.
- Install a low-flow shower head and take shorter showers. Following this recommendation not only saves water, it saves gas. Low flow shower heads (1-1/2 gallons per minute) provide all the comfort of the old higher-flow shower heads. A five-minute shower does the job for me.
- Wash your clothes in cold water. Some cold-water detergents are reported to work at any temperature.
- Optimize clothes-drying operations. The number of loads can be reduced by drying full loads (but not so full as to impede air flow) and cleaning the lint screen before every load. Over drying can be minimized if loads consist of clothes that dry in approximately the same amount of time. Most modern machines have the option to automatically shut down the drying process when the clothes are dry. Use it to further prevent over drying.
- Use ceiling fans. Temperatures at the ceiling can be as much as 15 degrees F higher than temperatures near the floor. Fans running at low speed push warm air near the ceiling down to where you can feel it.

Generate Heat Efficiently

The California Energy Commission estimates that 31% of a typical household's annual energy use goes to heat. This use can be reduced by using more efficient heat generators:

- Tune up your furnace. We have a heating service go through a 20-step maintenance list annually.
- Replace your old inefficient furnace. Newer models are capable of transmitting up to 96% of their heat to the circulating air. Only 4% goes up the vent. Our 10-year old furnace, in contrast, could only transfer 80% when new, and is probably much less efficient now.
- Consider solar panels to heat your swimming pool or to help provide house hot water.

(Continued on page 5)

(Continued from page 4)

ENERGY SAVINGS cont.

- Install an instantaneous water heater. An instantaneous heater may reduce your water-heating cost by as much as 10%. Conventional heaters must heat their reservoirs at all times to maintain temperature. Instantaneous heaters don't have reservoirs and heat water only when hot water is called for.

Keep Heat Inside

Keeping heat inside is one of my favorite topics. Many of the techniques below can reduce heat loss considerably and are easy to implement and inexpensive. Besides keeping you warm in the winter, they keep you cool in the summer.

- Close up leaks. Block gaps between doors and their frames with weather stripping and bottom sweeps. Calk leaks at the intersections of walls and door and window frames. Seal off gaps where piping and electrical fixtures penetrate the walls. Close the flue on your chimney unless you're using it.
- Insulate your attic, walls, and raised floors. Insulation is categorized by its R value, a measure of resistance to heat flow. Doubling the insulation's R value cuts heat loss by half. Title 24 energy standards address the energy efficiency of new (and altered) homes and commercial buildings. R30 to R38 insulation is required for the floor of your attic, R13 or R19 is required for walls and R13 to R19, is required for raised floors. Make sure your attic is properly ventilated to reduce heat loads in the rooms below in the summer and moisture being trapped in the insulation in the winter.
- Replace or patch leaky air ducts and insulate them. Air leaks heat your attic and basement in the winter, but not your living space! Heat is lost through the walls of uninsulated or poorly insulated ducts with the same result.
- Use double-paned windows. Double-paned windows transmit much less heat than single-paned windows. For extra protection, spaces between panes can be filled with argon or krypton. Even more-efficient "Low E" double-paned windows have coatings that reflect heat back into the house but let visible light through. The coatings also reflect much of the sun's long-wave infrared radiation, keeping rooms cool in the summer. Avoid aluminum window frames because they are good heat conductors. Wood and vinyl frames are better.
- Pull your drapes at night. Stagnant air between your windows and drapes will slow heat loss. The tighter the fit between the drapes and the window and floor, the greater the slowing effect.
- Keep spas and hot tubs covered.

Let Heat In

Open the drapes on south- or west-facing windows in the winter to let long-wave infrared radiation heat your rooms.

Be in Control

A programmable thermostat allows you to get the temperatures you want when you want them. You don't have to worry about turning the heat down when you leave for the day. It happens automatically, and turns back up when you're scheduled to arrive back home.

Monitor Your Results

It's essential to know how well your energy conservation plan is working. This can easily be done from PG&E's website, www.pge.com/myenergy. There you can compare your current monthly gas use and costs against your historical values. This approach is much more convenient than thumbing through your old paper bills, which you've probably thrown out anyway. You can also monitor similar data about your electricity use.

ENERGY SAVINGS cont.

Take Advantage of PG&E's Rebate Plans

PG&E can provide substantial rebates (up to \$6,500) for energy saving improvements, see www.pge.com/myhome/saveenergymoney/rebates/. To receive rebates you must first have your home analyzed by a PG&E-qualified contractor or rater, who will put together a customized project and budget. The contractor will then complete the Home Upgrade Application and the contractor or rater will reserve your rebate.

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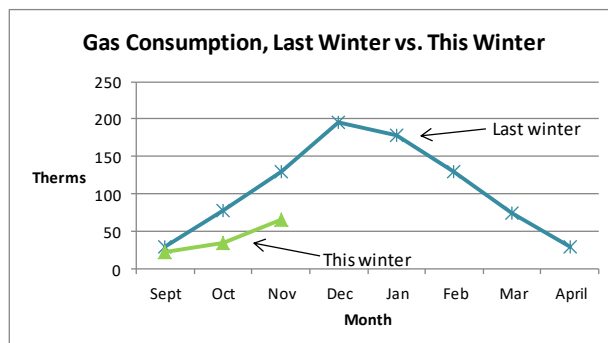
Our response

Over previous years we had implemented many items from the above lists. While the things we did were undoubtedly helpful, we don't have the data to prove it. In any event they were insufficient to make us the gas-efficient household we'd like to be. In March 2014 we undertook projects we hoped would make a serious dent in our gas consumption.

- Installed a new 96%-efficient furnace.
- Replaced leaky hot-air ducts in our attic with new ducts insulated to R8 standards.
- Installed a low-flow shower head.
- Blocked gaps between doors and their frames with weather stripping and bottom sweeps and closed our chimney's flue.

This chart compares gas consumption for last winter (September 2013-April 2014) versus data we are accumulating this winter (September 2014-April 2015). This winter's data are incomplete, but the data there are suggest the changes we've made since March 2014 are making a difference. By saving 115 therms these first three months we've kept 1,350 pounds of CO2 out of the air and \$150 off our gas bill. We anticipate even greater savings as the months get colder.

Doug Merrill



COMMUNITY VOLUNTEER OPPORTUNITIES

This month we are highlighting Sally Morrison and her volunteering with Super Stars Literacy program. The mission of Super Stars Literacy is to give every child the foundation for lifelong learning and achievement. SSL provides intensive afterschool intervention for children in grades K-2 who are substantially behind their peers in literacy skills. Children who do not develop appropriate reading skills by grade 3 are not likely to graduate from high school. Delivered at the student's schools, Super Stars unique program combines social emotional skill development and parental involvement with proven reading support strategies to produce significant measurable improvement in reading proficiency. In the 2014-2015 school year, 26 Americorps staff members will serve 500 children in 9 schools in Oakland, Hayward and Newark in the 15 hour-per-week after school program. In addition, over 400 more children will be assisted by the school day support services.

Sally has been a member of the Resource Development Committee for three years and on the Board for two years. If interested, please contact Sally Morrison or call the Super Stars Literacy program at (510) 777-0870 or visit their website at www.superstarsliteracy.org.

A huge thank you to Sally for doing this most important and needed service for the children of Oakland, Hayward and Newark. THANK YOU SALLY!

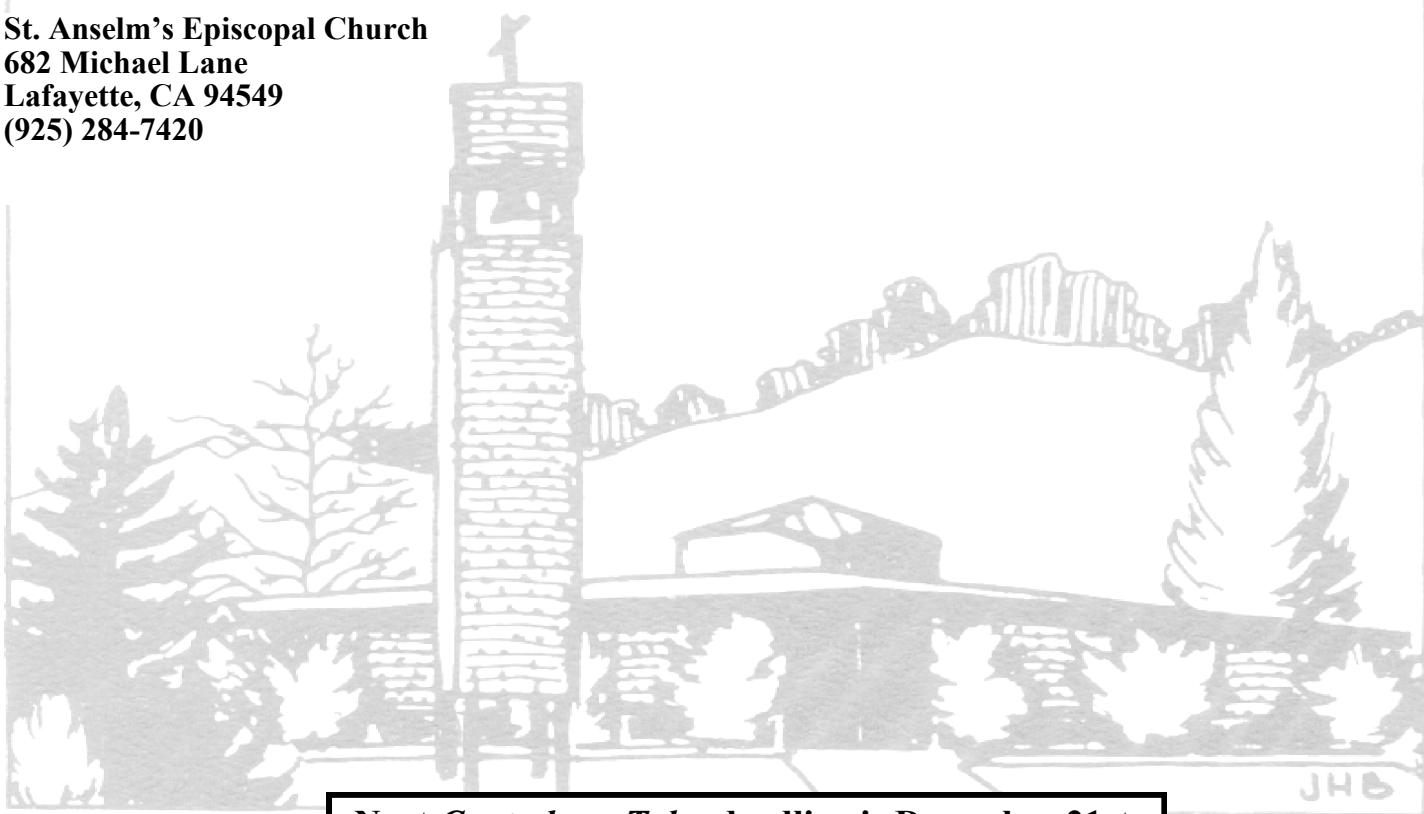
Deacon Naomi

Upcoming Events in December

1	Mon	11:00 a.m.	Contemporary Bible Study
2	Tue	12:15 p.m.	Grief Support Group
3	Wed	9:30 a.m.	Hatha Yoga
4	Thu	7:00 p.m.	Christian Formation Comm. Mtg. at Anne Brown's
5	Fri	10:00 a.m.	Stephen Ministry Meeting
6	Sat	9:00 a.m.	Choir Rehearsal
7	Sun	9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
8	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting (2015 Budget)
9	Tue	7:00 p.m.	Social Justice Film Series
10	Wed	9:30 a.m.	Hatha Yoga
		Noon	Social Justice Film Series
		12:15 p.m.	Men's Group
		2:30 p.m.	Property Commission Meeting
13	Sat	9:00 a.m.	Choir Rehearsal
14	Sun		ADVENT FESTIVAL SUNDAY
		10:00 a.m.	Lessons & Carols
		11:15 a.m.	Advent Festival
15	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting (tentative)
16	Tue	12:15 p.m.	Preschool Board Meeting
17	Wed	9:30 a.m.	Hatha Yoga
18	Thu	1:00 p.m.	Seniors Ministry Meeting
21	Sun		Canterbury Tales Deadline
22	Mon	11:00 a.m.	Contemporary Bible Study
24	Wed	9:30 a.m.	Hatha Yoga
		5:00 p.m.	CHRISTMAS PAGEANT
		10:30 p.m.	CAROLING
		11:00 p.m.	EVENING SERVICE
25	Thu		MERRY CHRISTMAS!
31	Wed	9:30 a.m.	Hatha Yoga



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Next *Canterbury Tales* deadline is December 21st.

Christmas Season Services

Lessons & Carols	Dec. 14 th	10:00 a.m.
Advent Festival		11:15 a.m.
Christmas Pageant	Dec. 24th	5:00 p.m.
Midnight Mass	Dec. 24th	11:00 p.m.
Caroling		10:30 p.m.



The deer is a nocturnal beast
 To whom a flowerbed's a feast.
 And that explains, as well it
 might,
 Why Shepherds watch their
 phlox by night.

D. A. Waters