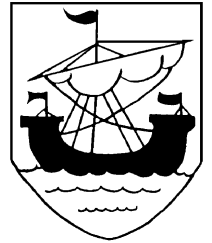


# Canterbury Tales



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

January 2015

## *From The Rector*

### What were you doing New Year's eve?

I was reading in bed. The night before, we had been out late at a party in the Mississippi Delta, and we were all tired. Liz and Kate were asleep. That is until the firecrackers of neighbors of my relatives started to herald in 2015.

I've gotten to the point in my life that a New Year's Eve celebration doesn't have the allure it once did. Waking up early and hitting the trail when most folks are still sleeping, that is my idea of how to ring in the New Year.

If you are anything like me, your checkbook register will have '14' crossed out for a week or two before '15' becomes automatic. Admittedly, a minor hassle, but one that comes like, well, clockwork!

But there is something wonderful about the milestone when the calendar moves up one more year. It can be something to celebrate- new opportunities, new hopes, new dreams. An opportunity to leave behind a tough year and hope that the next will be happier, healthier, more prosperous.

There is a jazz standard, What Are You Doing New Year's Eve? The lyrics:

*Maybe I'm crazy to suppose  
I'd ever be the one you chose  
Out of the thousand invitations  
You received*

You aren't crazy to suppose that God has you on his dance card for New Year's Eve, or last night, tonight, any night of the year. Yeah, he gets loads of invitations. And yours is the most important. In God's love, they all are. Will you ask? Do you know how much you are loved?

*Ooh, but in case  
I stand one little chance  
Here comes  
The jackpot question in advance  
What are you doing New Year's  
New Year's Eve?*

John+

## *Anselm's Angels*

Many, many thanks to all who helped with the Advent Festival:

### Set-up

**Michael Hollinger**

### Arts/crafts

**Peg Matson; Gail Clarke; Cathy, Courtney, Kelsey Witkay; Julie Starr**

### Soup, etc.

**Jill Schon; Ann Burns; Marty Watson; Al & Sara Swimmer; Vicki Pappas; Avon Wilson; Naomi Chamberlain-Harris; Joni Pearce;**

**Roseanna Conlon; Norm Gorsuch Sheila Gorsuch**

### Clean-up

**Gordon Repp; John & Liz Sutton; John McGraw; Marty Fischer; Jill Schon; Sheila Gorsuch**

**Joni Pearce** for coordinating successful toy drive for VESTIA's Holiday Helpers; to all who donated toys and to Santa's helpers who helped deliver the toys: **Gail Clarke and Betty Frangoulis.**

To all who helped enhance our Christmas Eve services:

- **The Altar Guild**—For the beautiful decorations in the Sanctuary
- At the Altar: **John Sutton, Naomi Chamberlain-Harris, Nate Morrison, Nathan Pearce, Calvin Sherwood, Mollie Nelsen**
- Ushers: **Paul Witkay, Jim Morrison, Doug Merrill**
- Musicians: **Gail Burnett, Tom Pappas, Duane Nelsen, Ari Pappas & Beth Budwig**

## 2015 EPIPHANY PARTY!

In all the hustle and bustle of the holiday season, please remember to sign up for our fun-filled **Epiphany Party** in Jackson Hall on Saturday, January 10, 2015. Festivities begin about 5:30, and end around 9:00. Back by popular demand, as mistress of ceremonies, will be our own "Wise Woman", Shanda Young.

### What do we need from you?

1. Please sign up in Jackson Hall so that we have an idea of attendance.
2. If you want to join our merry band of decorators on Friday, January 9, please indicate that on the sign-up sheet
3. Please bring two dozen appetizers or finger food desserts to share.
4. At the end, we share in the cleanup: Taking down decorations, putting away chairs and tables, etc. Many hands make light work.
5. For our goofy gift exchange, please bring a wrapped gift for each member of your group. The gifts can range from VERY silly **white elephants** to very cute **treasures**. We have only two requirements: the gift should be inexpensive, as well as worthy of being laughed at and/or 'stolen' by someone else. If something has been hiding in your closet and you want it out of your house, wrap it up and bring it! Some "golden oldies" from past parties are:

- Orange plastic gravy boat
- Lunch box painted with the Last Supper
- Planter in the shape of a toilet
- Elvis bowling ball
- Orange clown pants

Who knows? Some of these gifts may make a return visit!

For more information, please contact Gail Clarke at [wcgail21@gmail.com](mailto:wcgail21@gmail.com).

### Dear Saint Anselm's Family,

Dick, Linda, Andy, Amy Hallie and JD Orear wish to thank all of our Faith Family of Saint Anselm's for the dinners, kind thoughts and positive prayers.

When your thoughts are of us you are sending healing prayers to God. And God has heard and is helping Linda heal each day. Thank you for your healing prayers and kind thoughts please keep them coming because the prognosis so far is good.

God bless all of you.

The Orear Family



## St. Anselm's Cuts Water Use in 2014

In 2014, in the face of a continuing severe drought in California, we made a conscious effort to cut back on our water use. Our objective was to maintain the health and appearance of our landscaping while simultaneously reducing our water use and water bills. Table 1 compares 2014 results against results of the two previous years.

Our efforts have succeeded. Water use has been more than halved. Our water bills have been reduced about 40%.

Doug Merrill

**Table 1. Water Data, 2012-2014**

	Water use,	Water bill,
Year	gallons	dollars
2012	514,000	2,980
2013	425,000	2,736
2014	205,000	1,702

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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*

Is this really my last article as Senior Warden? Already? Wow, time does fly, doesn't it? It seems as though it was only yesterday I got the call from John asking if I would step into the role of Senior Warden. I remember being hesitant, but in the end accepting with relish. What an amazing year we've had here at St. Anselm's. We've shared the incredible successes of our events, for both fellowship and fundraising, the ability to continue to host Winter Nights and be a beacon of warmth and hospitality for those in need, and for continuing to offer insight into our faith through prayer groups, ministries, and services led by such a wonderful spiritual leader as John. It is clear to me, and to those who regularly attend church, that the work we do at St. Anselm's to better our community and ourselves is incredible.

In my role as senior warden of the Vestry, I feel the work we have done in the last year, and really, the last three years, has shaped how I view the world around me a little differently. I understood my faith in the past to be something that I only brought to church on Sundays and then put safely back in my back pocket until the following week. When I was asked to be a part of the vestry, and to be the clerk no less, I found that my faith began to sneak out of my back pocket more and more often. I looked for spiritual guidance in helping to make the decisions for our church which in turn found my faith surfacing again and again. And, as a result, I have grown spiritually and have a better understanding of the role faith plays in my life and in my future to come.

And it is that increase in spirituality that has directed my articles in the past and that directs my final article here. I have spoken about many things these last twelve months, from sharing personal stories about my family, work and life to extolling the incredible work we do together here at St. Anselm's. I hope you have experienced the humor, sincerity, and messages of hope that I have tried to bring to each and every one of my articles. I hope that the lessons of self-care, mindfulness and finding joy in the ordinary help you in your own spiritual journey moving forward.

It truly has been a pleasure to serve the congregation of St. Anselm's in this capacity and I want to thank all of those I've served on the vestry within the last three years. I appreciate the time you took to help me understand the inner workings of church life, your patience when answering my budget questions, and your genuine interest in my opinions and ideas on how to move the church forward. You have all left an indelible mark on not just myself, but on the larger St. Anselm's community and should be proud of everything that has been accomplished.

Thank you, St. Anselm's, for continuing to be a beacon of faith and fellowship for all who enter and I look forward to continuing to be a part of such an amazing community.

*Shanda Young*

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## *Food and Water*

We all have heard many excellent tips on how to save water in our houses and yards (thanks Doug!) – but there is more to the story.

My son Evan has been a vegetarian for a bit over a year now, and has been a potent debater since he could first talk. When I recently encouraged him (not for the first time) to take shorter showers, he did not argue. Instead, as a good debater, he changed the subject. “Do you know how much water was used to make that burger you had last night?” Uh oh. Not only did I *not* know, but I was pretty sure he *did*. So rather than debate further, we decided to research food and water together.

The results are astounding, or at least they were to me.

The United States Geological Survey (USGS) has compiled data from multiple studies into a single tool that shows how much water is required to produce many different types of food. Here’s the bottom line:

Food	Gallons of Water
Chicken, 1 pound of meat	500
Coffee, 1 cup	35
Corn, 1 pound	110
Egg, 1	50
Hamburger, 1/3 pound	4,000 - 18,000
Orange, 1	13
Potato, 1	100
Wheat, 1 pound	110 – 250

Yes, it’s true – a single hamburger requires thousands of gallons of water to produce (there’s a wide range, because it depends on what the cow is eating and so on...). The obvious conclusion is that you can save a lot of water (!) by consuming more fruits and vegetables and less meat (especially from cows). However, it’s not clear exactly *where* you’ll save that water, since much of the food we eat is produced outside of California. Further, the water used to produce food is not directly comparable to the water that comes out of our taps – grey water is used extensively in agriculture. Nevertheless, the issue is worth looking into – and you can start here: <http://water.usgs.gov/edu/sc1.html>

John Powers

### *Upcoming Events in January*

4	Sun		<b>EPIPHANY SUNDAY</b>
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
5	Mon	11:00 a.m.	Contemporary Bible Study
6	Tue	12:15 p.m.	Grief Support Group
7	Wed	9:30 a.m.	Hatha Yoga
9	Fri	10:00 a.m.	Stephen Ministry Meeting
10	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	<b>Epiphany Party</b>
12	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
13	Tue	7:00 p.m.	Preschool Parent-Teacher Meeting
14	Wed	9:30 a.m.	Hatha Yoga
		1:00 p.m.	Men's Group
		2:30 p.m.	Property Commission Meeting
19	Mon		<b>MARTIN LUTHER KING JR. DAY</b>
			<b>The Church office will be closed</b>
		11:00 a.m.	Contemporary Bible Study
21	Wed	9:30 a.m.	Hatha Yoga
24	Sat	7:30 a.m.	Stephen Ministry Training Workshop
		9:00 a.m.	Choir Rehearsal
25	Sun	9:15 a.m.	Inquirer's Group
		11:30 a.m.	Parish-wide annual meeting
			<b>Canterbury Tales Deadline</b>
26	Mon	11:00 a.m.	Contemporary Bible Study
28	Wed	9:30 a.m.	Hatha Yoga
31	Sat	9:00 a.m.	Choir Rehearsal

### ***SAVE THE DATE:* February 7 Vestry Day/Equipping the Beloved Community**

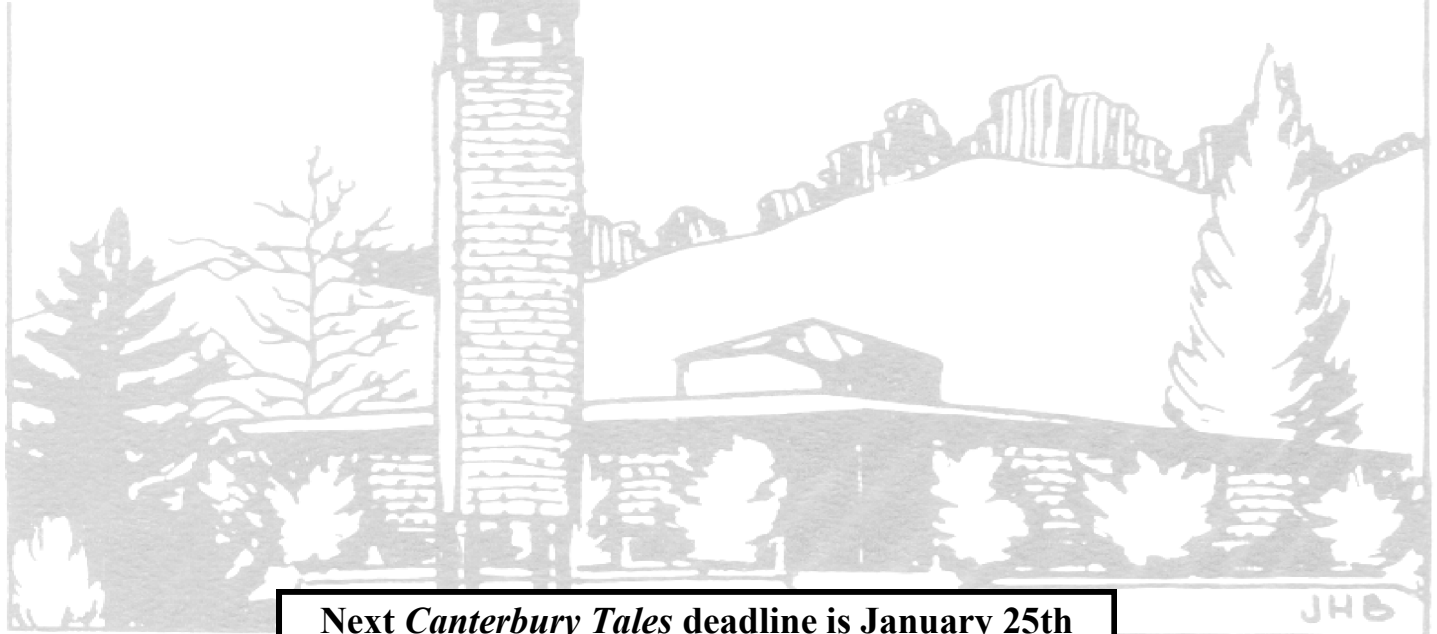
Grace Cathedral, San Francisco and the San Francisco Deanery will be your hosts, and Saturday, February 7, is the date for a special equipping event with something to enhance everyone's ministry skills. Workshops will include governance and finance training (especially for Vestry and Bishop's Committee members), Eucharistic Ministry and Visiting, Lay Pastoral Caregiving, Liturgies and Devotional Practices for Lent and Holy Week, Volunteer Management, Young Adult Christian Community and much more. The theme of the event is "Flourishing the Household of God," and author and ministry innovator Mark Scandrette will offer the keynote address. Online registration will be available the week of 12/15, but save the date and start building your team now.

When: Saturday, February 7, 2015, 10 a.m. to 5 p.m.

Where: Grace Cathedral, San Francisco

Contact: Julia McCray-Goldsmith, [juliam@diocal.org](mailto:juliam@diocal.org)

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



**Next *Canterbury Tales* deadline is January 25th**

## ***ANNUAL PARISH MEETING***

**Sunday, January 25th  
 Following the 10:00 a.m.  
 service**

- 2014—A Year In Review
- Elections:
  - \*Class of 2018 Vestry
  - \*Diocesan Delegates & Alternates

***All are encouraged to  
 attend—your participation  
 is important***

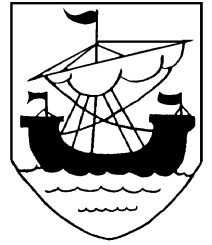


### ***ST. ANSELM'S CRAB FEED***

Get ready, and mark your calendars! The ever-popular St. Anselm's Crab Feed will be held on Saturday, February 7<sup>th</sup>. All you can eat crab, pasta, salad and dessert! A sign-up sheet will be in Jackson Hall soon, so reserve your place.

***SEATING IS LIMITED!***

# Canterbury Tales



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

February 2015

## *From The Rector*

### Entering the Holy

How often have you been in church while we have been saying the Prayers of the People, and your mind starts to wander? Did I leave the oven on? Am I going to have to talk to the neighbor about their dog? When will I find time to do that report?

These kinds of questions are normal hindrances in a prayer life. You are not alone- I deal with them too.

Liturgy is always a matter of tradeoffs. Music, preaching, prayer and worship are components in most services, and how you integrate them is a reflection of what that worship community values. Go to a Quaker church and you may experience a service where no words are spoken, but a deep level of silent and contemplative prayer is shared. Go to a Baptist church and you may hear a sermon that moves like a massive wave across the congregation and draws an emotional response. Come to an Episcopal church and you will experience a liturgy that seeks to balance the inner and outer life in a seamless liturgy. (And you will always know that you will receive the sacraments!)

Intercessory prayer is what we do during church services when we pray for others. The verb intercede derives from the latin '*intercessio*,' which means to act as a go between. We are raising a prayer for another, acting as a go between for that person/condition, carrying the request for divine intervention to God. It is what the prayer chain will do for you on a daily basis if you or a friend need help.

There is a different kind of prayer that we don't do in church on Sunday- contemplative prayer. If you have spent your entire life attending the Episcopal church, it is conceivable that you have never engaged in contemplative prayer. The word contemplative derives from the Latin word *contemplari*, meaning 'to gaze attentively, observe.' It is a very different form of prayer than the form we practice on Sunday morning.

Contemplative prayer generally begins with a method to slow down the mind in order to observe the holy. One seeks a quiet place without distraction, in order that one can then name and release the internal distractions in the body, mind and/or soul. This is no easy task, and monks make it their life work to develop the spiritual discipline to do so.

I realize some of you, perhaps many of you could not be less interested in this. It is not for everyone. But for those who feel an inkling of interest, there is the potential for an enormous payoff- an encounter with the holy.

### **Rector cont.**

There are many stories in Scripture that can be understood metaphorically as an engagement with the holy through prayer, experiences that are not confined to the past, but realized in the present.

(Continued on page 2)

## *Anselm's Angels*

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

**- Japanese Proverb**

The Epiphany Party was a fun and exciting evening. Thanks to coordinator—**Gail Clarke** and her able assistants:

**Decorators—Sheila Gorsuch,  
Naomi & Paul Harris, Sara  
Swimmer & Avon Wilson**

**Setup—Michael Hollinger**

**Bartenders—Norm Gorsuch, Art  
Clarke & Naomi Chamberlain-  
Harris**

**Wise Women—Shanda Young &  
Jordan Lipscomb**

**Food, Gifts, Cleanup—  
EVERYONE!**

Thank you, for a job well done, to our outgoing Vestry members: **Bob Ed-  
dy, Marty Fischer, Doug Merrill &  
Shanda Young** and Deanery Delegates: **Roseanna Conlon, Sara Nelson, Vicki Pappas & Judy Peak.**

Welcome to our new Vestry: **Susan Barnes, Pam Green, Jim Morrison and Vicki Pappas.**

And congratulations to our new Senior Warden, **Foster Lipscomb**, our new Junior Warden, **Calvin Sherwood**, and our new Clerk of the Vestry, **Susan Barnes.**

## *Souper Bowl Sunday*

Following both services on Sunday, February 1st, the Youth Group will be taking its annual collection to benefit the Food Bank. 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.

## ***LENTEN WOMEN'S RETREAT***

The Christian Formation Commission has scheduled a one-day women's retreat at San Damiano Retreat Center on Saturday, March 7. Because our annual weekend retreat is not happening this year until the fall and will be with the women of St. Matthews in San Mateo, there have been some requests for one sooner.

The retreat will be facilitated by Fr. John. The topic will be Exploring our Personal Spirituality. We will do some sharing of our personal experiences with spirituality. We will learn some prayer practices from John. We will walk in the peaceful grounds at San Damiano, and hopefully, as we take a day out from the busyness of our lives, we will be able to open ourselves to listening to God and to our own hearts.

As Episcopalians we are blessed with a beautiful liturgy. We are very familiar with the practice of intercessory prayer, which we do every Sunday. Many of us, me included, continue with the intercessory prayer in our home practice and are not so familiar with contemplative prayer. This will be an opportunity to enter the silence and open our hearts and spirits to having the word of God come to us in a different way than is done in the liturgy.

For those of you new to St. Anselm's this is a great way to get acquainted.

**Date and Time:** Saturday, March 7 from 9 am till 7 pm. Lunch and dinner are included.

**Place:** San Damiano Retreat Center, 710 Highland Drive, Danville

**Cost:** \$63. There is scholarship money available for anyone for whom this fee would be difficult or prohibitive.

**Contact Person:** Anne Brown. You can phone or e-mail me with questions -(925) 947-5932 and [annehalfantbrown@gmail.com](mailto:annehalfantbrown@gmail.com). I'll also be available during coffee hour, where there will be a sign-up sheet for the retreat.

*(Continued from page 1)*

On March 3<sup>rd</sup>, I will be facilitating a one day Women's Retreat focusing on Personal Spirituality. The intent of the day will be to help attendees find what is the gateway that works for them to engage the holy. Is there a niggling interest to attend? Whose voice might that be?

John+

### ***Stephen Ministry Guest Speaker***

Susan Anderson, a geriatric case manager from Sutter Home Health, will be a guest speaker at the next Stephen Ministry meeting on February 6th at 11:00 a.m. Her topics will include geriatric care assessment, what is dementia and how it differs from depression, determining what care is needed and ways to approach it. There will be Q and A following her talk. All are invited to attend. For more information please contact Deacon Naomi (925-689-1720).

## ***Community Volunteering***

This month I am highlighting two parishioners who are Hospital Volunteers. Inge O'Neill and Paul Lazarus. Both are Information Desk Volunteers, Inge at Kaiser Walnut Creek and Paul at the Walnut Creek Campus of John Muir Medical Center. As I am sure you have all experienced, hospitals can be very complex and confusing places to visit, either as a patient or a visitor. I can assure you that if you visit either Kaiser or John Muir on a day when Inge or Paul are working, they will give you the most concise information and/or directions.

They are the "BEST". Thank you Inge and Paul for helping all of us lost souls find our way around our medical centers.

*Deacon Naomi*

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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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager



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## ***LENTEN SERIES***

The Christian Formation Commission feels privileged to announce that for our March Lenten series, Dr Ron Olowin will be our speaker following a soup and salad supper in Jackson Hall.

A Catholic and longtime resident of Lafayette, he is a popular professor of astrophysics at St Mary's College, Moraga, who engages in the ongoing dialogue between science and religion. His degree in astrophysics is from the University of Oklahoma where, before teaching, he was a research astronomer at the Royal Observatory in South Africa and travels frequently to Chile and the Soviet Union. He holds seminars at Ghost Ranch, New Mexico, connecting astrology and archeology and takes students to Puerto Rico to see the largest telescope in the world.

He is expending energy now encouraging the relationship between the community and the college with frequent local talks such as at the Lafayette Library and Learning Center, St Perpetua's and LOPC. He wants to develop programs connecting the Lafayette library to St Mary's observatory so younger students can be exposed to astronomy locally. His talks incorporate the theories of divine creation, the Big Bang and evolution. He has been a visiting scholar at the GTU in Berkeley, worked with the Vatican Observatory, and spoken to Oakland priests on contemporary cosmology. I have personally heard him talk several times and am most excited that he is able to be with us. You will love hearing him and won't be able to wait for the next week's program!

Judy Peak

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## ***SENIOR MINISTRY AT ST. ANSELM'S***

For almost two years, there has been an active Senior Ministry at St. Anselm's. We believed that there were seniors in our congregation who might need several kinds of assistance.

We were correct. The Senior Ministry volunteers have provided transportation to medical appointments, beauty parlors, and counseling sessions. We have a list of volunteers who are willing to provide food and do yard work and help with grocery shopping and trips to the library. We have also helped members of our congregation find social service assistance. As time passes, we believe that we will receive more and varied requests for help.

We have also learned that we need to know more about what is available in the community in such areas as transportation, in-home care, Food Bank access, and the like. Of course we are not qualified to provide counseling, but we should be able to tell people where they can go for help. So we are gathering more information, and we and our Stephen Ministers are going to hear a lecture on this subject from Susan Anderson, Geriatric Case Manager from Sutter Health.

While we already have a team of volunteers engaged in this ministry, of course we would like to have more help. If you are interested in joining us in this work, please call Fr. John (925-284-7420), Deacon Naomi (925-689-1720), or Kelvin Booty (925-934-0114).

And if you are a senior who needs assistance from us, please call one of the three persons named above.

Thank you.  
The Senior Ministry Team

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## Pathways to Deep Decarbonization: An Overview

Most climate scientists believe there is a strong positive correlation between global warming and the concentration of carbon dioxide (CO<sub>2</sub>) in the atmosphere. While CO<sub>2</sub> is not the only man-made greenhouse gas (methane, nitrous oxide, and ozone are others), it is the most significant contributor to the greenhouse effect and the principal control knob that can be used to govern the earth's temperature.

The economic, social, and environmental risks of unabated climate change are immense. They threaten to roll back decades of growth and development and jeopardize countries' ability to achieve their most basic socio-economic and development goals. Deeply reducing GHG emissions and achieving socio-economic development are not mutually exclusive; they can be accomplished together. Climate scientists have generally agreed that it will be necessary to keep the earth's mean temperature rise to less than 2 degrees C (3.6 degrees F) if we are to avoid global warming's worst consequences. Keeping below the 2 degrees C limit is challenging but feasible. But an internationally coordinated, goal-oriented approach is needed to achieve the goal.

### Why Business-as-Usual Won't Cut It

The world is not on track to stay within the 2 degrees C limit. While some high-emitting countries (including the US) have quantified targets to reduce GHG emissions, these targets are collectively insufficient to put countries on a trajectory consistent with the long-term goal of deep decarbonization. Moreover, these targets are not backed by detailed policies and implementation plans.

### The Deep Decarbonization Pathways Project and Why It's So Important

The Deep Decarbonization Pathways Project (DDPP) is a collaborative initiative that attempts to show how individual countries can transition to low-CO<sub>2</sub> economies. The DDPP study was commissioned by the United Nations and carried out by climate scientists from 15 countries. These countries represent the production of 70% of current greenhouse gas (GHG) emissions. Their first report "Pathways to Deep Decarbonization, an Interim Report" was published in 2014.

The DDPP report is important because it quantitatively describes current and future CO<sub>2</sub> emissions country-by-country, what factors drive these emissions, the extent to which the emissions must be reduced to meet the 2 degrees C goal, and the mechanisms available to reduce them. It lays out the facts for all to see and provides an incentive for us to get going. This article attempts to summarize this excellent but massive (218 page) report.

### Project Approach

The report divides the 21<sup>st</sup> century into two periods, 2010 - 2050 and 2051 - 2100. The real heavy lifting must be done in the first period and it must be started soon. To limit the temperature rise to 2 degrees C, cumulative CO<sub>2</sub> emissions from industry and the burning of fossil fuels must be no more than 825,000 megatons (MT) in the first period and only 125,000 MT in the second. In 2011, world-wide CO<sub>2</sub> emissions from industry and the burning of fossil fuels were about 34,000 MT worldwide. To stay under the first period's 825,000 MT limit, CO<sub>2</sub> emissions would have to be tapered down to about 11,000 MT by 2050. This means that world emissions would have to converge to an annual average of 1.7 tons per person in 2050 compared to the current level of 5.2 tons per person.

The DDPP does not attempt to impose a single uniform solution world-wide. Instead each country develops its own approach or approaches to achieve the CO<sub>2</sub>-reduction goals, considering its own national socio-economic conditions, developmental aspirations, infrastructure stocks, resource endowments, and other relevant factors. The intent is that the blended results of all countries' actions should satisfy the world-wide goal.

The interim 2014 report focuses on technically feasible pathways to deep decarbonization. It does not consider costs and benefits, methods of financial support, and policies needed to achieve world-wide CO<sub>2</sub> reduction goals. These will come later. The findings of the report are not, at this point, the policy of any government. They are the products of climate scientists' best thinking. The report aims to help countries think through how to pursue their own national development priorities while achieving deep decarbonization of energy systems by 2050.

### The Drivers of CO<sub>2</sub> Emissions

Any CO<sub>2</sub>-removal exercise begins with an estimate of how much CO<sub>2</sub> is emitted. Man-made CO<sub>2</sub> emissions for any country may be expressed as the product of four parameters.

*(Continued on page 5)*

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(Continued from page 4)

$$\text{CO}_2 \text{ emissions, megatons} = 1 \times 10^{-6} (P) (GDP/P) (E/GDP) (CO_2/E)$$

where:

P = population, millions

GDP/P = gross domestic product per capita (\$ US/person).

E/GDP = Final energy expended in country per dollar of GDP (mega joules per \$ US).

CO<sub>2</sub>/E = CO<sub>2</sub> emitted per unit of energy expended, grams CO<sub>2</sub> per mega joule.

Populations tend to increase, and governments most always support policies that increase the well-being of their peoples; therefore the parameters P and GDP/P will almost always increase, spurring CO<sub>2</sub> emissions. To counter these emissions, countries must work to reduce the parameters E/GDP and CO<sub>2</sub>/E. Let's take a look for a projected scenario for the US. Table 1 compares the four parameters and CO<sub>2</sub> emissions in 2010 and in 2050 after CO<sub>2</sub>-reduction procedures have been implemented.

**Table 1. CO<sub>2</sub> Drivers and CO<sub>2</sub> Emissions for the US, 2010 and 2050**

	P,	GDP/P,	E/GDP,	CO <sub>2</sub> /E,	CO <sub>2</sub> ,	CO <sub>2</sub> /P,
Year	millions	\$/capita	MJ/\$	gr/MJ	MT	T/capita
2010	310	42,131	5.19	80.7	5,475	17.7
2050	441	78,723	1.35	15.9	746	1.7

Table 1 shows the E/GDP and CO<sub>2</sub>/E are reduced sufficiently by 2015 to achieve the desired emissions goal of 1.7 tonnes per person (yellow highlight).

The values of the four parameters differ widely from country to country. A country will focus on strategies that allow it to best reduce E/GDP or CO<sub>2</sub>/E (or both) within its socio-economic constraints. Therefore CO<sub>2</sub>-reduction strategies will vary from country to country. So how will they go about it? Read on.

### The Three Pillars of Deep Decarbonization of Energy Systems.

The plans developed by all 15 country teams share three common pillars:

- Energy efficiency and conservation in all energy end use sectors, including transportation, residential and commercial buildings, and industry. Such measures will lower E/GDP values.
- Low-carbon electricity through replacement of existing fossil-fuel generation with renewable energy (e. g., solar, wind, hydro, nuclear, and geothermal). Alternatively, fossil-fuel fired systems could be equipped with CO<sub>2</sub> capture and storage. All will lower CO<sub>2</sub>/E values.
- Fuel switching by replacing high-carbon fuels (e. g., coal and gas) with lower-carbon fuels like low-carbon electricity or other low-carbon energy carriers synthesized from electricity generation, sustainable biomass, or low-carbon fossil fuels.

### Questions?

This article may raise some questions in your mind, such as:

- Why set a temperature increase limit of 2 degrees C? And how was this limit derived?
- The article says values of the four drivers of CO<sub>2</sub> emissions differ widely from country to country. Why do they differ? What are some examples?
- Tell us more about the CO<sub>2</sub>-reducing measures described in the Three Pillars of Decarbonization section. What are their strengths and weaknesses? Are they pie-in-the sky or are they well-developed right now?
- Are we likely to run out of fossil fuels any time soon?
- What besides implementation of CO<sub>2</sub>-reducing technology has to happen to control global warming?

Let me know if you want to hear more about any of these subjects.

Doug Merrill

## Upcoming Events in February

1	Sun	9:15 a.m.	<b>SOUPER BOWL SUNDAY</b>	
		11:30 a.m.	Altar Guild Meeting	
2	Mon	11:00 a.m.	Cancer Support Group	
3	Tue	12:15 p.m.	Contemporary Bible Study	
4	Wed	9:30 a.m.	Grief Support Group	
6	Fri	10:00 a.m.	Hatha Yoga	
7	Sat	9:00 a.m.	Stephen Ministry Meeting	
		5:30 p.m.	Choir Rehearsal	
9	Mon	11:00 a.m.	<b>CRAB FEED</b>	
		7:00 p.m.	Contemporary Bible Study	
11	Wed	9:30 a.m.	Vestry Meeting	
		12:15 p.m.	Hatha Yoga	
14	Sat	9:00 a.m.	Michael Lane Preschool Board	Meeting
		6:00 p.m.	Choir Rehearsal	
16			Bridge Group	
		11:00 a.m.	<b>Presidents' Day—The Church office will be closed</b>	
17	Tue	5:30 p.m.	Contemporary Bible Study	
18	Wed		<b>Shrove Tuesday Pancake Supper</b>	
		9:30 a.m.	<b>ASH WEDNESDAY</b>	
		Noon	Hatha Yoga	
		2:30 p.m.	Service with the imposition of ashes	
		7:00 p.m.	Property Commission Meeting	
21	Sat	9:00 a.m.	Service with the imposition of ashes	
22	Sun	9:15 a.m.	Choir Rehearsal	
			Inquirer's Group	
23	Mon	11:00 a.m.	<b>Canterbury Tales Deadline</b>	
25	Wed	9:30 a.m.	Contemporary Bible Study	
28	Sat	9:00 a.m.	Hatha Yoga	
			Choir Rehearsal	
			<b>Daylight Savings Time begins tomorrow</b>	
			<b>(turn your clocks ahead one hour tonight!)</b>	



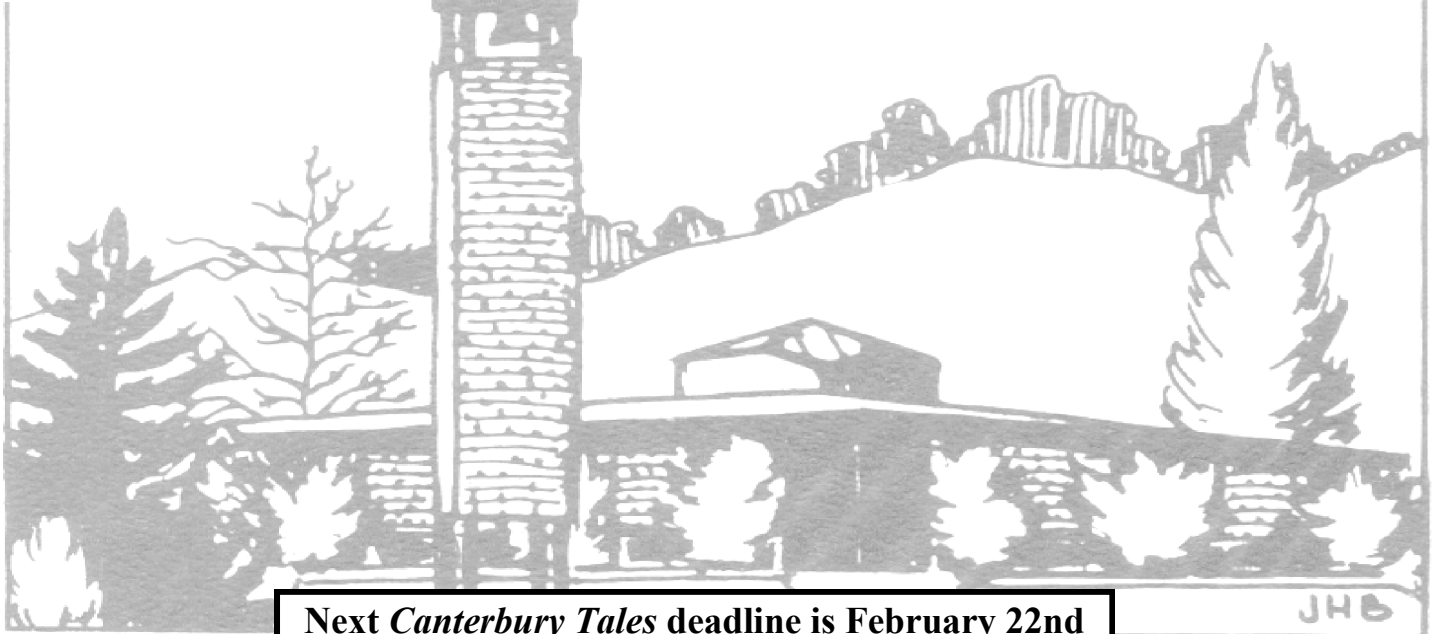
## 2014 STATEMENTS

If you have not received your 2014 year-end 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](mailto:merrilldoug@comcast.net).



Pray for Rain

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



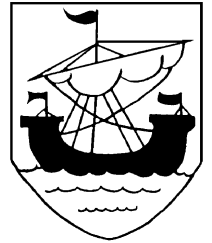
**Next *Canterbury Tales* deadline is February 22nd**

### ***LITTLE KNOW FEBRUARY FACTS***

- The two zodiac signs for February are Aquarius and Pisces. The birthstone for February is Amethyst and Viola and the Primrose are the birth flowers.
- In common years, February can pass without a single full moon. The next time this will happen is in 2018.
- Once every six years, February is the only month that has four, full seven-day weeks.
- February starts on the same day of the week as March and November in common years, and on the same day of the week as August on leap years.
- February ends on the same day of the week as October every year.
- In leap years, it is the only month that begins and ends on the same weekday.
- Despite its status as the shortest month, February is packed with many events, including the Super Bowl, Valentine's Day, Groundhog's Day, President's Day, Rosa Parks Day, National Wear Red Day and Susan B. Anthony's Birthday as well as being Black History Month.

# Canterbury Tales

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



March, 2015

## From The Rector

### COMING OUT OF THE DARK

It is likely that soon after you read this, daylight saving time will be kicking in. After the winter solstice, I always look forward to the increasing length of days and particularly to that one day quantum increase in daylight.

Since I so often run in the early morning, sun rise affects my runs. In late December I am running in the dark, then it is dawning while I run, then light before I start, and come Daylight Savings Time it will be back to running in the dark for a while. I enjoy the variety. Seeing the sun rise on the Bay, the world coming to life once again, the ever-changing sky is a real treat for me.

In my Ash Wednesday sermon I shared the thoughts of William Temple, Archbishop of Canterbury during World War II. Temple wrote:

*"The world, as we live in it, is like a shop window into which some mischievous person has got overnight, and shifted all the price-labels so that the cheap things have the high price-labels on them, and the really precious things are priced low. We let ourselves be taken in. Repentance means getting those price-labels back in the right place."*

For me it would be easier if the word 'repentance' weren't in there; kind of like starting a run with a fifty pound pack. I understand Temple to be drawing a distinction between what things cost and what they are worth. That can take some soul searching. But like so many acquired tastes, the Lenten discipline is well worth it.

Could a Holy Lent be as simple as going outside and appreciating a sun rise? As simple as a walk around the reservoir? You are free to decide.

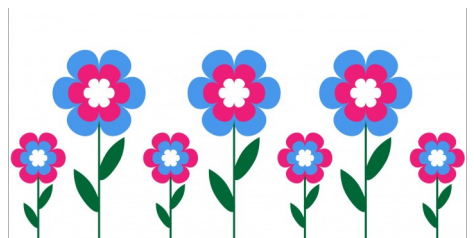
John+

## *Anselm's Angels*

**Spring is nature's way of saying, "Let's party!"**  
~Robin Williams

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 \$3,287.75, **our highest total ever**, for the Food Bank of Contra Costa and Solano!

Once again the Crab Feed was a resounding success! Much thanks goes to **Michael Hollinger**, the event Coordinator and his enthusiastic crew: **Deacon Naomi & Art Clarke** – Bartenders; **Marty Fischer** – pasta chef; **Foster Lipscomb & John Powers**—set-up; **Sheila Gorsuch & Gail Clarke** – table design & decorations; **Jordan & Preston Lipscomb and Jack Carey**—table service; **John Sutton, Doug Merrill, Ron Hillman, Walter Blount, John McGraw**—universal helpers; **Gerry Starr**—greeter and money collector and, of course, **the large cast of clean-up characters**.



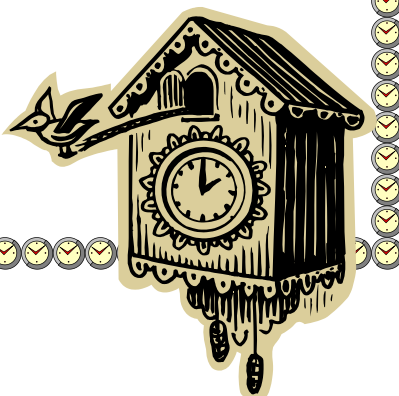
## COMMUNITY VOLUNTEER OF THE MONTH

This month I would like to highlight Bill Cooper as our community volunteer of the month. Bill is the Emeritus Scout Master of Scout Troop 266 in Orinda. A couple of weeks ago Paul and I were invited to attend his Troop meeting where he had organized and brought together 13 WW II Veterans who were a part of D Day at Normandy. The French Counsel General, from San Francisco, attended to present to each Veteran a beautiful commemorative medal as a thank you from the French government and people. The Veterans, all 90 plus years old, were delighted with the thanks given to them and the young scouts were awed by the presence of these heroes. Thanks Bill for being such a great scouter and scout leader.

*Deacon Naomi*

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

**Remember to turn your  
clocks AHEAD  
One hour on Saturday,**



## SOCKS FOR THE HOMELESS

An ongoing project of the School for Deacons is to collect new warm socks for our homeless folks in the Bay Area. White sports socks are the best! I am asking you to be as generous as you can be in furnishing socks for the men, women and children in need. There will be a basket in the church for the duration of the Lenten season.

Thank you and Blessings, Deacon Naomi



## 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



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web site: [www.stanselms.ws](http://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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager



## *The Senior Warden*

Hello St. Anselm's Family. My name is Foster Lipscomb. I am married to Lori and we have two kids – Jordan (10), and Preston (11). We are 8' o'clockers. First and foremost I would like to say that this is my third year on the Vestry and I am honored to be named your Senior Warden for this year. Thank you Father John+! I look forward to taking on this all important role...I have big shoes to fill as Shanda was (and is) Aaaaaawesome!

As we are officially in the season of Lent I hope that all of you are off to a strong start by focusing on simple living, prayer, and self-restraint....For me this season is always challenging, but I feel a great sense of accomplishment once I get to Maundy Thursday. I pray that God gives us the strength to remain steadfast in our resolutions and commitments.

During this Lenten journey we are all invited to reflect, pray, and meditate on God's unconditional love.

I will leave you with this great (simple) Lenten prayer I found :

God of love,  
My prayer is simple:  
Your son, Jesus, suffered and died for me.  
I know only that I cannot have real strength unless I rely on you.  
I cannot feel protected from my many weaknesses until I turn to  
you for forgiveness and your unalterable love.  
Help me to share this strength, protection and love with others.

*Foster Lipscomb*

### ***Holy Week Services***

**Sunday, March 29**

**PALM SUNDAY**

**8AM & 10AM**

**Thursday, April 2**

**MAUNDY THURSDAY**

**7PM**

**Friday, April 3**

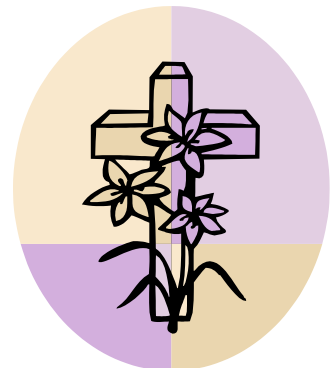
**GOOD FRIDAY SERVICE  
STATIONS OF THE CROSS**

**NOON  
7PM**

**Sunday, April 5**

**EASTER SUNDAY**

**8AM & 10AM**





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## ***ENVIRONMENTAL SERIES***

### **PLASTICS**

500 billion pounds of plastics are produced and used worldwide each year. That's a mind-boggling amount.

A significant part of that total is used in packaging that is used once and thrown away. The rest makes its way into everything we use -- cars, electronics, appliances, toothbrushes, toys, and more. And then those things get worn out and thrown away. In fact, the average American throws away 185 pounds of plastic per year.

And yet, less than 10% of plastic is recycled in any meaningful way.

Out of all the "stuff" that makes it to a recycler, nearly 90% of the metals are recovered for use in new products. But the plastics -- they're another story. Yes, some plastics are marked as "recyclable," but only those marked with a "1" or "2" are handled properly by most US recyclers. As a result, even out of the plastics that make it to a recycler, less than 10% makes it into new stuff. Instead, it gets burned (which emits a stew of nasty chemicals), or landfilled (where it can sit for thousands of years), or swept into lakes, rivers, and oceans (where it gets eaten by birds, fish, and mammals, who choke or get poisoned or eaten by us). And a huge amount gets sent overseas to Africa and Asia, where, for a dollar or two a day, workers (including children) burn the plastic to recover hidden metal. Or they sort the plastics by hand -- but still recover very little.

You can watch a great Ted Talk video by Mike Biddle, founder of MBA Polymers, who is at least beginning to do something real about plastic recycling:

[https://www.ted.com/talks/mike\\_biddle#t-5106](https://www.ted.com/talks/mike_biddle#t-5106)

But let's be clear -- while Mike (and others) are at least trying, only a trivial amount of the total plastic used is recycled in any meaningful way. And plastic that is NOT recycled (or very securely landfilled) makes it back into various eco-systems where it slowly breaks down and is absorbed by plants, animals, and people -- in ways that adversely affect our health.

#### **What can we do?**

- First -- look for ways to buy things with less packaging, and specifically with "hassle free" (and less plastic) packaging.
- Second -- recycle all the plastic you can. Put it all in the recycling bin, not the garbage. At least then there's hope it gets back into something productive.
- Third -- Go re-usable. Cloth bags to the grocery store, a metal mug for the coffee shop, a metal water bottle instead of buying water in plastic bottles -- these all start to add up.
- You can also take part in a beach cleanup day to keep plastic from entering the ocean (I did that with *Save The Bay* one time, and enjoyed it).

There are other suggestions and facts at:

<http://ecowatch.com/2014/04/07/22-facts-plastic-pollution-10-things-can-do-about-it/>

<http://www.plasticoceans.net/the-facts/>

<http://www.reuseit.com/facts-and-myths/impact-of-plastic-waste-on-oceans-beaches-and-the-environment.htm>

*John Powers*

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## ***MICHAEL LANE PRESCHOOL***

### **ACTIVITIES**

#### **Stone Soup**

We read the fable of "Stone Soup" to both classes and the children have been busy making soup ever since, in the sand and in the classroom. We have a big pot with a stone and ladle in the Practical Life Center and the children are taking all the pretend food and stirring. Hopefully by the time the children go to kindergarten they will know what foods are vegetables and which are fruits. We also made our own stone soup, a good activity for fine motor practice as they cut up the vegetables. You all should have seen their faces when the special "Michael Lane" stone was found in one of the bowls.

The T/TH class spent a few days learning the song "Aiken Drum", a Scottish folksong which describes a man whose clothes were made out of food and who played upon a ladle.

#### **Music**

We read Peter and the Wolf to the M/W/F class to prepare them for our annual visit to Stanley Middle School's 2nd period band class, which is all wind and percussion instruments. The children were able to see some of the string instruments in the classroom. All the children had the opportunity to conduct!

Both classes have been having fun with our keyboard. We turned the cubby room into a recording studio for a few days. The first day we explored our instruments in the "studio" with the door shut. We were loud! Then we spent a couple days singing and recording with a tape recorder.

#### **Dentist Visit**

The M/W/F class had a visit from a dental worker. Before the visit we did an experiment with hard boiled eggs. We set the eggs in coke, vinegar, milk, juice and water and saw what happened to the shells, which we compared to the enamel on our teeth. Yes, I know it is a stretch, but they seemed to get the idea. We also brushed silver with toothpaste to demonstrate how well toothpaste cleans.

#### **Cereal Book**

The children brought in the box front of their favorite breakfast cereal which we put into our Cereal Book. Then we recorded each child's comments on their cereal. Our cereal book is pretty full now, take a look if you have a chance and read the children's dictations.

There's never a dull moment at Michael Lane Preschool!

Kim Olson

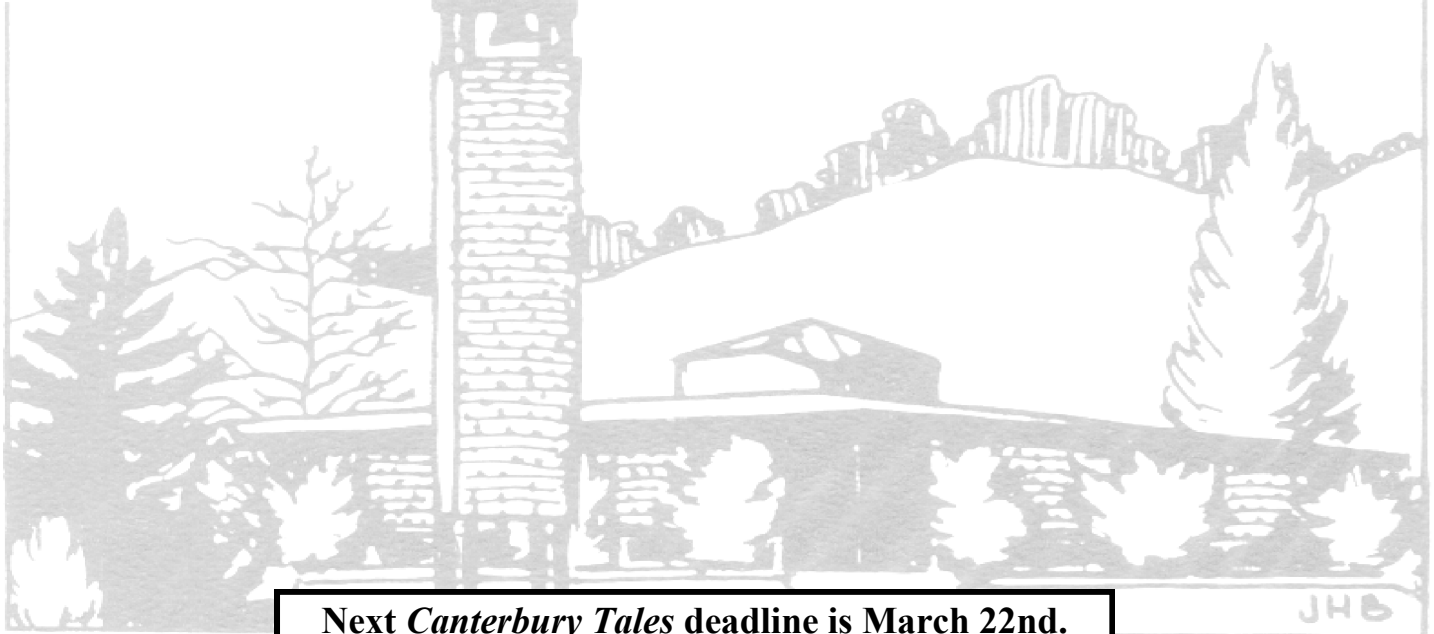
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## *Upcoming Events in March*

1	Sun	9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
2	Mon	11:00 a.m.	Contemporary Bible Study
3	Tue	12:15 p.m.	Grief Support Group
4	Wed	9:30 a.m.	Hatha Yoga
		6:00 p.m.	<b>Lenten Series</b>
6	Fri	10:00 a.m.	Stephen Ministry Meeting
7	Sat	9:00 a.m.	Choir Rehearsal
		9am-7pm	Lenten Retreat at San Damiano
8	Sun	2:00 a.m.	<b>Daylight Savings Time Begins</b>
9	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
11	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
		6:00 p.m.	<b>Lenten Series</b>
14	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
16	Mon	11:00 a.m.	Contemporary Bible Study
18	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Michael Lane Preschool Board Meeting
21	Sat	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	<b>Work Party</b>
22	Sun	9:15 a.m.	Inquirer's Group
			<b>Canterbury Tales Deadline</b>
23	Mon	11:00 a.m.	Contemporary Bible Study
25	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group
28	Sat	9:00 a.m.	Choir Rehearsal
29	Sun		<b>PALM SUNDAY</b>
30	Mon	11:00 a.m.	Contemporary Bible Study



St. Anselm's Episcopal Church  
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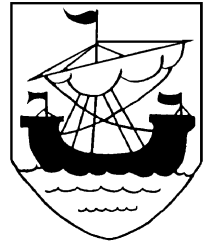
**Next *Canterbury Tales* deadline is March 22nd.**

## Groaners...just for fun!

- I tried to catch some fog. I mist.
- When chemists die, they barium.
- Jokes about German sausage are the wurst.
- How does Moses make tea? Hebrews it.
- I stayed up all night to see where the sun went. Then it dawned on me.
- This girls said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- They told me I had Type A blood, but it was a Type O.
- Class trip to the Coca-Cola factory. I hope there's no pop quiz.
- Energizer Bunny arrested: Charged with battery.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- What does a clock do when it's hungry? It goes back four seconds.
- I wondered why the baseball was getting bigger. Then it hit me!
- Broken pencils are pointless.

# Canterbury Tales

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



April 2015

## *From The Rector*

### What to write?

Quite the quandary this year. Canterbury Tales goes out on Wednesday of Holy Week. Depending on when you read this, it may be too early for joy; too late to gather at the cross.

So I leave it up to you: Is the tomb about to be occupied or emptied? A deep reflection from your heart is appropriate in either case.

John+

## *The Senior Warden*

Hello St. Anselm's Family. I hope your Lenten journey is going well! While I am working daily to uphold my commitments of self-restraint and giving to others it has not been easy....I guess this means I am human. In this season I am feel humbled by God's love and sacrifice. The things I have given up seem difficult most days, but are minor in comparison to the time Jesus spent in the wilderness enduring the temptations of Satan.

### Fast facts on Lent:

- 1) Lent comes from the Anglo Saxon word *lencten*, which means "spring."
- 2) Lent is a time of repentance, fasting and preparation for the coming of Easter
- 3) It's the forty days before Easter. Lent excludes Sundays because every Sunday is like a little Easter
- 4) In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

**SENIOR WARDEN cont.**

*(Continued on page 2)*

## *Anselm's Angels*

*Our Lord has written the promise of the resurrection, not in books alone, but in every leaf in springtime.*

~Martin Luther

Thanks to the **Christian Formation Commission** for planning what turned out to be our most successful Lenten Series—ever! (see *Avon Wilson's article on page 6*)

Thanks to all who participated in our first Work Party of 2015: **Doug Merrill & Al Swimmer**, coordinators; **Walter Blount, Jack Carey, Art & Gail Clarke, Roseanna Conlon, Bob Eddy, Sheila & Norm Gorsuch, Pam Green, Michael Hollinger, Foster Lipscomb, Roy Merrill, Dick Orear, Vicki Pappas, Gordon Repp, Jill Schon, John Sutton, Sara Swimmer, Barbara Thornton, George Wasson and David & Marty Watson**



## MICHAEL LANE PRESCHOOL

As always we have been very busy at the preschool. Lately our main focus has been in two areas: music making and experimenting with water.

We have made drums and shakers and are presently engaged in acting out a story with music and puppets called "The Dragon and the Bird". It is a story of bravery and fear.

We have also conducted many water experiments and learned a bit about refraction and how water in bottles can be used to make different notes in music, among other things.

We are of course in the middle of setting the classes for next year and we are looking pretty good for this time of year with only a few empty spaces.

Happy Easter to all, many of the children are excited about the upcoming holiday.

Kim

## COMMUNITY VOLUNTEER

Our volunteer star for this month is Sara-Anne Nelson. Each year AARP offers folks a place to come and have their income taxes done. AARP has volunteer tax preparers and assistants who do the reception work. If you were to visit the Concord Library on a Saturday during the tax season, you would be welcomed to the center by Sara. Sara goes over their accumulation of paper work and prepares them to see a tax preparer. Sara is an accountant and has had extensive training by AARP to be in this position. What a wonderful person to have in this job.

Thanks Sara for being such a great community volunteer.

Deacon Naomi

### Holy Week Services

**Thursday, April 2**

**MAUNDY THURSDAY**

**7PM**

**Friday, April 3**

**GOOD FRIDAY SERVICE  
STATIONS OF THE CROSS**

**NOON  
7PM**

**Sunday, April 5**

**EASTER SUNDAY**

**8AM & 10AM**

(Continued from page 1)

In closing, I will leave you with a simple Lenten prayer:

My Lord,  
your son has suffered so much, shed so much blood.

I was born with so many faults and my nature is so full of weakness, and yet your son Jesus has died on the cross. For *me*.

I know your grace has the power to cleanse me of my many sins and to make me more like your Son. Thank you for your goodness and love for me.

I ask you, Father, to watch over me - always.

I pray that all of you will stay steadfast in your Lenten journey... Just a little longer...

God Bless,

Foster Lipscomb

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web site: [www.stanselms.ws](http://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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

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## AN OPPORTUNITY FOR GIVING

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Lindsay Hills, who was our seminary student intern several years ago, will be joining us for worship on Sunday, April 12th. She is now the associate rector at St. Matthew's in San Mateo.

She is coming to present us with an opportunity for giving. Her rector at St. Matthew's, Eric Hinds, is a doctoral candidate at The University of the South, in Sewanee, TN. He needs participants in the study he is doing for his dissertation. Those of us who choose to give of our time in this way will meet with Lindsay after the 10:00 am service. She will play four different recorded sermons, and we will answer questions about each one. It apparently will take a little over an hour. I am attaching his description of his study at the bottom of the page, so you can hear about it in his words.

It could be fun - or maybe boring. Whichever, it will be in a good cause. Having done a dissertation myself, I know that it's not always easy to get participants. Also, having been a life-long Episcopalian, I know how lucky we at St. Anselm's are, when it comes to preaching. Over the years, I've listened to many boring and pointless sermons. I'm all for someone finding out which sermons work and which don't.

If you have questions. I can be reached on my phone (925) 947-5932 or e-mail: [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com) or talked to in coffee hour.

Hope you'll join me on April 12<sup>th</sup> following the 10:00 a.m. service.

Anne Brown

From the Rev. Eric Hinds:

*Dear sermon listeners,*

*I am looking for volunteers who are willing to participate in a research project designed to learn more about how people listen and respond to sermons. Participation will require just little more than an hour of your time—during which you will listen to a total of four sermons that have been previously recorded.*

*This particular research project is designed specifically to learn more about narrative preaching. Narrative sermons are ones that use some form of story to assist in conveying the meaning of the sermon. After listening to each sermon you will be asked to respond to a set of questions.*

*I am working to include at least 200 participants from multiple parishes. Your impressions and insights will provide valuable information to assist future preachers in crafting better sermons. While the study asks each individual to record their individual impressions—the results will be anonymous and reported only in the form of aggregate data.*

*Your participation in this project will be greatly appreciated—and in advance I thank you for giving this project consideration.*

*Faithfully,*

*The Reverend Eric Hinds  
Rector, The Episcopal Church of Saint Matthew  
Doctor of Ministry candidate at The University of the South, Sewanee*

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## *Having a Green Lawn While Using Less Water*

Unless your lawn is the size of a postage stamp, it consumes more water than any other feature of your house. As we enter our fourth year of drought in California with rumors of water rationing and higher water prices circulating, you might consider the nuclear option; giving up your lawn entirely. And that's a good option. There are plenty of attractive dry-scape designs to replace it that use little or no water.

But what if you can't bear to give up your lawn? That's most of us, I suspect, and we all have our reasons for keeping it. But there's hope for us! Al Swimmer, a fellow parishioner, told me he had reduced his home's growing-season water consumption by 45 to 50% by installing Hunter MP Rotators (sprinklers) while still maintaining an attractive lawn. And he proved it by showing me his lawn and water bills. That's impressive! But before you run out and invest in such a system, you might ask yourself if your lawn actually needs much help (it might be doing fine) but if it does, whether you could get similar results using Al's system or other techniques or combinations of them.

### **How's Your Lawn Doing Now?**

Your eyes are the best gauge of a lawn's health. Brown or thin spots suggest **uneven water distribution** (less water applied to them than the rest of the lawn). To get these spots to green up, you'll need to increase the amount of water, but if distribution is the problem you'll end up overwatering the rest of the lawn<sup>1</sup>. Wet areas adjacent to your grass (sidewalks, bushes) suggest such unwanted factors as **runoff** (where part of the water reaches the grass' edge before it can sink into the soil), **drift** (where water droplets are blown away by wind before reaching the grass), or **overspray** (where spray splashes over areas outside the grass and is wasted). Runoff is a particular problem with sloped lawns. **Evaporation** is an unseen problem but a real one.

Are you using too much water? Before you make any moves it's wise to understand how your lawn's water consumption compares to guidelines for lawn irrigation. In Contra Costa County your annual average consumption should be about 1 inch per week if you have cool season turf grasses like Kentucky bluegrass, tall fescue, annual and perennial ryegrass, and bentgrass. During cool months, (March, for example) use about 0.3 inches per week. As hot weather approaches, ramp up until you're using 1.5 inches per week in July and August. Then ramp back down to 0.3 inches in November<sup>2</sup>. Don't irrigate at all during the rainy season, provided it's raining. Take these guidelines lightly because other factors (soil composition, depletion of soil moisture by long-term drought, and competition for water from underlying tree roots) also affect grass water needs. Still it's something, so we'll start there. If you're using more water than the guidelines suggest or your lawn looks lousy, it could benefit if you incorporated some of the steps described later in "What Can You Do?"

To estimate the average number of inches applied to your lawn per watering event (W), use this formula:

$$\text{Equation \#1:} \qquad W = 1.6 \text{ G/A}$$

where:

G = gallons consumed per watering event (read your water meter), and

A = lawn area, square feet

Water distribution. To determine if your water distribution is good (or not), place small, straight-sided, open-topped containers (coffee cups or tuna-fish cans, for example) at evenly-spaced intervals and turn on your sprinkler system. The more containers you place, the more you'll learn about your water distribution. After you've gone through a complete cycle, turn off the sprinklers and measure the water depth in each container. Ideally the depths in all containers will be identical. In reality they'll be different, hopefully not too much different. Areas with depths varying widely from the average will stand out; nozzles feeding these areas must be adjusted. The average depth of your containers should confirm the result calculated by Equation 1.

<sup>1</sup>Note that factors besides underwatering can cause brown spots including poor soil, chemicals, animal urine. For more information, visit <http://www.todayshomeowner.com/how-to-identify-the-cause-of-brown-spots-in-your-lawn/>

<sup>2</sup>For irrigation information on other grasses in other areas of California, see <http://anrcatalog.ucdavis.edu/pdf/8044.pdf>.

**GREEN LAWN** cont.

### **What Can You Do?**

To improve your water distribution:

(Continued on page 5)



*(Continued from page 4)*

- Move nozzles that are improperly placed.
- Replace nozzles that distribute unevenly with ones that provide more uniform sprays, such as rotary nozzles.

#### To reduce runoff:

- Use low-flow rotary nozzles. Water from low-flow nozzles travels across the ground slower than water from high-volume nozzles, giving water more time to sink in before it reaches the edge of the grass.
- Divide the watering cycle into increments, allowing rest periods between increments. For example, instead of watering once for 20 minutes, water in four 5-minute increments, allowing 30 minutes between increments for the water to sink in. Most modern programmable irrigation controllers allow you to do this.
- Aerate the lawn in spring or fall to improve its permeability to water (as well as to air and fertilizer).

#### To reduce drift and evaporation losses:

- Water in the early morning (4 to 8 AM), when winds are at their lowest and before the heat of the day.
- Use nozzles that emit coarse sprays, such as rotary nozzles, instead of nozzles that emit fine mists. Coarse sprays reduce drift because they are less likely to be blown off course than fine sprays. Coarse water droplets have less water surface than fine droplets and are thus less likely to evaporate.

#### To minimize overspray:

- Use nozzles, such as rotary nozzles, whose arcs and radius can be easily adjusted to fit the desired spray pattern.
- Use nozzles that emit coarse sprays unlikely to be blown off course by wind.

#### Other ideas to improve lawn health:

- Water deeply. Deeper, less frequent irrigations are best for most lawns as they promote deep root growth. Apply the entire week's irrigation in one night, provided it doesn't create runoff and your controller can accommodate such large blocks of time. For exceptions to this guideline, see <http://anrcatalog.ucdavis.edu/pdf/8044.pdf>
- Periodically remove thatch, the layer of dead and decaying plant tissue located between the soil surface and the green vegetation. A thin layer of thatch is beneficial because it reduces soil compaction and increases wear tolerance. But a thatch layer of 1/2 inch or more prevents air, light and water from reaching the turf's root zone.
- Use a mulching mower. Let the mulch fall on the grass. There it will decompose, recycling nutrients to the grass, reducing its dependence on commercial fertilizers.
- Keep the grass long (2-3 inches) especially during hot weather. Soil retains moisture better when grass is long.

### **Discussion**

Any one or a combination of the options described above can benefit your lawn. Rotary nozzles address many of the problems I've described (poor distribution, runoff, drift, evaporation, and overspray). Hunter Industries makes such nozzles as does Rainbird, Toro, and Hit. The fact that all these nozzles are approved for the East Bay Municipal Utility District's (EBMUD's) rebate program (described below) attests to their effectiveness. They are inexpensive and can be installed in existing popups by rank amateurs. However, nozzle selection and placement are more difficult. I suggest you get help from an irrigation specialist for these tasks. To see how rotary nozzles look and work, see the Hunter video at [https://www.youtube.com/watch?v=vj\\_3ifs16Cs](https://www.youtube.com/watch?v=vj_3ifs16Cs).

Irrigation problems may be addressed by other methods, possibly for less money. Watering at night and using incremental irrigation allowed us to reduce irrigation flows to St. Anselm's Columbarium lawn by 33%. This was a simple procedural change, costing nothing. We have followed up by switching out our old sprinklers for rotary nozzles, hoping we'll be able to reduce flows even more. Stay tuned!

### **GREEN LAWN cont.**

Once you've made a change to your irrigation system, cut back irrigation flow. Be bold! Then sit back and watch what happens. Results may not be apparent for weeks or months. Let your eyes be your guide.

### **EBMUD Rebates**

The East bay Municipal Water District (EBMUD) provides rebates of up to \$2,500 for single-family and multi-family homes (up to four units) for some forms of irrigation equipment, including rotary nozzles. Caution: to get a rebate

*(Continued on page 6)*

(Continued from page 5)

you'll need EBMUD's approval every step of the way. To see EBMUD's terms and conditions, click on the following link.

[www.ebmud.com/for-customers/water-conservation-rebates-and-services/lawn-conversion-irrigation-upgrade-rebates](http://www.ebmud.com/for-customers/water-conservation-rebates-and-services/lawn-conversion-irrigation-upgrade-rebates).

Doug Merrill

## NEW PARISH DIRECTORY

It's time to put out a new Parish Directory. Please notify Carol Fontana of any changes to your contact information (address; phone numbers; email, etc.).



## ANGELS OF THE COSMOS Lenten Series Team

The Lenten series this year – *Science and Religion: A Cosmic Perspective on Matter, Life Mind and Spirit* – was a grand and thought-provoking venture: On February 25, March 4 and March 11, we had a noted cosmologist, Dr. Ron Olowin, whose presentations drew impressive attendance and invited spirited discussion. The reception was enthusiastic - made possible by the number of people who participated/pitched in to make it successful:

A special thanks goes to the Christian Formation Commission members, who were jacks of all trades and masters of everything: Judy Peak, who brought Dr. Ron Olowin to the Commission's attention and successfully secured him as speaker for the series, Anne Brown, Chair, Gail Clarke, Marian Mulkey, Sharyn Barrington-Carlson, Dharmini Harichandran, Father John Sutton and Avon Wilson, coordinator. Others who pitched in, helping in so many ways, including food preparation:

Setup: **Art Clarke, George Wilson, John Powers, John McGraw, and Barbara Thornton**

Kitchen Cleanup: **Sara and Al Swimmer, Sara Nelson, John Powers, Marian Mulkey, Barbara Thornton and Julie Starr**

Soup: **Sara Swimmer, Sara's Mexican Soup; Caroline Merrill and Anne Brown, Bouillabaisse; and Roseanna Conlon, Russian Cabbage Soup**

Salad and Bread: **Marian Mulkey, Sara Nelson, Judy Peak, and Gail Clarke**

Cookies: **Judy Peak, Vicki Pappas, Barbara Thornton, Gail and Art Clarke and Avon Wilson**

Coffee Prep: **Gene Bozorth and Anne Brown**

Final cleanup: **Everybody!**

THANKS SO MUCH!

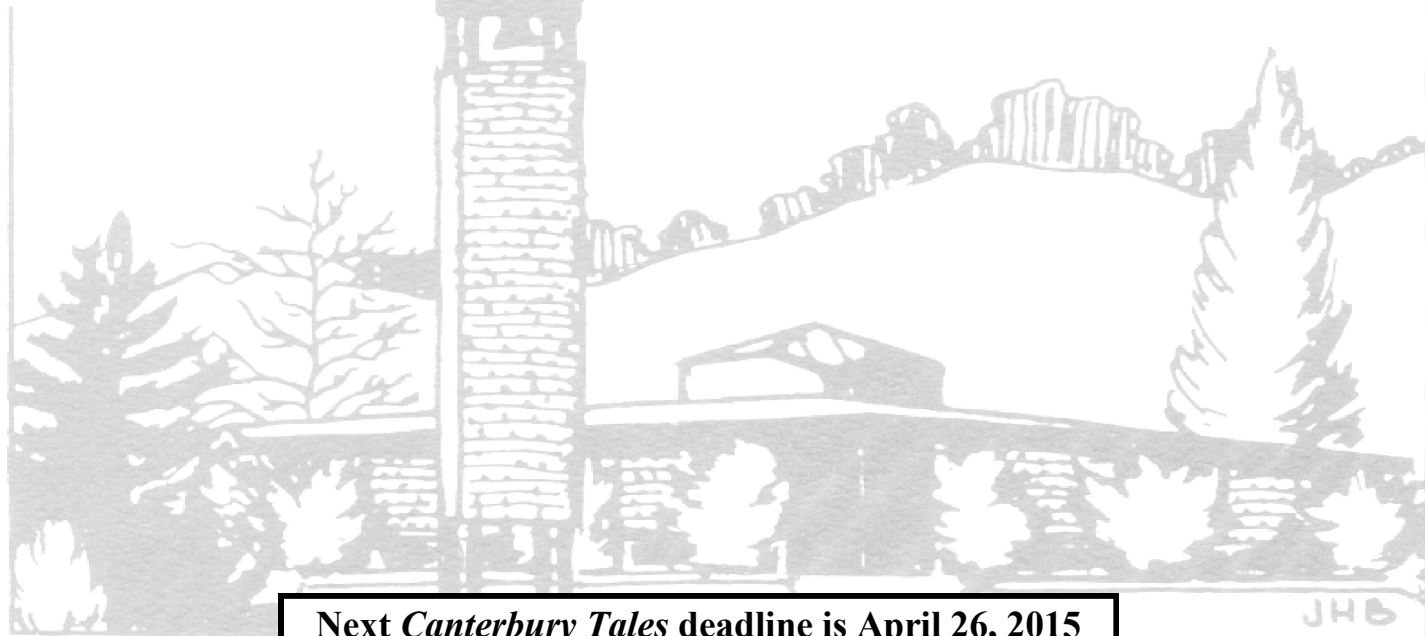
Avon Wilson

## *Upcoming Events in April*

1	Wed	9:30 a.m.	Hatha Yoga
2	Thu		<b>MAUNDY THURSDAY</b>
		7:00 p.m.	Evening Service
3	Fri		<b>GOOD FRIDAY</b>
		10:00 a.m.	Stephen Ministry Meeting
		Noon	Good Friday Service
		7:00 p.m.	Service with Stations of the Cross
4	Sat	9:00 a.m.	Choir Rehearsal
5	Sun		<b>EASTER SUNDAY</b>
6	Mon	11:00 a.m.	Contemporary Bible Study
8	Wed	9:30 a.m.	Hatha Yoga
11	Sat	6:00 p.m.	Bridge Group
12	Sun	11:30 a.m.	Cancer Support Group
		11:30 a.m.	Preaching Evaluation Forum
13	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
14	Tue	12:15 p.m.	Grief Support Group
15	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Michael Lane Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
19	Sun	1:00 p.m.	Vestry Sailing Excursion
20	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Harvest Festival Planning Committee
22	Wed	9:30 a.m.	Hatha Yoga
25	Sat	9:00 a.m.	Choir Rehearsal
26	Sun	9:15 a.m.	Inquirer's Group
			<b>Canterbury Tales Deadline</b>
27	Mon	11:00 a.m.	Contemporary Bible Study
29	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group



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



**Next *Canterbury Tales* deadline is April 26, 2015**

#### **APRIL EVENTS & HOLIDAYS**

*(something for everyone)*

##### **Month-long Celebrations:**

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Poetry Month
- National Pecan Month
- National Welding Month
- Records and Information Management Month
- Stress Awareness Month
- Sexual Assault Awareness Month

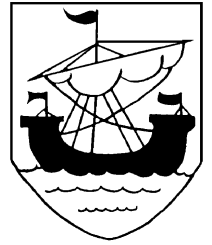
##### **Weekly Celebrations:**

- Week 1 Library Week
- Week 1 Read a Road Map Week
- Week 2 Garden Week
- Week 3 Organize Your Files Week
- Week 3 Medical Labs Week
- Week 4 Administrative Assistants Week
- Week 4 National Karaoke Week

##### **Daily Holidays**

- |      |                                    |
|------|------------------------------------|
| 1st  | April Fool's Day                   |
|      | International Tatting Day          |
| 2nd  | Children's Book Day                |
|      | National Peanut Butter & Jelly Day |
| 3rd  | National Walk To Work Day          |
| 7th  | Caramel Popcorn Day                |
|      | World Health Day                   |
| 8th  | Draw A Picture Of A Bird Day       |
| 10th | National Siblings Day              |
| 11th | Barbershop Quartet Day             |
| 13th | Scrabble Day                       |
| 14th | National Pecan Day                 |
| 15th | Titanic Remembrance Day            |
| 18th | International Jugglers' Day        |
| 19th | National Garlic Day                |
| 20th | Patriot's Day                      |
| 22nd | Earth Day                          |
|      | Administrative Professionals Day   |
| 23rd | Take Your Daughter to Work Day     |
| 24th | Arbor Day                          |
| 25th | World Penguin Day                  |
| 26th | National Pretzel Day               |
| 28th | Kiss Your Mate Day                 |
| 29th | National Shrimp Scampi Day         |

# Canterbury Tales



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

May 2015

## *From The Rector*

### Third Sunday of each month is now Water Conservation Sunday!

*We thank you, Almighty God, for the gift of water. Over it the Holy Spirit moved in the beginning of creation. Through it you led the children of Israel out of their bondage in Egypt into the land of promise. In it your Son Jesus received the baptism of John and was anointed by the Holy Spirit as the Messiah, the Christ, to lead us, through his death and resurrection, from the bondage of sin into everlasting life. The Liturgy of Baptism, Book of Common Prayer, p. 306*

It has been a long time since water conservation was mandated in California. The last drought many of us remember was from 1987-1992. But scientists have documented that there was a drought in California that lasted from the year 850 until 1090 of the Christian era. 240 years!

Officials of the Contra Costa Water District recently voted unanimously to mandate a 25% water reduction. EBMUD provides water to most of the Lamorinda area, and should be issuing new guidelines soon. As stewards of creation, we are called to care for our environment, so this should be something that we can revel in.

But it is also something that we need to be smart and creative about. Beginning on Sunday May 17<sup>th</sup>, the third Sunday of each month will be Water Conservation Sunday. Ideas and suggestions for the reduction of water use will be provided. *Those who attend church on May 17<sup>th</sup> will get a free bar of soap. Come to a service that day and hear how your new bar of soap can help you conserve water.*

Doug Merrill has written pretty extensively on how to conserve water in Canterbury Tales. (Doug's information is accessible by going to our webpage: [www.stanselms.ws](http://www.stanselms.ws).)

But we are also looking for ideas from you! If you have an idea on how to conserve water please slip it through the office door. Maybe you can help our community with your suggestion.

John+

The video below is a beautiful story of uncommon love and mercy:

[https://www.ted.com/talks/](https://www.ted.com/talks/anand_giridharadas_a_tale_of_two_americas_and_the_mini_mart_where_they_collided)

[anand\\_giridharadas\\_a\\_tale\\_of\\_two\\_americas\\_and\\_the\\_mini\\_mart\\_where\\_they\\_collided](https://www.ted.com/talks/anand_giridharadas_a_tale_of_two_americas_and_the_mini_mart_where_they_collided)

## *Anselm's Angels*

Thanks to all who helped make the Holy Week services special:

•Palm Sunday—The Passion readers: 8:00 a.m. service: **Walter Blount, Gary Bacon and all the volunteer readers;** 10:00 a.m. service: **Gail**

**Clarke, Sheila Gorsuch, Don Helmholtz, Andrew Huddart, Jim Morrison, Judy Peak.**

•Maundy Thursday—Lector: **Judy Park;** Usher—**Doug Merrill.**

•Good Friday—Lectors: **Gail Clarke and Roseanna Conlon;** Ushers: **George Wasson and Doug Merrill**

Easter Sunday—the **Altar Guild** for the beautifully arranged lilies and sconces, the **Choir** for the joyful music and a big thank you to **Sara Nelson** for organizing the Easter Egg Hunt (even though it rained).

**Jim Morrison** for organizing a fun sailing adventure for Vestry members.

## *From Deacon Naomi:*

Many thanks to all who were so generous in providing socks for the homeless during Lent. Paul and I took your offerings to Trinity Center the day after Palm Sunday and were greeted with much appreciation and thanks.

## May's Volunteers in the Community

This month I would like to highlight two of our St. Anselm's wonderful volunteers. Vicki Pappas and Calvin Sherwood are two of our folks who work a weekly shift at Trinity Center. Vicki works in the "shed" sorting the donations for folks needing some new clothing items. Calvin works with the Intake office and assists staff and clients as needed. Many thanks to these two terrific volunteers for being at Trinity Center. If you are interested in being a Trinity Center Volunteer I know both Vicki and Calvin will be happy to answer any questions. A big thanks to Vicki and Calvin!

Deacon Naomi



## Celebrate your Harvest Join the Festival September 12th!

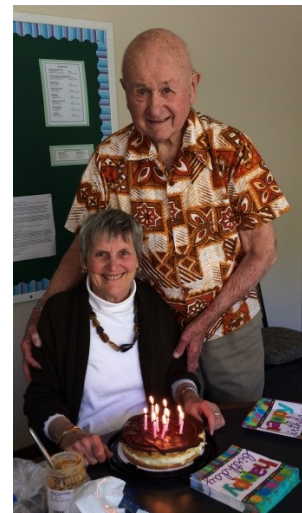
Lets all join in celebrating the harvest we have been blessed with this year, and every year. The Annual Harvest Festival will be held on September 12th starting at 5PM. John Powers and his team are putting together an amazing list of raffle prizes including a Caribbean Cruise, vacation trips and more. Then there will be some super opportunities to bid on live auction items!

This is the one major fundraiser we have each year to do what we can do to help our local community needs. 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 mark September 12<sup>th</sup> on your calendar now. Plan to come and have a wonderful time. Plan to 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 ups for the Harvest Festival event will be later this summer. Right now we need volunteers to help set up the event and to do raffle ticket sales. So if you can help please contact Marty Fischer or sign up during coffee hour. If you have an item to donate to the live auction, please see John Powers. Last year we raised over \$16,000....let's beat that by a bunch in 2015! More on how you can help will follow in the weeks and months ahead.

Marty Fischer

## SURPRISE!



Bill

Cooper surprised Anne Brown with a birthday cake at the April Grief Support Group meeting. The group meets one Tuesday per month at 12:15 p.m. in the conference room. All are welcome to attend, and attendees should bring a lunch for themselves.

**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](mailto:anselms@yahoo.com)  
web site: [www.stanselms.ws](http://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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

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## **The Senior Warden**

Spring has sprung!!!

Well St. Anselm's Family we are well into the spring season, which translates to new beginnings. We are off to a strong start to the calendar year in terms of St. Anselm's activities. Quick recap: We have hosted a successful & fun Epiphany party, insightful Lenten series, and a very well-attended work day party (the Church & grounds look fantastic!)

We are very fortunate to have such an active church. It is great to see that we have so many folks that are willing and able to participate in these planned activities. If you have been coordinating & participating in these events – A huge thank you! (Seriously, you rock!)

For those of you who haven't been able to participate yet this year, I am hoping you will consider joining us in the near future. One key benefit in participating in these events is that they serve as a vehicle to build fellowship with your 8AM & 10AM parishioners! Upcoming activities can be found in our weekly service bulletin or our St. Anselm's web site - <http://www.stanselms.ws/>

In closing, I wanted to share a few Spring fun facts:

- 1) The first day of spring is called the vernal equinox. What does that stand for you ask? 'Vernal' is Latin for spring while 'equinox' is Latin for 'equal night'.
- 2) Benjamin Franklin first proposed Daylight Saving Time in 1784.
- 3) Before it was called spring, the season was known as Lent or Lenten.

Enjoy the season & God bless!

Foster Lipscomb

---

## ***Michael Lane Preschool***

We recently introduced dinosaurs to the children, a good transition from all the dragon activities we have been doing. We are also talking about reptiles as dinosaurs (and dragons) were reptiles. The children were quite fascinated by the gila monster model I brought in from the Lindsay Museum. They are now looking for lizards in the yard.

We have been busy making all sorts of homemade musical instruments. The MWF class spent a lot of time before spring break acting out and using their instruments to re-tell the story The Bird and the Dragon. It is a story of a bird who is very brave and goes up to "have a word" with a dragon who is terrorizing the children of the village. The music is really catchy with drumming and didgeridoos. We have a very cool new dragon puppet to go with the story.

The T/TH class had a chance to act out a story with a dragon, The Paper-bag Princess. It is a story of bravery and goodness, and it models a princess who is not only brave, but knows what she wants. Acting out stories is a great way for children to practice sequencing skills, a pre-literacy skill, as well as a chance for public speaking.

Our silkworms are growing. The children were able to hold earthworms and we compared how they are the same and  
***Preschool cont.***

(Continued on page 4)

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## ***THE ENVIRONMENT***

### **GOOD NEWS ON SOLAR ENERGY**

Doug and I often write about environmental problems that can seem huge and daunting – but this month I thought I'd write about some good news. That good news comes from the market for solar power, especially in California, which continues to grow by leaps and bounds.

In 2014 alone, more than 4,300 MW of new solar power projects were installed in California – generating enough power for more than a million homes. That's an increase of almost 70% over the amount installed in 2013, and that rapid growth is expected to continue in 2015. There are now more than 2,000 companies involved in the market for solar energy in California, employing more than 50,000 workers.

Eight years ago, when St. Anselm's installed solar equipment on Jackson Hall, we were doing something unusual – few homes, businesses or churches had “gone solar” at that time. Now, we see solar panels going up everywhere. But the ones we *don't* see are having an even greater effect – like those in the Mojave Desert, or on other large tracts of sunny California land, which are tens of thousands of times larger than any home system. You may have read about Apple's recent investment in a solar farm large enough to power its new headquarters and all of its US stores – but they're only the most recent example of many large and small companies who are seeing the benefits of investing in solar projects.

Change takes time – but not always as long as we might think. When St. Anselm's made our commitment to solar power, solar was just a “drop in the bucket” when compared to the entire US electricity market. Today, it's more like a few tablespoons in the bucket – around half a percent of all electricity generated in the US (and more like 5% in California) -- but that is changing rapidly. Growing at 50-70% per year, solar's share of the electricity market is doubling every 18 months. Along with wind power, that's displacing dirty coal plants – and saving a great deal of greenhouse gas emissions. The electric utility industry is still the largest emitter of CO2 in the US – but there is reason to hope that will change significantly over the next decade or two.

John Powers

*(Continued from page 3)*

different from the silkworms.

It is hard to believe that our school year has so little time left. Parent conferences will be held beginning in May. We are still touring with possible new families as we have one, possibly two spaces available for the fall.

Our annual auction will be Saturday, May 2. I want to thank all of the church members who so generously purchased raffle tickets. We are so very grateful for your continued support!

Kim and Peg





## *Upcoming Events in May*

1	Fri	10:00 a.m.	Stephen Ministry Meeting
3	Sun		<b>TOOLS OF HOPE SUNDAY</b>
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
4	Mon	11:00 a.m.	Contemporary Bible Study
6	Wed	9:30 a.m.	Hatha Yoga
9	Sat	6:00 p.m.	Bridge Group
10	Sun		<b>MOTHER'S DAY</b>
11	Mon	11:00 a.m.	Contemporary Bible Study
		5:45 p.m.	Building Committee Meeting
		7:00 p.m.	Vestry Meeting
12	Tue	12:15 p.m.	Grief Support Group
13	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
16	Sat	9:00 a.m.	Choir Rehearsal
18	Mon	11:00 a.m.	Contemporary Bible Study
20	Wed	9:30 a.m.	Hatha Yoga
23	Sat	9:00 a.m.	Choir Rehearsal
24	Sun		<b>PENTECOST SUNDAY</b>
		9:15 a.m.	Inquirer's Group
			<b>Canterbury Tales Deadline</b>
25	Mon		<b>MEMORIAL DAY—the Church office will be closed.</b>
		11:00 a.m.	Contemporary Bible Study
27	Wed	9:30 a.m.	Hatha Yoga
30	Sat	9:00 a.m.	Choir Rehearsal



Let's remember  
our heroes.

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



Next *Canterbury Tales* deadline is May 24th

## *Victory Garden of Life*

(it's also drought tolerant)

### *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

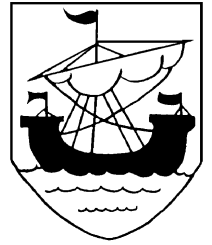
### *No Garden is Complete without Turnips*

- 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



June 2015

## *From The Rector*

### **Taming the Mind Monkey**

All of us have mind monkeys, even if we don't know we do. Let me cite some examples of how mind monkeys communicate with us:

- Instead of just letting you do your work, a mind monkey will tell you it won't be good enough and besides, you hate your job
- Instead of just ending a nice discussion with someone, a mind monkey will critique what you said, and find inferences in what the other person said
- Instead of just enjoying your dinner, a mind monkey will tell you the meal could be better balanced for your optimal health

Today I sat down to write Canterbury Tales, and without a clear subject in mind, I thought I would go meditate to see if I could come up with some inspiration. Ha!

My meditation was interrupted by two phone calls. Then I had to start over when I received texts that I was awaiting. And those were just the external distractions.

When I tried to focus on my mantra and my breathing, I found my mind monkey worrying about the phone calls. Eventually I quieted my mind somewhat, but it was not a great session.

The Buddha was the first person to talk about mind monkeys. Be it fear, anger, envy, anxiety, resentment, obsession, the monkeys want our ear. And like Iago to our Othello, the advice is usually not good.

A number of people I have talked to have told me that prayer is just not their thing. No wonder. You want to get the monkeys into a frenzy? Try closing out everything else in your world in prayer and free of distractions, the tribe will come howling in on you like a nor'easter.

The Buddha taught that over time, mind monkeys can be tamed. It is not done through resisting the monkeys, but by naming them, acknowledging their voices, letting them go, and returning to the meditation.

At the retreat I led in March on Contemplative Prayer, the attendees heard me say that I meditate 15 minutes before praying the prayer chain; and it takes me less time to complete the prayer chain if I meditate first. Why is **RECTOR, cont.**

that? The prayer chain should not take more than several minutes. Well, if I haven't done something to quiet the monkeys, I find that I haven't really

*(Continued on page 2)*

## *Anselm's Angels*

Our **TOOLS OF HOPE** collection raised \$1,370 to support communities in need. Thanks to all who contributed.

**MOTHER'S DAY** was a festive occasion thanks to the efforts of the **Altar Guild** for providing roses for our moms and to **Marty Fischer** and **Jim Morrison** for the delicious "Momoses".

Thanks to the **Christian Formation Commission** for organizing another timely and interesting film presentation for the **MAKING A DIFFERENCE** film series.

**FROM THE PRESCHOOL:** We have had a wonderful year at Michael Lane Preschool and look forward to another year with full enrollment for 2015-2016. Peg and I would like to thank all of the members of St. Anselm's for their continued support and an especially big thank you to the Property Commission who always responds to any concerns that pop up. Additionally, we would like to thank all for the tremendous support that was given to our Spring fundraiser. We so appreciate all of you who bought raffle tickets, and then went above and beyond by donating your prizes back to the preschool! We are very lucky indeed.

Kim and Peg

## Community Volunteering

This month I would like to highlight the conservation gurus of St. Anselm's whose conservation measures help save our planet Earth. Both Doug Merrill and John Powers have provided us with much needed information and now they have now branched out to help our wider community of Episcopalians by being published in Diobytes (the Diocesan weekly newsletter). Congratulations and thanks to Doug and John. You are providing a wonderful service to us all.

*Deacon Naomi*

## Bishop Marc To Visit

The Rt. Rev. Marc Handley Andrus, our bishop and the eighth bishop of the Episcopal Diocese of California, will be coming to St. Anselm's on Sunday June 21<sup>st</sup>. He will celebrate and preach at both our services. All congregants are invited to a buffet lunch in Jackson Hall at 11:30 a.m., when there will be a chance to meet with the Bishop.

Sign-up sheets are in Jackson Hall, where you can specify your preference for regular, vegetarian or gluten-free fare. The deadline for signing up will be Sunday, June 14<sup>th</sup>.

Please be sure to check your summer schedule – particularly since this is also Father's Day – and sign up ASAP.

If you would like to be involved in the planning please contact Sheila Gorsuch at [sgorsuch@hotmail.com](mailto:sgorsuch@hotmail.com) or (925) 256-9546.

*(Continued from page 1)*

prayed for the people on the prayer chain at all. I will get several names down the list and have to return to the top because I hadn't been focusing on each person and their condition. Instead, I had been listening to the monkeys. When I meditate first, the monkeys are seated and they let me pray.

Meditation and the inner life have always been acquired tastes. Some of us find it easier than others, but I have never met anyone, monks included, who don't acknowledge it takes work. And it's worth it. Both the Buddha and Jesus taught that through prayer we come to the threshold of heaven.

Let us pray...  
John+



## 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 21st

## New Parish-Wide Directory

The 2015 Parish Directory is now available. Copies are located in the Church and in Jackson Hall. It is also available in an e-version.

## SUMMER WORK PARTY

Our Summer Work Party will be held on Saturday, June 20th. Please mark your calendars and watch for further announcements. As usual, lunch will be served.

*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
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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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

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## ***The Senior Warden***

St. Anselm's Family, we are officially beyond Pentecost. This is a time to react to the story of salvation proclaimed in the preceding cycle of seasons. The color of the season is green to symbolize growth. Growth of the grass, trees, crops, and St. Anselm's! We also have an opportunity to grow as Christians both in fellowship and faith.

As St. Anselm's parishioners we are blessed to have such a strong community with many opportunities to grow in our faith and in our Christian practice. As I have grown closer to the church, I have either participated or taken advantage of the variety of programs we offer. Did you know we offer numerous outreach programs? Some of our programs include: Cancer Support, Grief Support, and Stephen Ministry - which provides caring relationships for people in crisis. We also have invested and partnered with Trinity Center which provides support to the homeless community in Walnut Creek. To learn more about any of these programs please visit our St. Anselm's web site: <http://www.stanselms.ws/>

God Bless,

Foster Lipscomb

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## ***EASY, INEXPENSIVE AND EFFECTIVE WAYS TO CONSERVE WATER IN THE HOME***

A few weeks ago, Fr. John announced that the third Sunday of each month would be Water Conservation Sunday. A water-saving tip will be presented each Sunday which we hope people will take to their hearts and practice in their homes. On May 17, Fr. John presented the first tip, reducing shower-water volume, described below:

- Turn the water on and wet your entire body. While the water is running, soap, then rinse your face. (If the hair is to be washed, rinse the soap off your hands, then shampoo).
- Turn the water off, then lather your body, except for the face, which has already been cleaned.
- Turn the water back on, rinse off all of the soap (and shampoo, if used) to complete your shower.

This is a modification of the famed Navy shower used to conserve water on ships. The water savings are in the dry second step. To minimize discomfort (getting cold) when the water is off, use a soap which lathers up quickly and produces a lot of suds, such as Costco's Kirkland Signature Body Soap.

I didn't expect the outburst of other ideas from the parishioners that followed. Not just theories, but things they are already doing in their homes to save water. These are simple, low-cost practices involving modifying procedures for equipment already in place. St. Anselm's has a silent but thriving underground water-saving culture. I never knew. I'll try to capture some of these ideas in this article. I'll divide water saving practices into two parts (1) practices that reduce water use and (2) practices that foster water re-use. Then I'll tie them together with an example. The potential savings are astonishing!

### **Water-Reducing Practices**

These techniques can reduce the amount of water used in the home.

- Fix leaking toilets. Toilet leaks are slow, unseen, and unheard, but because they flow continuously, can increase water use significantly. A leak of one gallon per hour, for example, sums to a loss of almost 9,000 gallons per year. To see a good video on how to detect and fix toilet leaks, see <http://www.ebmud.com/water-and-wastewater/water-conservation/get-grip-drip>.

(Continued on page 4)

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(Continued from page 3)

## **CONSERVATION cont.**

- Flush only solids. Instead of flushing each time you use the toilet, flush only after bowel movements. Allow urine to accumulate between flushes. This practice greatly reduces the amount of potable water used for flushing. Savings add up, especially for households with more than one person.
- Use low-flow shower heads and take shorter showers. Standard shower heads deliver about 2.5 gallons per minute (gpm). But 1.5 gpm heads (and even lower) are available from the internet, see <http://www.conservationwarehouse.com/>. These products are inexpensive (\$10 to \$25) and provide very comfortable showers. Some heads have flows adjustable over the range of 0.5 to 1.5 gpm, allowing you to find the right blend of comfort and economy. To help reduce water volumes, make the modified Navy shower part of your shower practice. Reducing shower-water volumes not only reduces your water bill, but your gas bill too. You don't have to heat water you're not using!
- Take less-frequent baths. A bath at our house consumes a lot more water (about 20 gallons) than a five-minute shower with a 1.5 gpm shower head (7.5 gallons). Bathing every other day cuts the gap considerably and bathing every three days eliminates it.
- Other practices. Fix water leaks. Turn off the water when brushing your teeth or lathering your hands. Operate dishwashers and clothes washers only with full loads. Use low-flow faucet aerators to reduce flows to 0.5 gpm. Information on such aerators can be found at <http://www.conservationwarehouse.com/>.

## **Water Re-Use**

Once-used water can be used again. Water used again displaces a like amount of potable water, saving water at the tap thus reducing your water bill. Here are some examples of water that can be used again:

- In-line water purges. If your water heater is remote from a faucet or shower, it may take a minute or two for hot water to reach the tap. That's the time it takes for hot water to push the cold water out of the connecting line(s). While you've waited for the water to warm up, perfectly good potable water has been wasted down the drain. If, instead of letting it run down the drain, you catch this water in a bucket you can use it later for higher purposes like watering gardens (useful during our long growing season) or flushing toilets (useful at any time).
- Grey water from showers, bath tubs, and sinks. This once-used water can, like in-line purges, be used to irrigate plants or flush toilets. It can be stored in buckets, or in the case of baths, stored in the tub until time for use. Grey water may contain traces of soaps, detergents, or food. These impurities, in small quantities, should not adversely affect plant health. I recommend, however, that once-used water not be used to irrigate food crops.

Flushing toilets with once-used water is simple. First, turn off the valve in the water line to the toilet's tank. You will only need to do this once if you are using grey water exclusively. Next collect enough once-used water to flush the toilet (about two gallons) in a bucket. Then dump the bucket all at once into the toilet bowl. The toilet will flush. After the flush has completed, fill the bowl to its normal level with once-used water. Voila, you've avoided using potable water and thus reduced your water bill.

If you're irrigating part of your garden with once-used water, you're no longer sending it the sewer. Congratulations! You're using it productively instead of wasting it. But this step hasn't achieved a major objective, which is water reduction. Water reduction happens when you concurrently cut back the potable water flow to the garden in an amount equal to the amount of once-used water. For example, if you're sending 10 gpd of once-used water to your petunias, cut back the flow of potable water to the petunias the same amount. This action will cut 10 gallons a day off your water bill while maintaining a constant irrigation volume. If you subsequently decide to move once-used water around to limit its use in the petunia beds, then cut back the potable water flow in the new location too.

## **CONSERVATION cont.**

### **Discussion and Perspective**

(Continued on page 5)

(Continued from page 4)

Table 1 shows how it all comes together. It shows estimated water savings (with underlying assumptions) when all the previously discussed procedures are implemented in a typical two-person household. Savings are expressed in gallons per day per person (gpdpp). Savings are the combination of (1) less potable-water consumption at each plumbing fixture and (2) productive employment of once-used water formerly wasted to the sewer.

**Table 1. Water Savings Summary**

Once-used water, which exceeds toilet-flushing requirements by 10 gpdpp, goes to irrigate a rose garden. To compensate, the irrigation timer is set so that potable water flow to the rose garden is reduced by 10 gpdpp.

I find the total water savings astounding, about 51 gpdpp or 37,000 gallons per year for this two-person household. This

Item	Savings, gpdpp	Assumptions
Shower	23	Man takes daily shower. He replaced a 2.5 gpm shower head with a 1.5 gpm shower head, reduced shower time from 10 to 5 minutes, captures $\frac{3}{4}$ of spent water in buckets for recycle.
Bath	9	Woman bathes every two days instead of once a day, 20 gal/bath, saves 90% of spent bath water in the tub for re-use.
Purge water	3	Captured in a bucket and saved for re-use.
Leaking toilet	0	Checked, but no leaks found.
Toilet practices	16	Allow urine to accumulate. Flush toilet only for bowel movements, reducing flushes per person per day from 10 to two. Flush with recycled water, about 3 gal/flush.
<b>Sum</b>	<b>51</b>	

exercise suggests that people can save a lot of water easily and inexpensively if they know what to do. Granted, not everyone will do everything. For example, recycling once-used water to the garden is not an option for people without gardens. All other options are open however, and these options offer ample opportunity to make significant cuts.

### Acknowledgements

I'm grateful to those who contributed their ideas on Conservation Sunday as well as over the years. They are John Sutton, Anne Brown, Elaine Sherwood, John Powers, Dick Orear, and Joan, Charlotte, and Eva Toney.

Doug Merrill

## *Upcoming Events in June*

1	Mon	11:00 a.m.	Contemporary Bible Study
3	Wed	9:30 a.m.	Hatha Yoga
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
		6:00 p.m.	Harvest Festival Committee Meeting
		7:00 p.m.	Vestry Meeting
9	Tue	12:15 p.m.	Grief Support Group
10	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Michael Lane Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
12	Fri	Noon	Stephen Ministers Meeting at Deacon Naomi's home
13	Sat	9:00 a.m.	Choir Rehearsal
15	Mon	11:00 a.m.	Contemporary Bible Study
17	Wed	9:30 a.m.	Hatha Yoga
18	Thu	1:00 p.m.	Senior Ministry Team Meeting
20	Sat	9:00 a.m.	<b>Work Party</b>
		9:00 a.m.	Choir Rehearsal
21	Sun		<b>Bishop's Visit</b>
		11:30 a.m.	Buffet lunch with the Bishop
			<b>Father's Day</b>
			<b>Canterbury Tales Deadline (July/August)</b>
22	Mon	11:00 a.m.	Contemporary Bible Study
24	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group Meeting
28	Sun	9:15 a.m.	Inquirer's Group
29	Mon	11:00 a.m.	Contemporary Bible Study





St. Anselm's Episcopal Church  
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**Next *Canterbury Tales* deadline is June 21st**

### ***TO BE PONDERED.....***

If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons de barked and dry cleaners depressed?

Do Lipton Tea employees take "coffee breaks"?

What hair color do they put on the driver's licenses of bald men?

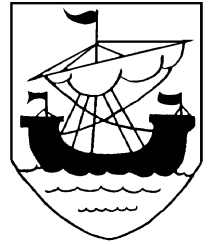
Why do they put pictures of criminals up in the Post Office? Are we supposed to write to them? Why don't they just put their pictures on the postage stamps so the mail carriers can look for them while delivering the mail?

Why do we press harder on the remote control when we know the batteries are getting weak?

***Hmmmm.....***

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# Canterbury Tales



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

July / August 2015

## *From The Rector*

### Summertime

The Greeks had two words for time- chronos and kairos. Chronos is the kind of time that we can measure, in seconds, minutes and hours. We get the word chronometer from chronos.

Kairos is a different kind of time. It is qualitative time, measured in moments. It is the kind of time that doesn't drift away but is experienced.

Summertime is the time for many of us when we come in touch with kairos time. On vacation, freed from our daily routines, we are able to experience what is right in front of us. If we are traveling to a new place, we see things in a different way than we see the familiar. Everything is new.

Kairos can also have a spiritual quality, of divine providence appearing when the time is right. I see this in the response to the treacherous murders of last month in the Emanuel AME Church in Charleston, South Carolina. Two prominent Republicans from the State, a U.S. senator and the Governor have said respectively that it is time for the confederate flag to be placed in a museum, and that it represents the State's past and not its future.

Just as the revelation of Jesus' message of love and forgiveness was not at all what people were expecting after John the Baptist prepared the way for a warrior who would judge the world, could not the 'South rise again' under a new banner of mutual love, inclusion and racial reconciliation? When people who respect 'tradition' come to see, as they have in these shootings, that the symbol of a past they honor and respect, for others represents a message of racial hatred that allows them license to kill, is it time to let that tradition go? Sure sounds like that is happening, and is becoming less and less of a tenable issue on which to hang partisan interests for leaders of conscience in an increasingly pluralistic society.

We are about to celebrate the 4<sup>th</sup> of July, to remember the principles upon which this nation was founded, of independence, equality and liberty for all. As we celebrate, may we also lift up a prayer that our collective actions may move us closer to the enactment of those ideals. And that God, in a kairos moment, might resurrect from this tragedy a new consciousness of love.

John+

## *Anselm's Angels*

*There shall be eternal summer in the grateful heart.*

*- Celia Thaxter*

Thanks to **David Holcombe, Fr. John and Raina Foster** for their help when our annual audit was being done.

**Roy Merrill** for overseeing the gas line repairs as well as the plumbing repairs for the Preschool.

Thanks to all who participated in the June Work Party: **Art Clarke & Walter Blount**, co-coordinators, and their able bodied cast: **Gary Bacon, Gene Bozorth, Anne Brown, Pam Green, David Holcombe, Michael Hollinger, John McGraw, Doug Merrill, Roy & Ina Merrill, Dick Orear, Vicki Pappas, John Sutton, Al & Sara Swimmer, George Wasson and David Watson.**

Bishop Marc's visit and reception were a huge success! Thanks to all who contributed: the **Altar Guild, Sara Swimmer, Andrew & Caroline Huddart** and the **Choir**, and **Preston Lipscomb** and **Kelsey Witkay** for ably filling the role of the Bishop's Chaplain.

*(See Vicki Pappas' thank-you on page 2 for all who helped with the reception).*

## ***THE BISHOP'S RECEPTION ANGELS***

When Sheila Gorsuch realized she was unable to shoulder all the work of putting on the Bishop's luncheon she asked me to take over for her. I felt a little bit intimidated! However, St. Anselm's angels came to the rescue, and I am so grateful. First of all Sheila's carefully written instructions made the work clear cut and easy to carry out. I am only sorry she and Norm missed the event.

Many thanks to all of you who worked together seamlessly and joyfully to make the Parish Hall beautiful, who provided goodies, created flower arrangements, who set up the tables and chairs, set the tables, missed church to receive and prepare the food for the table, bartended, cleaned up afterwards, and emptied the dishwasher hours after the party was over.

Ann Burns  
Michael Hollinger  
Sara and Al Swimmer  
Roseanna Conlon  
Judy Peak  
Barbara Thornton  
Sheila Gorsuch  
Doug Merrill  
Sally and Jim Morrison  
Jane Dawkin

Anne Brown  
Gail and Art Clarke  
Ina Merrill  
Joan Booty  
Jill Schon  
Naomi Chamberlain-Harris  
Carol and Olivier Fontana  
Pat Nottingham  
Avon Wilson  
Father John  
Pam Green  
David Watson

May God bless all of you!  
Vicki Pappas

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## ***Community Volunteering***

This month I would like to thank Norm Gorsuch for his past work with foster youth.

Our diocese has just instituted the Braid Mission for Foster Care Youth. This is a program designed to be a mentoring program for young people between the ages of 11 and 14 who are in foster care.

Norm, with his previous experience with our county's program, has attended some of the monthly meetings of the Braid Mission. The monthly open houses are held at the Dignita Café at 2225 Third Street in San Francisco. The next open house will be held on June 27<sup>th</sup> from 10:00 a.m. - Noon. If you are interested in learning more about this program, please contact Norm.

*Deacon Naomi*

## ***SMILE FOR ST. ANSELM'S!***

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers.

To support St. Anselm's log into your account at [www.smile.amazon.com](http://www.smile.amazon.com) and select St. Anselm's Episcopal Church as your charity of choice under "Your Account". St. Anselm's is listed as "Protestant Episcopal Church in the Diocese of California".

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**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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

## *The Senior Warden*

Hey St. Anselm's Family....welcome to summer!

We continue to see warm weather with some days being down right blazing hot! With that said, we at St. Anselm's have made big strides to conserve water and have decided to hold off on adding any additional landscape plantings. We are using drip irrigation to maintain the drought resistant landscape we currently have planted and expect to increase our water conservation in the coming months.

We have all heard Father John speak about water conservation on several occasions throughout the year. Most recently John touched on the critical drought situation when Bishop Andrus visited us on June 21<sup>st</sup>. John provided some additional water saving practices such as turning off the water when soaping your hands (or body) and when shaving – you could lather and shave without the running the water (this applies to both men and women). This one behavior modification could save hundreds of gallons over the course of a year. Bishop Andrus was very impressed that this topic and practice was shared with the congregation. He recognized our leadership efforts around water conservation. Well done! We will have a long hot summer with many more “scorchers” so please continue to save water whenever possible.

One other item I wanted to share with all of you. The Vestry, along with our Property Commission, is exploring some ideas that would improve the St. Anselm's front entrance and patio section. The purpose of this effort is to provide a more practical entrance that would be flat, smooth, and accessible for all of our parishioners (and visitors) with mobility issues. Although we are very early in the exploratory process, I wanted to share this in this edition of Canterbury Tales as this issue will cover the next two months.

I wish all of you a fantastic summer!

To learn more about any of these programs please visit our St. Anselm's web site: <http://www.stanselms.ws/>

God Bless,

Foster Lipscomb

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## *Climate Change and Social Justice*

A few thoughts came to mind when we began thinking about this article. The first was the word “commonwealth.” It’s a great word when applied to the environment. We all share the environment. It’s our common wealth. The second thought was the second commandment which says “Love thy neighbor as thyself.” The third thought was “with respect to climate change, how have we, as a wealthy nation, done with sharing the environment and loving our neighbor? Not too well, in our opinion.

We have not shared the environment equally. Wealthy countries have been responsible for nearly all the greenhouse gases, primarily carbon dioxide (CO<sub>2</sub>), that have accumulated in the atmosphere in the last century. They have grown rich, in part, by using the atmosphere as a no-cost dump for the huge amounts of CO<sub>2</sub> they’ve generated via their extravagant life styles. The US’ per capita CO<sub>2</sub> generation is six times the world average. Think about that! But it’s the poor countries, who are least responsible and who have the fewest resources who have suffered and will suffer most from greenhouse gases’ effects. The same applies to the well-off and poor in the US. The wealthy pollute, the poor pay the price. We will present some examples later.

Loving our neighbors is hard when they may be thousands of miles away. We tend to ignore their misery when we’re not face-to-face with it. We don’t see our neighbor’s plight.

But times are changing. Social justice issues are coming to the fore. Climate change is no longer just about emissions limits, trends, technical fixes, and timetables. Social justice and human rights are now in the mix. They will be major topics in the UN-sponsored climate-change conference in Paris this November/December. The big question for Paris is “can schemes be designed such that the climate burden is not unnecessarily carried by the world’s poor?” This is a question of great moral and ethical importance.

### **What is Social Justice?**

Perhaps it’s easier to define social injustice, which is actions, intended or not, that benefit some at the expense of others. We must think not only about the relationships between humans and the natural world, but also about the relationships between humans, because where we find problems of environmental degradation, we find some people are benefitting at the expense of others.

Climate Justice addresses four key themes: root causes, rights, compensation, and participatory democracy.

- **Root causes:** The root causes of injustice are ignorance, denial, greed, and inability of the victims to fight back.
  - Ignorance. Our ignorance, not realizing the problems we cause, and the victims’ ignorance, not knowing who and what causes them. For example, CO<sub>2</sub> generated by Californians migrates to polar regions, exacerbating ice-sheet melt. The melt raises sea levels, triggering floods in coastal regions world-wide, driving residents from their homes. The initial action (CO<sub>2</sub> generation) and the result (flooding and displacement) are too separated by time and distance for perpetrators and victims to make the connection, unless they are very well informed.
  - Denial. Denying the problems exist or that we have no responsibility for them. Some deniers sincerely believe there is no climate crisis while others appear to be politically motivated or have financial interests in environmentally unfriendly businesses.
  - Greed. Reaping the benefits without regard to the consequences.
  - Inability of victims to fight back. More about that later.
- **Rights:** This is the idea that all people and communities are entitled to equal protection of environmental and public health laws and regulations. As a goal, everyone should be able to breathe clean air and drink clean water.
- **Compensation** to those who have been injured or will be injured, for example (1) paying poor nations to leave fossil fuels in the ground and (2) establishing funds to help impoverished nations adapt to climate change and to incorporate low-carbon initiatives into their economies.
- **Participatory democracy.** Participation by all nations, rich and poor alike, ensures poor nations’ aspirations are heard when international agreements are negotiated. For example, the UN-sponsored Deep Decarbonization Pathway Project strongly recommends that every country (rich or poor) develop plans to fight and adapt to cli-

*(Continued on page 5)*

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*Continued from page 4)*

### ***Climate Change cont.***

mate change. Greenhouse gas limits will probably be established by a world body, but each nation will decide how it satisfies them.

#### **Who Are Most Affected by Climate Change?**

It's easy to say "everyone" or "all of us," but the impacts fall disproportionately on those unable to protect themselves. The poor bear the brunt of the effects and are least able to recover. Here are a few examples:

- Melting ice leads to a rising sea level, which inundates coastal lands. People are displaced, property is destroyed, and jobs are lost. Even the well-off are impacted, but the poor lack any cushion to help them recover – they have no insurance to pay for damages and loss of livelihood. Miami Beach and coastal Bangladesh are both at sea level, but while the owner of a million-dollar condo in Miami Beach may suffer financial harm -- the millions of subsistence farmers living along the coast of Bangladesh will lose everything. In a flood, the condo owner will have a bad month, filling out insurance forms; the subsistence farmer will have a bad generation. And surely this is the very definition of injustice, as the poor of the Bangladesh coast have contributed almost nothing to global warming through their tiny carbon footprint, yet stand to lose their homes and way of life.
- Another impact of climate change is that rain and snow are expected to decline in some important agricultural areas, while warmer air evaporates water faster. Farmland will become desert. Crops will fail or diminish. Jobs will be lost. All of us will pay more for scarce food, but the poor will be especially affected because a much greater portion of their income is spent on food.
- Climate change also is expected to increase the strength of tropical storms and hurricanes. We have seen examples of the impacts such storms can have, and it's devastating. Homes and businesses are destroyed, lives and jobs are lost. Again, this affects both the rich and poor in the path of a storm – but the poor lack means to move out of the path of the storms, they lack insurance to pay for losses, and they lack savings to re-establish themselves. This congregation has helped our children go on Mission Trips to help with relief efforts from serious hurricanes, and these youth can attest to the fact that the poor suffer disproportionately from these disasters and that they recover far more slowly.

#### **Why Are Environmental Costs Imposed Disproportionately on Those Least Able to Adapt?**

- The first and most obvious reason is that the victims lack sufficient economic or political power to alter the behavior of the major contributors to climate change. A change in the balance of power is needed for greater environmental protection. Specifically – WE need to stand with those who need our support the most.
- Second, victims may lack adequate information about the sources and extent of their environmental burdens. Education and right-to-know legislation are critical elements of a solution.
- And of course, the victims most affected by climate change belong to future generations and thus have voice. As we know, future generations do not vote. The only remedy for governmental failure is a commitment to an ethic of intergenerational responsibility. Fortunately, we have models that are better than governments in dealing with future generations. Families, churches, and universities, for example, all have a far better record in intergenerational stewardship than most governments.

#### **What Can We Do to Combat the Social Injustice of Climate Change?**

First of all, we can stay informed about what is really going on, about who the victims are, and about how our own actions and the actions of others can help reduce the extent and the impact of climate change.

- As individuals, we can adopt practices to reduce our own carbon footprint, and we can encourage others to do so as well. We can:
  - o Increase our use of renewable energy
  - o Practice energy conservation
  - o Support CO<sub>2</sub>-removal mechanisms (such as programs that plant trees)
- As valuable as individual efforts are, individuals can't do it by themselves. We also encourage you to:
  - o Support organizations that fight climate change and income inequality (e. g., Interfaith Power and Light, Environmental Defense Fund, Citizen's Climate Lobby)
  - o Elect legislators who acknowledge climate change and will work to minimize it while concurrently supporting programs that foster human rights. Communicate with those legislators!
  - o Speak out – in church, in writing, in public... And speak for those who are heard the least.

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*(Continued on page 6)*

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(Continued from page 5)

### ***Climate Change cont.***

We have treated climate change as a technological and political issue -- and it is -- but it is also a social justice issue, and we should frame it that way. We can build on environmental victories of the past (establishment of the EPA, Clean Water Act, Clean Air Act), but also victories of the civil and voters' rights movements, to help empower people who have been on the losing end of environmental problems. We have to stand with those who have the most to gain from addressing climate change and to make their health and well-being a central issue in environmental protection. Martin Luther King said, "The arc of the moral universe is long, but it bends towards justice." To that we say, "Amen."

John Powers  
Doug Merrill

Many of the ideas in this article were based on the writings of Professor James K. Boyce (University of Massachusetts, Amherst) as set forth in his book Economics, the Environment, and Our Common Wealth

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## ***ATTENTION WOMEN OF ST. ANSELM'S SAVE THE DATES!***

This year our **Women's Retreat** will be on the weekend of October 23-25. It will be at Bishop's Ranch, outside of Healdsburg. The women of St. Matthew's, San Mateo, will be leading it, and our former seminarian, the Rev. Lindsay Hills, will be serving as chaplain!

As plans develop and firm up, we will be sending out e-mails, making announcements in church, and will have more information in the September issue of *Canterbury Tales*. Meanwhile, if you have questions, you can contact me.

Anne Brown

### ***WATER SAVING TIP***

When washing your hands, use a soap that lathers in cold water. That way you don't have to wait for the water to heat up. First wet your hands, then the soap. Next, turn the water off while you're lathering up. Finally, turn it back on to rinse. Over time, this can save a lot of water!





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

**September 12th!**

Let's all join in celebrating the harvest we have been blessed with this year and every year. The Annual Harvest Festival will be held on September 12th starting at 5 PM. John Powers and his team are putting together an amazing list of raffle and live auction items including a Caribbean Cruise, vacation trips and more.

All proceeds go to Trinity Center to provide support for the most unfortunate of our community...those without a roof over their heads. Every dollar spent at the Harvest Festival goes to help the homeless in Contra Costa. This year we will have an expanded outreach to add even more dollars to help Trinity Center and its mission. Here's how you can help in addition to attending the dinner:

**Annual Raffle:** We are expanding the raffle to the local community and broadening the appeal by making it The Annual Trinity Center Auction rather than the St. Anselm's Auction. You can help by offering items or services for the raffle drawing and by buying raffle tickets. If you know or are part of groups that can sell raffle tickets, please see or call Marty Fischer (925 247-4192).

**Live Auction:** You can offer up condos and timeshares, meals and other items for our congregation auction. If you have such an offering, please contact John Powers.

**Sponsorships:** We are helping Trinity Center build a loyal base of "Friends" and Sponsors. You or your organization can become a sponsor when you make a tax-deductible contribution of \$500 or more. If you wish to explore this please see or call Marty Fischer.

**Volunteer:** Trinity Center is always in need of help with services at the center, seeking gifts and supporters and enlisting the support of the local community. If you are interested, please see either John Powers or Calvin Sherwood

Last year we raised over \$16,000....let's beat that by a bunch in 2015! More on how you can help will follow in the weeks and months ahead.

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## Who We Are:

Trinity Center is a non-residential program serving homeless adult men and women in Walnut Creek and the Central Contra Costa County area. Trinity Center is a safe place to be off the street. It is a place “where they know my name”.

## What We Do:

Respite and community center for the homeless and working poor

- ⇒ Open five days a week
- ⇒ Breakfast and lunch Monday, Tuesday, Thursday and Friday 9:00 a.m.– 4:00 p.m.
- ⇒ Wednesday Women’s Day Noon – 4:00 p.m.
- ⇒ Daily onsite Services: showers, laundry, clothing, food
- ⇒ Referral services
- ⇒ Community

**Vision:** A community that cares for homeless people with compassion and provides a place of safety, friendship and dignity – a place where everyone has the opportunity for abundant life; a place where everyone knows my name!

**Mission:** to be a doorway to opportunity for homeless and working poor people. We give care and hope to each one through supported access to services and resources.

**Core Values:** Intelligent compassion: Knowledge + Resources + Caring Leadership: -Effective leadership empowering clients, volunteers and staff to be successful -Facilitate community involvement through partnership and collaboration

**Respect** everyone

## Goals:

- ⇒ Improve homeless outreach services
- ⇒ Develop and expand program
- ⇒ Rebuild the physical plant

1924 Trinity Avenue, Walnut Creek, CA 94596-4037  
(925) 949-8712 Fax: (925) 949-8713  
[www.trinitycenterwc.org](http://www.trinitycenterwc.org)

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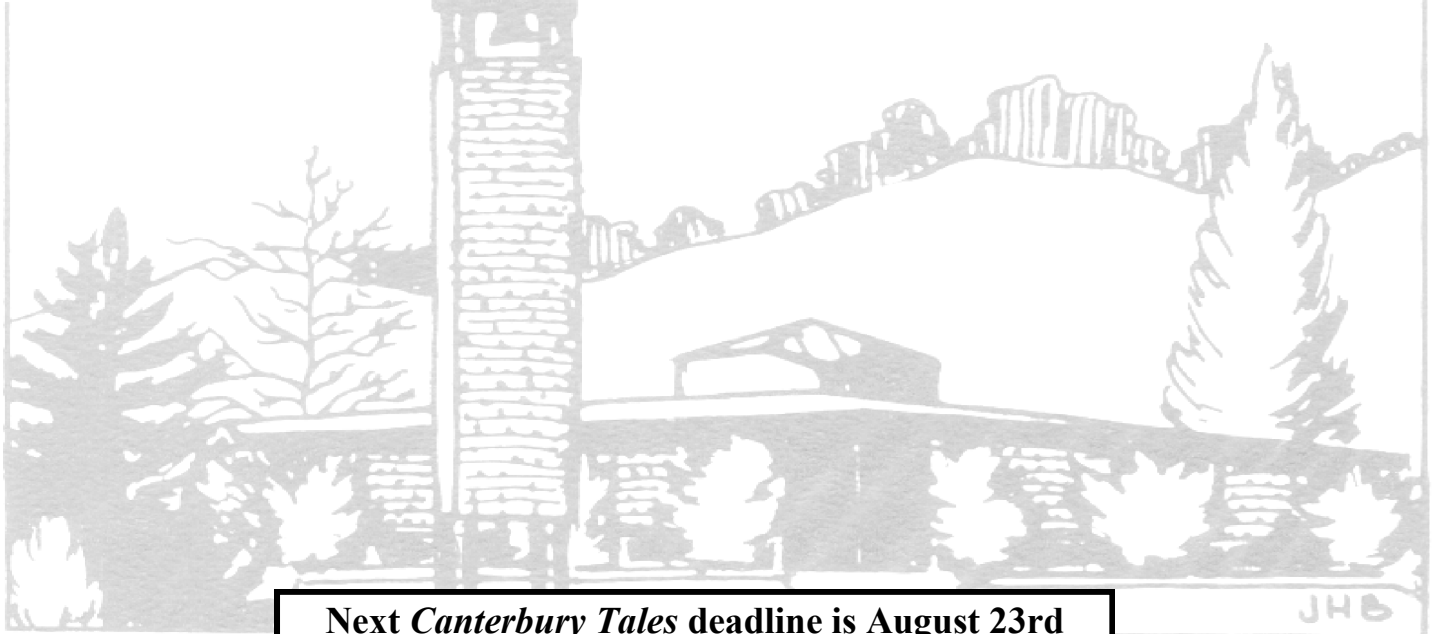
***Upcoming Events in July***

1	Wed	9:30 a.m.	Hatha Yoga
4	Sat		<b>INDEPENDENCE DAY</b>
6	Mon		<b>The Church office will be closed in observance of Independence Day</b>
		11:00 a.m.	Contemporary Bible Study
7	Tue	12:15 p.m.	Grief Support Group
8	Wed	9:30 a.m.	Hatha Yoga
		7:00 p.m.	Winter Nights Planning Committee Meeting
11	Sat	9:00 a.m.	Choir Rehearsal
12	Sun	9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Holy Eucharist with a Baptism
13	Mon	11:00 a.m.	Contemporary Bible Study
15	Wed	9:30 a.m.	Hatha Yoga
18	Sat	9:00 a.m.	Choir Rehearsal
19	Sun	9:00 a.m.	Choir Rehearsal
20	Mon	11:00 a.m.	Contemporary Bible Study
22	Wed	9:30 a.m.	Hatha Yoga
25	Sat	9:00 a.m.	Choir Rehearsal
26	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group

***Upcoming Events in August***

1	Sat	9:00 a.m.	Choir Rehearsal
2	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
5	Wed	9:30 a.m.	Hatha Yoga
8	Sat	9:00 a.m.	Choir Rehearsal
9	Sun	9:00 a.m.	Choir Rehearsal
12	Wed	9:30 a.m.	Hatha Yoga
16	Sun	9:00 a.m.	Choir Rehearsal
19	Wed	9:30 a.m.	Hatha Yoga
23	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
			<b>Canterbury Tales Deadline</b>
24	Mon	7:00 p.m.	Vestry Meeting
26	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
28	Fri	6:30 p.m.	Michael Lane Preschool Family Social

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

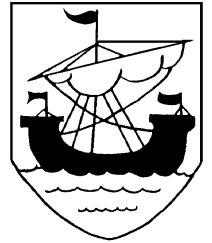


Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the blue sky, is by no means waste of time.

~John Lubbock, "Recreation," *The Use of Life*, 1894

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# Canterbury Tales



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

September 2015

## *From The Rector*

### GOD'S PORTFOLIO

Many of us have watched our retirement nest eggs take a substantial hit over the last several days. Some wish we had moved into less risky investments before the correction. Some are grateful their portfolio was not overly exposed. Looking forward, some are wondering if this is the time to leap in. Others want to wait and see where this volatile market will settle.

Imagine if someone came to you with this pitch to invest in a company:

- Last year they increased operations by 150%.
- They are awaiting approval from a government agency to virtually double their operations this year.

Sounds like a pretty meteoric rise doesn't it? You would want to get in on that one.

Well you can, and likely already have!

Last year when I made my pitch to help with our fund raising efforts for the Harvest Festival, I pointed out that Trinity Center was in a critical stage of growth- moving from providing services to the homeless of Contra Costa County two days a week, to five days a week. They did that.

This year, they are seeking to provide overnight shelter to their clients in the Walnut Creek Armory. On Wednesday evening, September 26<sup>th</sup>, the plan was presented to the public at St. Paul's Walnut Creek. There are substantial safeguards in place, and the plan is comprehensively spelled out in this document:

<http://trinitycenterwc.org/wp-content/uploads/2015/08/WC-Armory-WS-Proposal-150724.pdf>

*Serving single men and women, Trinity Center's clientele are different from the family clientele of Winter Nights. However, like Winter Nights, Trinity Center is proposing to provide housing at the Armory during three winter months, beginning this December.*

The estimated costs to do this will be roughly \$84,000. If the proposal is granted, Trinity Center stands to become an even more powerful, and the only agency speaking for the homeless to the public and private sector of Contra Costa County.

**RECTOR cont.**

(Continued on page 2)

## *Anselm's Angels*

*Deep summer is when laziness finds respectability.*

~Sam Keen

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

- ♦ The **Altar Guild** for preparing 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**

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!**

Thanks to **David Watson** for his time and efforts in repairing and maintaining the parking lot.



## ***WOMEN'S RETREAT: Oct. 23-25***

This year our Women's Retreat will be at Bishop's Ranch in Healdsburg. Those who have been there describe it as beautiful and they are eager to go there again. I've seen pictures, and it looks very serene, with spectacular views. The weather and colors will probably still be lovely in late October. I am looking forward to a time of centering and renewing, before the Nov./Dec. busy times.

Our former seminary student intern, The Rev. Lindsay Hills, will be leading our retreat. She is a person of depth, humor, and creativity. She is now the associate rector at St. Matthews in San Mateo, and we will be sharing the retreat with women from St. Matthews. We did this at last year's retreat, and it worked well.

Bishop's Ranch Valley View



**Where:** Bishop's Ranch, Healdsburg. This is much further away than our usual retreat sites. Rest assured that we will all be carpooling! For those of you used to coming for Sat. only, I hope that you can arrange your schedules to come the whole time.

**When:** Friday, Oct. 23, check-in time 5 pm, until Sunday, Oct. 25 after lunch.

**Cost:** \$190., meals included. As always, scholarship funds are available.

**Accommodations:** Our rooms and meeting room will be in Harrison House. There are two beds/room, some with three, so start thinking who you want as your roommate.

**Sign-ups:** There is a sign-up sheet in Jackson Hall. Someone will be on-hand, so you can sign up and pay.

**Questions:** If you have any questions or concerns, please phone or e-mail me. My e-mail address is: [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com) My cell phone # is: (925) 788-0664. I hope to see you there! Anne Brown



Bishop's Ranch Labyrinth

*(Continued from page 1)*

Donna Colombo, Executive Director of Trinity Center will be speaking this Sunday at both services, and available for questions at both Coffee Hours. I hope you can make it.

Think about everything your faith teaches you and ask yourself: Is the Harvest Festival, which will give ALL proceeds to Trinity Center, not a great opportunity for you to invest in the building of God's kingdom?

John+

## ***Community Volunteers***

During the next several months I would like to change the format of my article. If you have an organization that you would like information about, please tell me and I will do the investigating for you, and I will also tell you about my favorite agencies in Contra Costa County.

Blessings, Naomi

**Canterbury Tales** is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
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web site: [www.stanselms.ws](http://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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

### **The Senior Warden**

Hello St. Anselm's Family,

Seems like summer went by pretty quick! Hard to believe school is back in session and the days are getting noticeably shorter. Now just praying for an early start to the rainy season!

We have a couple of exciting events coming up. First is the Harvest Festival – Sept. 12<sup>th</sup>. This is a great opportunity to get together to have some fun with your fellow parishioner's and give back to a very important cause, homelessness. Like last year, St. Anselm's will be donating all proceeds to Trinity Center in Walnut Creek. There are many ways to support the Harvest Festival 1) Sign up and attend 2) Buy raffle tickets 3) Contribute an item or service that can be auctioned off 4) If you can't attend you can write a donation check (send to Carol Fontana). This is a great cause that helps those in need locally - Trinity Center is a non-residential program serving homeless and working poor adult men and women –more information about Trinity Center can be found at <http://trinitycenterwc.org/>.

The second event is Winter Nights in October for 2 weeks – St. Anselm's will be providing services for the first week (Oct. 12-18<sup>th</sup>). St. Anselm's will be hosting several homeless families – we will be providing shelter, meals, tutoring, and social interaction. If interested in helping out please contact Eva Woo (eva94549@gmail.com.).

I am hoping you can participate in/support one (or both) events – I look forward to seeing/meeting/ socializing with all of you outside of “normal” church hours.

God Bless,  
Foster Lipscomb

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*Celebrate your Harvest September 12th!*  
*Join the Festival*

Let's all join in celebrating the harvest we have been blessed with this year and every year. The Annual Harvest Festival will be held on September 12th starting at 5PM. John Powers and his team are putting together an amazing list of raffle and live auction items including a Caribbean Cruise, vacation trips and more.

All proceeds go to Trinity Center to provide support for the most unfortunate of our community...those without a roof over their heads. Every dollar you spend at the Harvest Festival goes to help the homeless in Contra Costa. This year we will have an expanded outreach to add even more dollars to help Trinity Center and its mission. This includes the opportunity to house and feed 30 homeless over the winter at the Walnut Creek Armory. Here's how you can help in addition to attending the dinner:

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## ENVIRONMENT

### Trees

Many love Joyce Kilmer's poem "Trees" which begins "I think that I shall never see / A poem lovely as a tree..." Kilmer had it right. Trees are beautiful. They are also useful, providing shade, food, fuel, animal habitat, paper products, lumber, and erosion control. They also clean carbon dioxide (CO<sub>2</sub>) from the air. CO<sub>2</sub> has been identified as one of the drivers of global warming. Terrestrial organisms, mostly trees, remove about 25% of the CO<sub>2</sub> generated by human activities and store it in their leaves, wood, and roots. Therefore trees have a big and beneficial effect on our planet's health.



### How Do Trees Take Up and Store CO<sub>2</sub>?

Trees use three sequential steps to take up CO<sub>2</sub> and store it.

- Step 1, photosynthesis. During the day, trees absorb atmospheric CO<sub>2</sub> and water and convert them to simple sugars (CH<sub>2</sub>O<sub>n</sub>) and oxygen by a process known as photosynthesis. Sunlight provides the energy for this reaction.
- Step 2, respiration. When sunlight disappears at night, photosynthesis stops, and the process described in Step 1 is partially reversed. A portion (50 to 60%) of the simple sugars formed during the day react with oxygen to form CO<sub>2</sub> and water, which in turn are released back into the atmosphere. This reaction (which is identical to our own respiration process) produces energy to maintain and grow the tree.
- Step 3, sugar conversion. Sugars not respired in Step 2 are used to synthesize more complicated molecules (proteins, complex carbohydrates, etc.), the building blocks of plant structure.

The matter produced by Step 3 is called Net Primary Production (NPP), generally expressed for forests as grams of carbon per square meter of land surface per year. It represents the carbon stored in the trees' new growth (both above and below ground) over a year's time. By multiplying NPP by a simple factor one can calculate the pounds of CO<sub>2</sub> a forest withdraws from the air per acre per year, a most useful calculation, which will be demonstrated shortly.

### Factors Affecting Tree Growth and CO<sub>2</sub> Uptake

Forest age strongly affects NPP. The charts that follow compare how NPP varies with time for a boreal forest and a temperate forest. The dots are individual data points. The solid lines are lines that best fit the data, and the gray bands represent 95% confidence intervals of the fitted data. (The authors are 95% confident that true values of NPP lie within the gray bands). In both instances, NPP peaks at 50 to 75 years, declining thereafter. Put another way, trees absorb less CO<sub>2</sub> and grow slower once beyond the initial fast-growth stage.

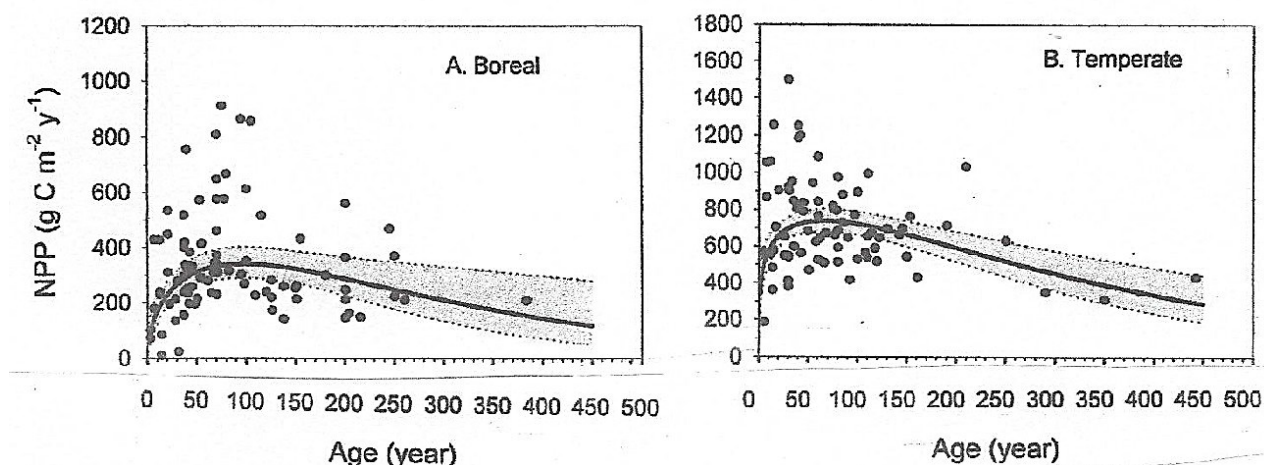
Climate, water, and nutrient availability also affect forest productivity. NPP values are considerably higher for the temperate forest than the boreal forest. Temperate zones are relatively warm and have adequate water and nutrient supplies. Temperate forests may contain a high proportion of broadleaf trees and shrubs which promote photosynthesis. Boreal forests consist mainly of conifers and are found mostly in the subarctic, where winters are long and cold and summers short and cool and where the soil is poor and water less available. Their needle-like leaves don't have much surface area for photosynthesis, even though photosynthesis occurs year-round because they don't shed their leaves.

## ENVIRONMENT *cont.*

(Continued on page 6)



### Variations of Net Primary Production with Time for Two Types of Forest<sup>1</sup>



#### Perspective

To put trees' CO<sub>2</sub>-absorption capabilities in perspective, let's estimate how much CO<sub>2</sub> one acre of the temperate forest (modeled in Panel B) can absorb and store in one year. Then we'll compare it to the amount generated in a few fuel-burning scenarios. To convert the figure's units (grams carbon per year per square meter) to more familiar terms (pounds CO<sub>2</sub> per year per acre) multiply the former by 32.7. The figure shows that NPP for this tree stand peaks at 50 to 100 years at about 750 grams carbon per year per square meter or about  $32.7 \times 750 = 24,500$  pounds CO<sub>2</sub> per year per acre. One acre of this forest can absorb CO<sub>2</sub> emissions from:

- 2.1 cars each driven 15,000 miles per year with fuel economies of 25 mpg or,
- 3.4 houses consuming 532 therms of natural gas per year, the average consumption for 100 2,100 square foot homes within 0.6 miles of my house in Lafayette, California during the period May, 2014 – April 2015.

#### What Can You Do?

Planting trees is a great idea for the reasons set forth in the first paragraph of this article (beauty, shade, fuel, and so forth). Go to it! However, as the Perspective section above shows, it will take a lot of new trees to make a much of a dent in the air's CO<sub>2</sub> content. From the CO<sub>2</sub>-removal perspective, it's better, in my opinion, to support organizations that work to support existing forests.

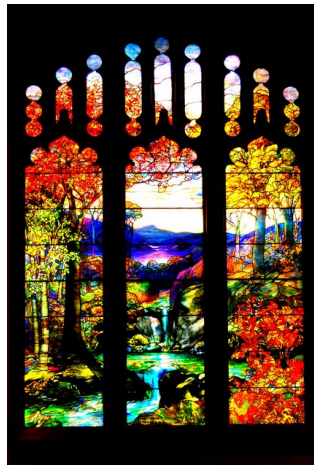
I personally support the Environmental Defense Fund (EDF,) an organization that's working to reduce the burning of forests to create farmland in the Amazon River Basin in South America. The burning not only generates 15% of the world's man-made CO<sub>2</sub>, it destroys a large part of its CO<sub>2</sub>-removal ability (a double whammy). I also support Forests Forever, an organization that defends California's 17 million acres of woodland ecosystems and watersheds through year-round education, grassroots organizing, litigation, work in elections, and executive-branch and legislative advocacy. To learn more about EDF, go to [www.edf.org](http://www.edf.org). To learn more about Forests Forever, go to <http://www.forestsforever.org/about.html>.

Doug Merrill

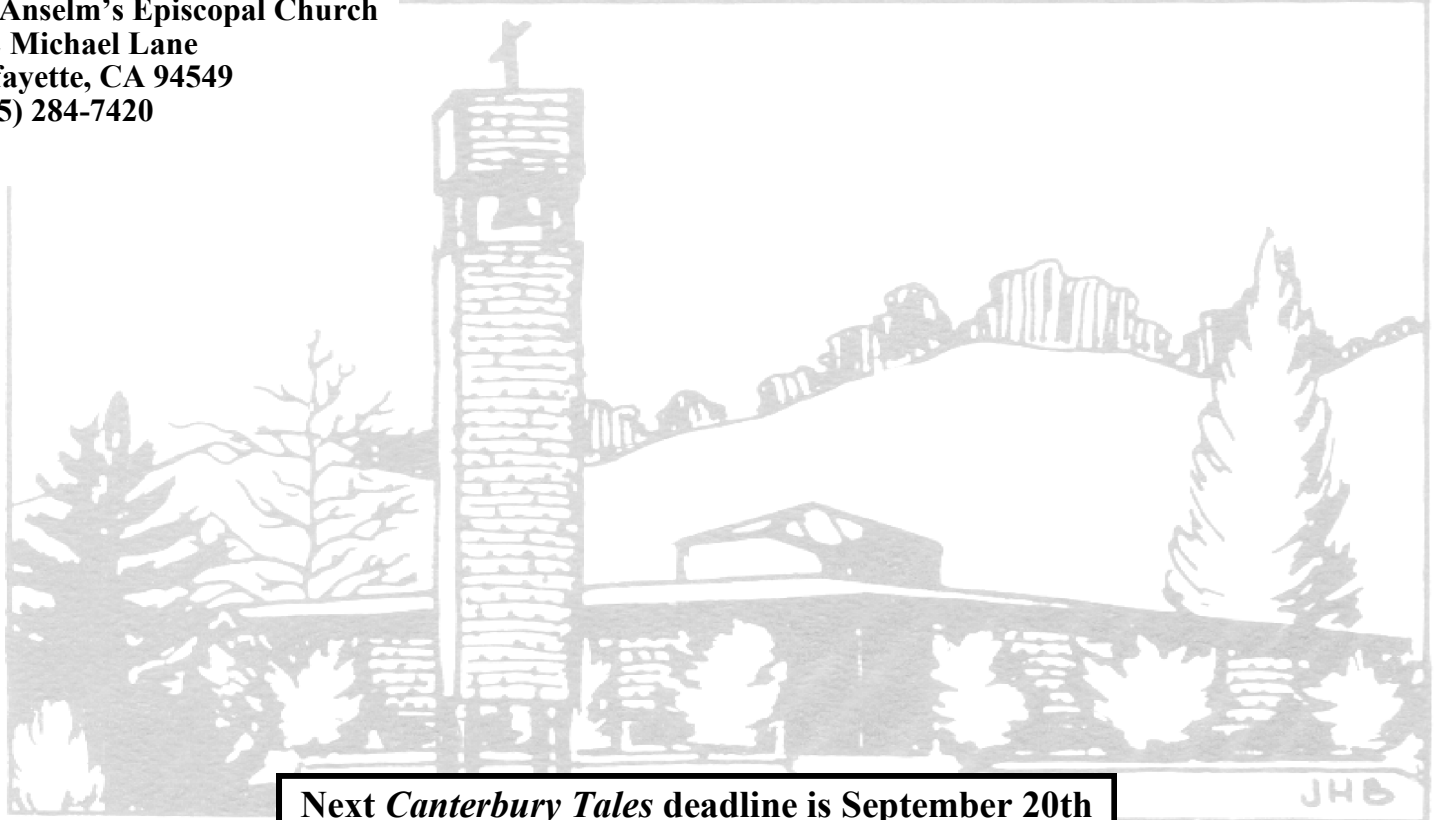
<sup>1</sup>Source: Tang, et al, Steeper Declines in Forest Photosynthesis Explains Age-Driven Decreases in Forest Growth, Proceedings of the National Academy of Science, USA., 111: 8856-8860. DOI: 10.1073/pnas.1320761111.

## *Upcoming Events in September*

1	Tue	Noon	Making A Difference film presentation
2	Wed	9:30 a.m.	Hatha Yoga
		7:00 p.m.	Preschool Parent Orientation
4	Fri	10:00 a.m.	Stephen Ministry Meeting
5	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
6	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
7	Mon		<b>LABOR DAY—The church office will be closed.</b>
8	Tue	12:15 p.m.	Grief Support Group
9	Wed	9:30 a.m.	Hatha Yoga
10	Thu	1:00 p.m.	Senior Ministry Team Meeting
12	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	<b>Harvest Festival</b>
13	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
14	Mon	7:00 p.m.	Vestry Meeting
16	Wed	12:15 p.m.	Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
19	Sat	9:00 a.m.	<b>Work Party</b>
		9:00 a.m.	Choir Rehearsal
20	Sun		<b>Canterbury Tales Deadline</b>
		9:00 a.m.	Choir Rehearsal
23	Wed	9:30 a.m.	Hatha Yoga
26	Sat	9:00 a.m.	Choir Rehearsal
27	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
		11:30 a.m.	Congregational Development Commission
30	Wed	9:30 a.m.	Hatha Yoga



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



**Next *Canterbury Tales* deadline is September 20th**

## *Dear God, it's me the dog...*

*Dear God: Why do humans smell the flowers, but seldom, if ever, smell one another?*

*Dear God: When we get to Heaven, can we sit on your couch? Or will it be the same old story?*

*Dear God: Why are there cars named after the jaguar, the cougar, the mustang, the colt, the sting-ray, and the rabbit, but not ONE named for a Dog? How often do you see a cougar riding around? We love a nice car ride! Would it be so hard to rename the 'Chrysler Eagle' the 'Chrysler Beagle'?*

*Dear God: If a Dog barks his head off in the forest and no human hears him, is he still a bad Dog?*

*Dear God: We Dogs can understand human verbal instructions, hand signals, whistles, horns, clickers, beepers, scent IDs, electromagnetic energy fields, and Frisbee flight paths. What do humans understand?*

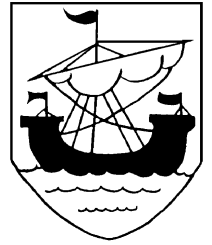
*Dear God: More meatballs, less spaghetti, please.*

*Dear God: Are there mailmen in Heaven? If there are, will I have to apologize?*

*Dear God: Is it on purpose that our names are the same, only reversed?*

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# Canterbury Tales



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

October 2015

## *From The Rector*

### **Congratulations!**

If someone had told me last month that we would raise \$30,000 for Trinity Center this year, I would have said '*I think that is a bit optimistic.*' While we don't know the final number quite yet, we know that we grossed over that amount. A very dedicated team of volunteers, led by Marty Fischer made this happen. (Their names are listed in Anselm's Angels.)

The effort that our community has made to improving the lives of the homeless has been impressive. If I have my finger on the pulse of this congregation, it is telling me that we are claiming this important ministry as our own. Moreover, our commitment has picked up over the last several years, as Trinity Center's ministry to the homeless has expanded.

It is so clear to me this is the ministry we are called to support. Contra Costa County leaders are now acknowledging the need to do something about homelessness, and Trinity Center is the cogent voice that is persuading them.

To all of you who have generously contributed, congratulations! Pull out your Bible and read Matthew 25-34-40.

Trinity Center is going to be offering us new opportunities in the coming year to serve- food drives, clothing drives and holiday meals. And in these too, we will have the opportunity to experience the joy of service. Not from the pages of the Bible, but in our eyes meeting the gratitude in the eyes of those we are called to serve.

### **Blessing of the Animals**

Time to pull out the leash and bring your pet to church. This coming Sunday, October 4<sup>th</sup>, we will be blessing the animals during the 8 and 10 a.m. services. It is a great day to invite a friend and/or neighbor to church.

Instead of handing out blessing certificates this year, (which I have come to believe no one reads, and pets hardly appreciate), I will bring treats for the dogs. I don't know what treats cats like. If you do, please bring cat treats. Birds, other creatures- same thing.

### **Outreach Sunday**

While Trinity Center has become the focal point of our efforts for giving, we continue to support several charities in the County through our budgeted outreach each year. Please participate with us this Sunday as we determine the allocation of funds to other worthy local charities.

(Continued on page 2)

## *Anselm's Angels*

This year's Harvest Festival was a huge success!!!

- The first of our thanks goes to the Harvest Festival Planning Committee: **Gail Clarke, Marty Fischer, Sheila Gorsuch, Foster Lipscomb, Jim & Sally Morrison, John Powers, Calvin Sherwood, John Sutton, Paul Witkay and Shanda Young.**
- Next thanks go to all who helped with organization, set-up and clean-up: **Roseanna Conlon, Sally Fischer, Carol Fontana, Norm Gorsuch, Dharmini Harichandran, Zoe Hekmaty, Michael Hollinger, Jordan Lipscomb, Ina Merrill, Marian Mukley, Jill Schon, Liz Sutton, Sylvia Williams, Avon Wilson, and Kelsey Witkay.**
- Final thanks go to all who bought raffle tickets, attended the event, participated in the auctions and made donations to Trinity Center.

Thanks to all who participated in our Work Party last month: **Coordinators: Roy Merrill and George Wasson; Walter Blount Sheila Gorsuch, Michael Hollinger, Dick Orear, Vicki Pappas, John Sutton, Al & Sara Swimmer and David Watson**

## **The Senior Warden**

### **Hello St. Anselm's Family,**

I wanted to share 3 topics this month.

First - I want to provide a sincere thank you to everyone who supported / attended our 2015 St. Anselm's Harvest Festival on Sept. 12<sup>th</sup>. What a fun and exciting way to raise money for a much needed cause... homeless support services. Last year we focused 100% of our funds from Harvest Festival to Trinity Center in Walnut Creek. Last year we raised over \$16,000 for Trinity Center - This year we nearly doubled the funds raised!!! Congratulations and, again, a huge thank you for your generosity.

Second - In October we will be hosting Winter Nights for two weeks. We will be hosting several families - providing shelter, meals, tutoring, and social interaction. Families will arrive October 12<sup>th</sup>. If you have any questions, or would like to help contact Eva Woo (eva94549@gmail.com).

Third - As we approach the end of this calendar year we are reviewing a few projects that would enhance the appearance and functionality of St. Anselm's! One project being considered is the addition of a Narthex to the front of the church. This would provide a formal entry into the church and complement St. Anselm's unique architecture. The second project is to look at options to improve the front hardscape/patio area to make the space usable and inviting. We also would like to create a front entrance that is level with the church - no steps. The third project (depending on the drought situation) would be investing in additional planting and drought resistant landscaping. We will be forming committees soon. If you are interested in any of these projects and would like to join a committee, please let us know.

God Bless,  
Foster Lipscomb

## **STEPHEN MINISTRY**

What is a Stephen Minister?

A Stephen Minister is a faithful, trustworthy, skilled, and, above all, compassionate lay person.

What is a Stephen Minister at St Anselm's?

Stephen Ministry is one-to-one caring support and encouragement. Here at St Anselm's we are blessed with an active group of Stephen Ministers who are ready to reach out to anyone who has a need for a caring, confidential relationship as they face difficulties or challenges.

Stephen Ministry is YOUR ministry. It is an important way we at St Anselm's care for one another. If you, or someone you know, are going through a difficult time, consider having a Stephen Minister.

For more information, contact John Sutton+ (suttonj@comcast.net)

*(Continued from page 1)*

### **Rector cont.**

Each parishioner attending this coming Sunday, October 4<sup>th</sup> will be given tickets in Jackson Hall after each service. Our invited charities will have placards describing what they do, and containers for tickets in front of the placards. Based on how many tickets we place in each bin, our funds will be designated.

John+

## **MICHAEL LANE PRESCHOOL**

After much preparation Michael Lane Preschool began the new school year on September 8<sup>th</sup>. We have twelve new families this year! The children are settling in now and are currently immersed in some serious supermarket dramatic play.

In addition to having so many new families we also have a staff change. Sadly, Reshma Faiq is moving to Boston as her husband has accepted new job. Rebecca MacDonald is now working Mon-Wed-Fri and Colleen Miller, who hails from St. John's Preschool in Orinda, is working Tue-Thur. Colleen was our go-to sub last year so she is quite familiar with our program.

I am mentoring a DVC student who wants to become an Early Childhood Education teacher. Kristin will be in the classroom Friday mornings for the fall semester.

We do have three openings in the Tue-Thur class, so spread the word!

Lastly, a big thank you to Dick Orear who repaired our bathroom wall this summer!

Kim Olson

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Editor:  
Carol J. Fontana

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

**St. Anselm's Staff**  
The Rev. John Sutton, Rector  
The Rev. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

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## ***WOMEN'S RETREAT: Oct. 23-25***

We have, many of us, been through a busy time in September, with the Harvest Festival, back to school, etc. We have Winter Nights coming up in October. Soon the holiday busy times will be upon us. This year's retreat, coming as it does in the midst of all that, is an opportunity to nurture ourselves and to open ourselves fully to the work of the Spirit in our lives.

The retreat is to be held at Bishop's Ranch, a serene and beautiful setting in Healdsburg, where we can sit and drink in the beautiful views, take walks—a place that lends itself to centering and renewing.

Our former seminary intern, The Rev. Lindsay Hills, will be leading the retreat. She is a person of depth, humor, and creativity. She is now the associate rector at St. Matthew's in San Mateo, and we will be sharing the retreat with women from St. Matthew's. One of the St. Matthew's parishioners, Jean Garcia, whom many of us met at our last retreat, is skilled in body work and will be contributing. She will be offering a water exercise class as well as a Yoga Nidra (conscious sleep) for those who are interested. As always, there will be free time for walking, talking, napping, whatever.

**Where:** Bishop's Ranch, Healdsburg. This is much further away than our usual retreat sites. Rest assured that carpooling will be available! For those of you used to coming for Saturday only, I hope you can arrange your schedules to come the whole time.

**When:** Friday, Oct. 23<sup>rd</sup>, check-in time at 5:00 p.m. until Sunday, Oct. 25<sup>th</sup> after lunch. Although check-in is at 5:00 p.m., dinner Friday night is not included. Another advantage of carpooling will be to come up with a dinner plan together.

**Cost:** \$190. This includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. As always, scholarship funds are available.

**Accommodations:** Our rooms and meeting room will be in Harrison Hall. There are two beds/room, some with three, so be thinking about whom you want as a roommate.

**Sign-ups:** There is a sign-up sheet in Jackson Hall. Someone will be on-hand, so that you can sign up and pay. Please make checks out to St. Anselm's with ***Women's Retreat*** on the memo line.

**Questions:** If you have any questions or concerns, please phone or e-mail me. My e-mail address is: [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com). My cell phone number is: (925) 788-0664.

I hope to see you there!  
Anne Brown

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## ***ENVIRONMENTAL SERIES***

### **ELECTRIC CARS**

The first practical electric car was built in London in 1884 by Thomas Parker. By 1900, 38% of all cars in America were electric – about 30,000 vehicles in all.

Then internal combustion engines advanced, gasoline got cheaper, and electric cars took a century-long hiatus. Now, they are back, and often touted as part of the solution to climate change, energy security, and a host of other problems.

Why now? There are three primary reasons.

First, there has been considerable pressure from the California government (followed by other states and even the US government) toward less-polluting cars. In California, car manufacturers are required to sell a certain percentage of “zero emission vehicles,” which in practice means battery-powered electric cars. In order to protect their (vastly larger) business in cars powered by gasoline, auto manufacturers have (slowly, and after numerous legal battles) begun to produce at least a few viable electric vehicles.

Second, there has been increased demand from a small but growing number of environmentally conscious consumers who are concerned about the damage done by consumption of gasoline. In the U.S., the transportation sector (led by automobiles and light trucks) accounts for about 27 percent of total greenhouse gas emissions. But the damage goes beyond climate change. Gasoline is refined from oil, increasingly produced in more remote and challenging locations. When it spilled millions of gallons of oil into the Gulf of Mexico, BP was drilling for oil to fill the gas tanks of our cars. When a dozen oil companies rip up large chunks of Alberta, they’re extracting oil from tar sands to fill the tanks of our cars. (See some amazing pictures at <http://www.alexmaclean.com/portfolio/supply-demand--tar-sands/>)

Third, there have been some significant improvements in electric vehicle technology. Prompted by regulations and consumer demand, auto manufacturers have developed electric cars with higher performance and longer range than just a few years ago. Tesla in particular has demonstrated sedans with sufficient performance and range to silence the cynics who until recently claimed electric vehicles could not compete. While still expensive, battery technology is becoming cheaper every year, and Tesla is planning a much less expensive model in two years (although it’s been two years away for at least two years already).

And electric vehicles are also getting cleaner every year, especially in California. As more of California’s electricity is generated from wind and solar power each year, the emissions from using electricity go down. Governor Brown’s recent call to cut the use of fossil fuel in cars and trucks in half by 2030 will require a far greater reliance on electric vehicles powered by wind and solar electricity. Which sounds a lot more appealing than paving another few thousand square miles of Alberta...

I for one am reasonably certain I’ve purchased my last vehicle powered by internal combustion. Marian and I test-drove electric cars a few months ago (no Teslas...), and are convinced we’ll own one by the time we replace one of our current vehicles. And I think the change from internal combustion to electric cars will come faster than most people forecast – if batteries keep improving, the rest of an electric vehicle is easier to build than a gas-powered competitor, and the operating expenses are at least 50 percent lower.

John Powers

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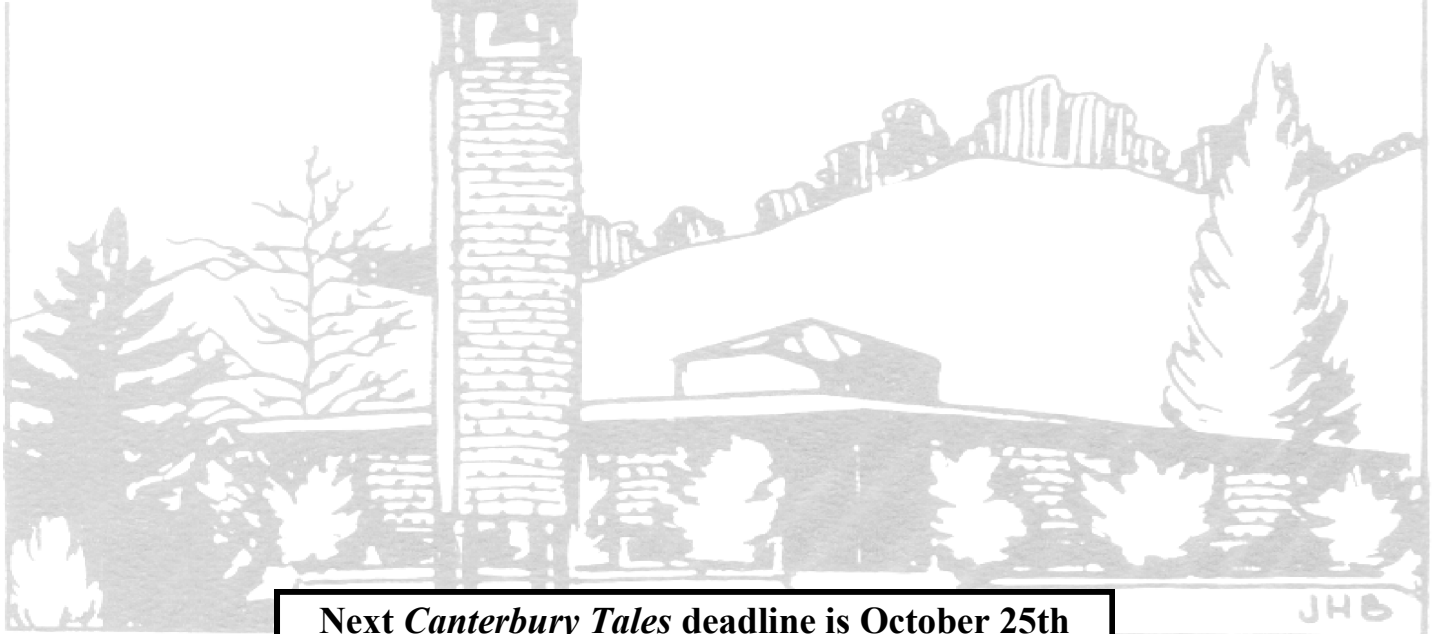
## Upcoming Events in October

3	Sat	9:00 a.m.	Choir Rehearsal
4	Sun		<b>Blessing of Animals Sunday</b>
		9:00 a.m.	<b>Outreach Sunday</b>
		11:30 a.m.	Choir Rehearsal
			Parish Improvement Committee
Meeting			
5-6	Mo-Tu		<b>The Church office will be closed</b>
6	Tue	12:15 p.m.	Grief Support Group
7	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group
10	Sat	9:00 a.m.	Choir Rehearsal
11	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
12	Mon		<b>The Church office will be closed in observance of Columbus' Day</b>
12-26	Mo-Mo		<b>Winter Nights</b>
14	Wed	9:30 a.m.	Hatha Yoga
		10:00 a.m.	Stephen Ministry Meeting
17	Sat	9:00 a.m.	Choir Rehearsal
18	Sun	9:00 a.m.	Choir Rehearsal
19	Mon	7:00 p.m.	Vestry Meeting
21	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
23-25	Fr-Su		<b>Women's Retreat at Bishop's Ranch</b>
24	Sat	9:00 a.m.	Choir Rehearsal
25	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
			<b>Canterbury Tales deadline</b>
28	Wed	9:30 a.m.	Hatha Yoga
31	Sat	9:00 a.m.	Choir Rehearsal





St. Anselm's Episcopal Church  
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Lafayette, CA 94549  
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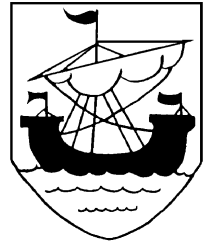
**Next *Canterbury Tales* deadline is October 25th**

## ***BOO! (Little known Halloween factoids )***

1. The first Jack O'Lanterns were actually made from turnips.
2. The word "witch" comes from the Old English *wicce*, meaning "wise woman." In fact, *wiccan* were highly respected people at one time. According to popular belief, witches held one of their two main meetings, or *sabbats*, on Halloween night.
3. Samhainophobia is the fear of Halloween.
4. The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl's call meant someone was about to die.
5. According to Irish legend, Jack O'Lanterns are named after a stingy man named Jack who, because he tricked the devil several times, was forbidden entrance into both heaven and hell. He was condemned to wander the Earth, waving his lantern to lead people away from their paths.
6. Trick-or-treating evolved from the ancient Celtic tradition of putting out treats and food to placate spirits who roamed the streets at Samhain, a sacred festival that marked the end of the Celtic calendar year.
7. Scarecrows, a popular Halloween fixture, symbolize the ancient agricultural roots of the holiday.
8. According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.



# Canterbury Tales



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

November 2015

## *From The Rector*

### **Will El Nino come?**

For the past several months we have been focused on conserving water, with the third Sunday at church being water conservation Sunday. We are now approaching the rainy season, with hopes that we might be able to return soon to our normal usage.

Here are a couple things I have read recently about what an El Nino might look like based on the last five El Ninos:

- Rainfall doesn't really start coming into Northern California until November
- December has not always been a month for strong rainfall
- January and February are the months when the skies have emptied most
- Likelihood for strongest rains will be in Southern California.

FEMA is recommending folks in flood plains purchase flood insurance now as policies take thirty days to take effect.

Long range forecasts have become more optimistic over the last several weeks due to several changing factors. All of this is great, but we all need to remember two things:

- El Ninos do not always show up, no matter how favorable the computer models are
- It is going to be the rare El Nino that will be a drought-buster in one season of rainfall, particularly given how far behind we are.

SO, I encourage you to continue conserving water and praying for rain.

*John+*

## ***Anselm's Angels***

St. Anselm's couldn't host Winter Nights without the time, talent and efforts of many...

Run-up Organizer - **Eva Woo**  
Week 1 Facilitator - **Anne Brown**  
Week 2 Church - **St. Matthew's Lutheran, Walnut Creek**

Truck unloaders and set-up team -  
**Eva Woo, Doug Merrill, Jim Morrison, Anne Brown, William Grace's Boys' Charity**

Breakfast Team - **Michael Hollinger, Sally Roberts, Barbara Thornton, Anne Brown**

Dinner Teams - **William Grace's Boys' Charity, Naomi Chamberlin-Harris, Joan Martin, Tim and Diane Brown, Barbara Thornton, Gail Clarke, Sara Swimmer, Vula Guttman, Joan Yao, Foster and Lori Lipscomb, Preston Lipscomb and his boys' group, and Jordan Lipscomb, Abby Perry, Roseanne Conlon, Sara Nelson, Steve Masterson, Virginie Deschamps, Eva Woo, her husband, Howard Slavitt, her sons, Graham and Trevor and stepson, Gabe, her mother, sister, nephew, and friends.**

Saturday Brunch - **Eva Woo and friends**

Saturday Lunch - **Susan Barnes, Joan Booty, Elaine Sherwood**

Sleepover Team - **John McGraw, Trevor Holoch** (Trevor also shopped for supplies that were running low), **Gail Clarke, John Sutton, Anne Brown.**

## WINTER NIGHTS

This year's Winter Nights was exceptional, in many ways. For starters, we had almost a full house from the first day. In other years, especially when the weather is still good, we have had only two to three families. This year we had a family with mom and dad and five children, including a three month-old baby girl. We had a single mom and four children, a mom and dad with two kids, and two other single moms with three kids between them. In the second week another single mom with two kids joined.

This group was special also in that they all got along really well together. The children, ranging in age from three months to post-high school, all got along with each other, played together, were all fun to be with and polite. It was a joy to be with them all.

I always come away impressed with the Winter Nights program. The staff is both competent and caring. Monday through Thursday volunteer tutors show up at 5:00 p.m., to help with homework. There is also someone who helps with doing resumes and getting jobs. The mother of five got a job after being with us for a week. The single mother of four connected up with another mom, who had some house-cleaning jobs, and was invited to help out with that. The young woman who wants to be a nurse was also being coached to come up with a plan.

As always, I was so proud of us! The meals that our volunteers provided were awesome. They were all delicious and special, giving the message "You matter." Our volunteers gave that message also through their interactions with our guests. I want to give special kudos this year to our breakfast team. For the past several years Sally Roberts and Michael Hollinger, Barbara Thornton, and I have shown up at 6:00 a.m. on all the week days, setting out the breakfast, greeting everyone, and cleaning up. In addition, Barbara walked from home bringing desserts and helping with dinner four nights!

Eva, of course, gets special thanks for all her organizing in the run-up, getting volunteers, buying the supplies, making schedules and lists, and being there as the back-up, answering questions and helping out the week that we are in charge.

Once again this year I realized how important this ministry is. For example, the dad who has the two toddler age boys, has a job. He has worked since he was 16. They were renting a home, which got sold. They couldn't afford the high rents in this area, especially with the requirement of first and last month's rent and security deposit. The others had similar stories. They are caring, responsible people - far from the stereotypes we often have of the homeless. I want us all, not just those who were active volunteers, but every member of our parish to know that we are making a difference. We all were involved - so thank you all!!

Our guests made thank-you cards for us, which are on display in Jackson Hall. Please take a look at them, know that the gratitude they expressed is sincere, and know that you have made a difference in the lives of seven families.

*Anne Brown*

## WE CARE CENTER FOR CHILDREN

The We Care Center for Children was founded in 1960 to enable children with severe developmental disabilities to receive a range of needed services locally. In 1985 the program was expanded to provide mental health services. In 2002 through a collaborative effort a pre-school program to provide early screening for children was developed. In a response to an increase of autism diagnosis, an autism family support and summer day camp was developed. And this year a mental health program for foster children was developed. The center now serves 500 children and provides support to their parents. I became involved with the program in 1990 when I met Barbara and Jim Milliff at Kaiser Martinez. Barbara was one of the founders of We Care and was for many years the Director. Both Barbara and Jim were long time Kaiser Martinez Volunteers who were greatly admired by patients and staff. This is my favorite agency as they have given so many children and their families the beginnings of a new and wonderful life.

*Deacon Naomi*

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## *The Senior Warden*

### **Blessed to be a member of the St. Anselm's Family**

We are so blessed to be part of this wonderful congregation – In late October/Early November we will hear from a handful of our fellow members on what St. Anselm's means to them. I think is so nice to hear the stories of how folks discovered this amazing church, congregation, and Rector (we love you John+!!!). Personally speaking we came across St. Anselm's because my brother and Dad would meet each week at the 8 o'clock service, then hit McDonalds in Lafayette...we (Lori, Preston ,now 12, Jordan, now 11) joined them one Sunday morning 6+ years ago and never looked back!

What I think is really great is that St. Anselm's is small enough to be intimate, but big enough to offer many outreach and ministry programs. As we are starting to wrap up 2015, and we need to start planning for 2016, please think and pray about what St. Anselm's means to you as we get closer to year end. Our future and continued success depends on our committed pledging and service to the church. Your generosity is very much appreciated.

Luke 6:38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

God Bless you,  
*Foster Lipscomb*

### **Harvest Festival Helps Trinity Center**

Submitted by Vicki Pappas

LAFAYETTE WEEKLY  
10/07/15



St. Anselm's parishioners John Powers, Marian Mulkey, and Liz Powers. John Powers is on the Trinity Center board of directors and was instrumental in the success of the fundraiser. Photo provided

St. Anselm's Episcopal Church in Lafayette hosted its annual Harvest Festival Sept. 12, which raised over \$30,000 to benefit Trinity Center, Walnut Creek, one of the few programs for homeless adults in Contra Costa County that provides a safety net of basic human services including food, breakfast and hot lunch, showers and laundry, clothing, referral services, help with benefits, and more.

Participants included parishioners of St. Anselm's, St. Paul's Episcopal Church of Walnut Creek, and St.

Luke's Episcopal of Rossmore. There was a live auction, a silent auction, a raffle and a live baseball pool, conducted while the San Francisco Giants pounded the Padres. Guests were so excited in their desire to help Trinity Center that some even bid on non-existent prizes in order to give more to the cause.

The St. Anselm's chairperson of the Harvest Festival, Marty Fischer, had this to say following the event: "What thrilled me as much as the grand total was the spiritual unity of

those who were there and the feeling of common purpose, almost joy at making contributions to a cause that we all were 100 percent behind. It was unlike any Harvest Festival that I've been to in my many years of going to such events. Our goal was to retain a social event that unified the congregation and raise a lot of money. We exceeded at both."

For information about Trinity Center, visit [trinitycenterwe.org](http://trinitycenterwe.org). For information about St. Anselm's, go to [www.stanselms.ws](http://www.stanselms.ws).

### ***Commissioning of Stephen Ministers***

On December 6, 2015, there will be a commissioning service for our two new Stephen Ministers, Janet Nadol and Vicki Pappas. Stephen Ministers are laypersons who have received 50 hours of training in providing emotional and spiritual care. Their job is to walk beside a person who is hurting, whether from his/her own or a loved one's issues. These could be related to health, work, grief, marriage and divorce, loss of a loved one, discouragement, spiritual crises, and many more. Stephen Ministry is a confidential ministry. The Stephen Minister meets regularly for about an hour a week to listen, care, and pray with their care receivers. Stephen Ministers are caregivers who walk beside the hurting person, always keep in mind that Jesus is the cure giver. St. Anselm's has several trained Stephen Ministers ready to help, so if you or someone you know would like more information about having a Stephen Minister, please contact Father John.

ENVIRONMENTAL SERIES

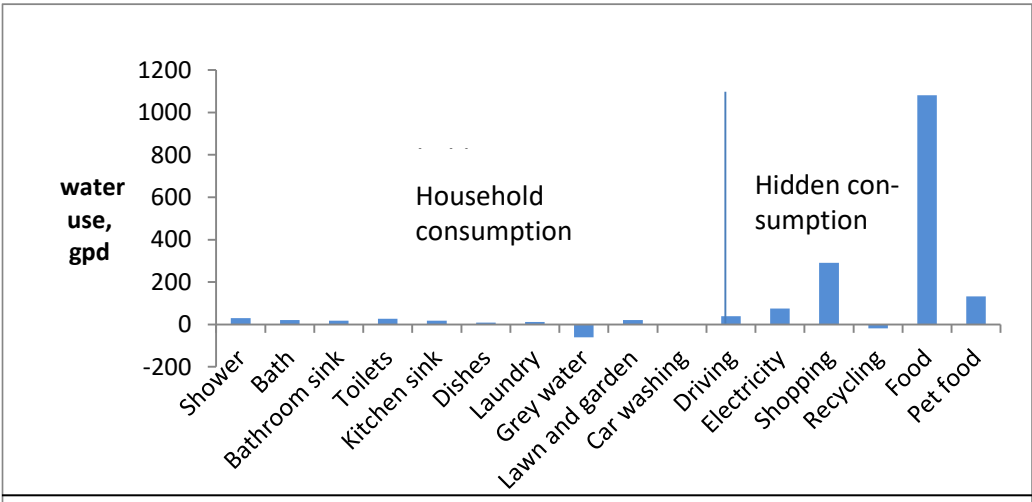
Our Huge Hidden-Water Consumption

The other day, Carol Fontana sent me a link to the Water Footprint Calculator ([www.WaterCalculator.org](http://www.WaterCalculator.org)). It’s an interesting site that helps you understand and reduce your fresh water consumption. It’s easy to use. You don’t have to make any measurements. You just provide basic information off the top of your head, such as the number of people in your home, whether you have low-flow toilets, if you wash your dishes by hand or have an automatic washer, how many of you eat meat and how often, and so forth. The calculator then presents you with gallon-per-day estimates for your household’s individual water-consuming activities (dishwashing, landscape irrigation, toilet flushes, and showering, for example). It also estimates the water used to produce the products you consume (food, electricity, gasoline, and so forth). The calculator calls the latter water “virtual water.” I call it “hidden consumption” because most of us never consider it when we’re thinking of water conservation.

After completing its work, the calculator displays the results in tables and charts. The numbers are not precise, but indicative of broad trends. Thus you can, in an approximate way, figure out which elements consume the most water. The calculator also gives tips on how to reduce the water consumption of many of these elements.

I gave the calculator a try for our two-person house in Lafayette. The results, shown below, astounded me.

Figure 1. Daily Water Use vs. Activity for Our Household



The food category (1081 gallons per day [gpd]<sup>1,2</sup>) towered over the others. In comparison, household items were barely visible, mere blips on the screen. The sum of all these blips (our household’s total consumption -- about 200 gpd) was only 20 percent of the water consumed in producing our food! In retrospect this result is not too surprising. Given that agriculture consumes about 80% of California’s water, it’s no great leap to understand the results on Figure 1. But I had to see it in this graphic way before I could comprehend them.

<sup>1</sup>The food estimate assumed two people eating meat every day, once a day. If the two are vegetarians, the number drops to 790 gpd.

<sup>2</sup>Imported foodstuffs do not consume California’s water. Also many California farmers irrigate with grey water. Thus we may deplete California’s fresh-water reserves by less than the 1,081 gpd figure cited. However, as California is the nation’s largest producer of food, the fresh-water consumption numbers will still be very large.

**WATER CONSUMPTION** *(Continued from page 4)*

This result gives pause. During this drought we've been encouraged to conserve household water and many of us have. Household conservation was something we could control and we exerted that control. We, as individuals, have much less control over the amount of water farmers use to grow their crops. But we are not powerless. We can exert control by changing our diets to eat fewer high-water foods than we are eating now. It may take a while, but in the end farmers will only produce foods they can sell.

Your shopping behavior can be informed by Table 1, which presents fresh-water requirements for many foodstuffs. The table presents averages gleaned from several sources. Be aware that literature values for any one item can vary widely.

<b>Table 1. Fresh Water Needed to Make Various Foodstuffs (from References 1 - 4)</b>					
Item	Quantity	H2O, gal	Item	Quantity	H2O, gal
<u>Meat from land animals</u>			<u>Vegetables</u>		
Beef	1 lb	1,799	Corn	1 lb	110
Goat	1 lb	127	Cucumber or pumpkin	1 lb	42
Lamb	1 lb	721	Cabbage	1 lb	28
Pork	1 lb	576	Potato	1	34
Chicken	1 lb	468	Tomato	1 lb	26
<u>Burgers</u>			Rice	1 lb	300
Beefburger	1/3 lb	621	Lettuce	1 lb	28
Soyburger	1/3 lb	42	Olives	1 lb	362
<u>Meat from aquatic animals</u>			<u>Fruit</u>		
Marine animals	1 lb	approx. 0	Orange	1 lb	13
Fresh water fish from efficient farms	1 lb	6 - 500	Banana	1 lb	9
<u>Milk</u>			Apple	1 lb	99
Cows milk	1 gal	1,050	Dates	1 lb	299
Soy milk	1 gal	297	Mango or guava	1 lb	216
<u>Beverages</u>			Peach or nectarine	1 lb	109
Wine	250 ml	67	<u>Grains</u>		
Coffee	1 cup	35	Wheat	1 lb	100-250
Beer (from barley)	250 ml	20	Bread from wheat	1 lb	193
<u>Miscellaneous</u>			<u>Sweets</u>		
Cheese	1 lb	381	Chocolate	1 lb	2063
Butter	1 lb	666	Sugar		
Egg	1	50	From sugar beets	1 lb	110
Ground nuts in shell	1 lb	334	From sugar cane	1 lb	214
Pasta (dry)	1 lb	222			

Here are takeaways from Table 1:

- Food from land animals (except goats) requires more water than food from crops.
- Marine animals<sup>3</sup> require no fresh water. All their food and water comes from the oceans. In contrast farm-grown fish use human-supplied food and fresh water to replace evaporation and seepage losses from ponds.

*(Continued on page 6)*

<sup>3</sup>Marine animals include ocean fish, crustaceans (lobster, shrimp, crab), and mollusks (clams, oysters).



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**WATER CONSUMPTION** *(Continued from page 5)*

- Beef requires much more water than the other land-based meats because cattle consume large amounts of grass and grain which in turn consume water.
- Soy milk and soyburgers require much less water than cows' milk and beefburgers.
- Vegetables and fruit have relatively low water requirements.
- A shift towards fruit, vegetables, soy, and marine animals and away from land-based meat (especially beef) will save water and also earn the approval of most dieticians.

Bon appetite!  
Doug Merrill

**References:**

1. Water Footprint Network, <http://waterfootprint.org/en/resources/interactive-tools/product-gallery/>
2. How Much Water Does It take to Grow a Hamburger? <http://water.usgs.gov/edu/sc1.html>
3. Reducing Water Use for Animal Production through Aquaculture, M. J. C. Verdegem, et al, <http://www.tandfonline.com/doi/pdf/10.1080/07900620500405544>
4. The Water Footprint of Soy Milk and Soy Burger and Equivalent Animal Products, A. Ertug Ercin, et al, <http://waterfootprint.org/media/downloads/Ercin-et-al-2012-WaterFootprintSoy.pdf>

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**HOW TO NAVIGATE ST. ANSELM'S WEBSITE**

St. Anselm's is blessed with many interesting and worth-while activities and programs. Our website describes them all, but it (the website) is large and may seem complicated to first-time viewers. It may be hard to find what you want in this welter of information. This page is designed to help you.



If you've reached us via an internet search engine, it's likely that you landed on our home page. This page has contact information, a slide show, and a short video by our rector, John Sutton. Below John's video are the church calendar for the current week and a listing of upcoming events for the next few months.

On the left side of all website pages you'll find a menu with links to various topics. Some are quite specific; "Preschool" is an example. Click there and you'll get a single page with complete information about our Michael Lane Preschool.

Other links, such as St. Anselm's Caring Ministries, are more general and cover many activities. For example, St. Anselm's Caring Ministries provides sub-links to pages describing our Ministry to the Homeless, Cancer Support, Grief Support, Stephen Ministry, Prayer Chain, and Senior's Ministry groups. Follow these sub-links for more detailed information about the activities that interest you.

If you don't see what you want on the left menu (or anywhere else), try our search engine. Say you suspect we have a Cancer Support group and are interested in learning about it. However, it's not shown on the left menu. To resolve this dilemma type a key word such as "Cancer" in the search box at the top right of the page. After you type a few letters the search engine will sense your interest in cancer. It will then present a drop-down menu with thumbnails showing the titles and first few lines of all articles whose titles contain the word "Cancer". Click on the thumbnail of the article that attracts you and you'll be immediately taken to the full article.

We welcome your feedback. If you have suggestions on how to make the St. Anselm's website more user friendly, please contact me at [merrilldoug@comcast.net](mailto:merrilldoug@comcast.net)

Doug Merrill  
Webmaster

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## ***Upcoming Events In November***

1	Sun		<b>All Saints' Day/Blanket Sunday</b>
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
2	Mon	11:00 a.m.	Contemporary Bible Study
3	Tue	12:15 p.m.	Grief Support Group
		7:00 p.m.	Michael Lane Preschool—Guest Speaker
4	Wed	9:30 a.m.	Hatha Yoga
		Noon	Memorial Service
6	Fri	10:00 a.m.	Stephen Ministry Meeting
7	Sat	9:00 a.m.	Choir Rehearsal
8	Sun		<b>Veteran's Recognition Sunday</b>
		9:00 a.m.	Choir Rehearsal
9	Mon		<b>The Church Office will be closed.</b>
		11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
11	Wed		<b>Veteran's Day—The Church Office will be closed</b>
		9:30 a.m.	Hatha Yoga
		12:15 p.m.	Men's Group
		2:30 p.m.	Property Commission Meeting
14	Sat	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	Work Party
15	Sun		<b>LOYALTY SUNDAY</b>
		9:00 a.m.	<b>Loyalty Breakfast</b>
		9:00 a.m.	Choir Rehearsal
16	Mon	11:00 a.m.	Contemporary Bible Study
17	Tue	12:15 p.m.	Michael Lane Preschool Board Meeting
18	Wed	9:30 a.m.	Hatha Yoga
19	Thu	5:30 p.m.	Contra Costa Deanery Dinner
21	Sat	9:00 a.m.	Choir Rehearsal
22	Sun		<b>Canterbury Tales Deadline</b>
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
23	Mon	11:00 a.m.	Contemporary Bible Study
25	Wed	9:30 a.m.	Hatha Yoga
26	Thu		<b>THANKSGIVING—The Church Office will be closed</b>
30	Mon	11:00 a.m.	Contemporary Bible Study

## ***MICHAEL LANE PRESCHOOL***

It is hard to believe that we are almost in November with the outstanding weather we have had this fall. Our children are truly lucky that they are able to play outside year round in California. It is one of the greatest joys to be able to watch young children run and play together outside.

This fall we have hit upon many different themes, firefighters, construction workers who build roads and skyscrapers, learning the differences between yellowjackets and honey bees, and the habits of wild dogs. We are currently practicing how to "read" how someone feels by looking at their face. And lastly, we are discussing what they can do to feel safe when they are frightened during this scary time of year.

We are just about fully enrolled and will be completely full January 1.

*Kim Olson*



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

## ***GIVING THANKS***

Thanksgiving is a word that appears before the word Thanksgiving Day and after thanksgiver in the Merriam-Webster Dictionary online. One of the definitions of the word is “a prayer expressing gratitude”. Thanksgiving prayers are often written in the form of poems or songs. One of the beautiful things about the Thanksgiving holiday is that it gives us a specific time to reflect on the wonderful blessings we all enjoy. While we may not have as many things as other people have, we can all be thankful for friends and family who love us and the life God has given us.

For joy and health, friends and family,  
For daily provision, Your mercy and care  
These are the blessings You graciously share.  
So today we offer this response of praise  
With a promise to follow You all of our days.

*-Mary Fairchild*

For each new morning with its light,  
For rest and shelter of the night,  
For health and food,  
For love and friends,  
For everything Thy goodness sends.

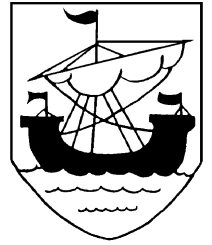
*-Ralph Waldo Emerson*

Come, Lord Jesus, our guest to be  
And bless these gifts  
Bestowed by Thee.  
And bless our loved ones everywhere,  
And keep them in Your loving care

*-Moravian Blessing*



# Canterbury Tales



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

December 2015

## *From The Rector*

### Season's Greetings!

What does that phrase mean anyway? Do we address each other differently during the holiday season? Maybe.

I went shopping at the Richmond Costco today. I have never seen the parking lot so full. Even the outer edges of the parking lot were packed, and I considered parking by the Bay. I found a spot behind the store, and as I walked to the entrance I realized it is the Monday before Thanksgiving. Of course this would be the day that Costco would overflow! What day besides this would people be buying in quantity?

Hams and turkeys were abundant. There was a very tasty sample of organic mashed potatoes and gravy to be had. I had sampled it last week, but I passed. I could not WAIT to get out of there. So I got the laundry detergent and Kirkland tissue at the back of the store and high tailed it to the front of the store.

When I got to the checkout line I was pleasantly surprised to find that the lines were only four carts deep. Guess someone at Costco plans pretty well. Maybe this wasn't going to be so bad after all.

I had just come from visiting my homebound Dad, who has contracted a cold. (He never gets colds, and I always do during the holiday season.) You could say I was feeling overly-sensitized to germs after visiting Dad.

In a case of kismet, a woman with three kids got in line behind me. I moved to the front of the cart, to make more room and to get away from the Petri dishes. Her oldest, perhaps 12 years old had some real boundary issues. She was all over my cart- she leaned on it, she ran her hands up and down the handle. She met my 'get your hands off my cart' gaze with a look that can only be described in one word- oblivious.

But the obliviousness was only beginning. In the parking lot, I encountered a woman. Or I should say, the carts she was pushing encountered my car.

I think she was trying to be a good citizen, as she was pushing more than one cart (down the center of the aisle, blocking traffic) back to the spot where the carts are stored. She lost control of the carts and they piled into my car. I stopped my car and got out. She apologized. I went to the passenger side where the carts had hit, and I said, 'Let's see if any paint was chipped.' Thankfully none was, and I got back in my car, wondering how the woman had survived this long in the world, glad that I had not voiced my speculation to her.

(Continued on page 2)

## *Anselm's Angels*

*In autumn, don't go to a jeweler to see gold; go to the parks!*

*~Mehmet Murat ildan*

Thanks to all who worked so diligently at the final Work Party of 2015: **Walter Blount, Anne Brown, Jay Carey, Art & Gail Clarke, Norm & Sheila Gorsuch, Mike Hollinger, Doug Merrill, Gordon Repp, Jill Schon, John Sutton, Al & Sara Swimmer, Barbara Thornton, George Wasson and Avon Wilson.**

Thanks to **Joni Pearce** for, once again, organizing a successful Outreach Sunday.

Thanks to **Russ Johnson, Calvin Sherwood and Sylvia Williams** for sharing their personal stories during our services and to **Jim and Sally Morrison** who continued a Stewardship tradition by preparing a delicious pancake breakfast on Loyalty Sunday.

"Thank you" to **Jack Carey**, some of his fellow scouts of Lafayette Troop #243 and, especially, to dad, **Jay Carey**, for guidance, design, construction and completion of the improved walkway around the southeast corner of Jackson Hall. This was Jack's Eagle Scout project.

## CHRISTMAS PAGEANT

Our annual Christmas Pageant will be at 5:00 p.m. on December 24th. All children are welcome to participate, including visiting relatives.

We need shepherds, angels, wise people and animals – we're even looking for Mary & Joseph.

There are no speaking parts but please arrive early (about 4:30 p.m.) to get into costume. You may contact Cathy Witkay (937-1093) if you have questions or want to reserve a specific role!



(Continued from page 1)

### Rector cont.

Season's greetings? You are probably more patient than me, but when I get into these shopping environments in the holiday season I am sometimes thinking thoughts that are not as kind as they are the rest of the year. Fortunately I don't voice them. (Usually.)

The only thing that works for me when I get into that ARGGGH! mentality of the busy season is to look for the humor in all of it. But most of the time it is after the fact, (when I am writing my Canterbury Tales input for example.)

Good luck, er, um, I mean

Season's Greetings!

John+

## 2016 COFFEE HOSTS NEEDED

Once again, a big thank you to all who have hosted the 10 o'clock coffee hour throughout 2015.

2016 is fast approaching and there will be renewed opportunities for resourceful bakers and/or shoppers. Sign-up sheets are in the kitchen awaiting your name[s]. If you don't have a hosting partner, please mark the sheet accordingly and we will find someone to host with you.

Please take a moment to find a date (dates) that suits your schedule at any time in the new year.

If you have any questions, contact our new Coffee Host Manager, Sara Nelson – [sanelson85@hotmail.com](mailto:sanelson85@hotmail.com)

## ANNUAL REPORTS

**Attn: Commission/Organization Chairs** - If you have something new or exciting to share it's not too early to begin composing your annual report. Please submit it by the end of this year, via e-mail if possible. Thank you. *Carol Fontana*

*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](mailto:anselms@yahoo.com)  
web site: [www.stanselms.ws](http://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. Naomi Chamberlain-Harris, Deacon  
Carol Fontana, Office Manager

## Christmas Season Services

Lessons & Carols	Dec. 13 <sup>th</sup>	10:00 a.m.
Advent Sunday		11:30 a.m.
Christmas Pageant	Dec. 24th	5:00 p.m.
Midnight Mass	Dec. 24th	11:00 p.m.
Caroling		10:30 p.m.



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## *The Senior Warden*

### Welcome to the Christmas Season

I wanted to start by saying thank you for all who made a pledge for our 2016 St. Anselm's year. We have a very exciting year to plan for in 2016! Your financial support and generosity are very much appreciated.

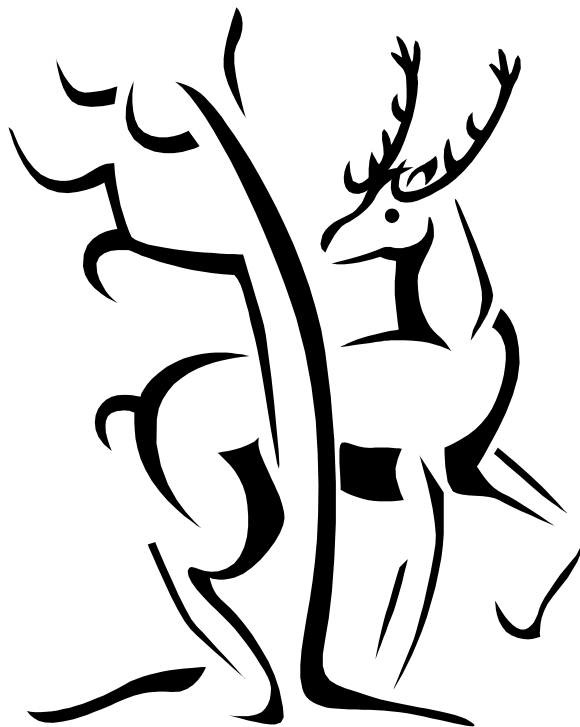
As we know this is a very special and holy time of year – It's a time to spend with family, friends, and loved ones. It's also a time to reflect on our many blessings and most importantly, the real reason for the season. Take time to enjoy all that you have, and all that you have accomplished. Give thanks for the lessons you have learned, the people who have come into your life, and the blessing you have received.

We are all children of the most high God -- I wish all of you a very Merry Christmas!

God bless you,

*Foster Lipscomb*

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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*

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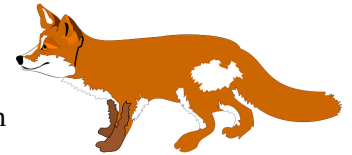
## ***MICHAEL LANE PRESCHOOL***

Fall has finally arrived after an incredibly warm Indian summer. We have been enjoying some of the joys of fall in class: apple tasting, pear tasting, pumpkin bread, collecting leaves, leaf rubbings... Today the MWF class took a walk along the path on Murray Lane where we observed and discussed the various trees along the trail. We talked about the fact that the cold weather causes the leaves to change colors, but that there are some trees that are "evergreen". Some of the items that we collected were attached to our "fall wall".



Halloween inspired a lot of discussion of being scared and other feelings that we have such as happiness, sadness, anger, and surprise. Learning to recognize our feelings, and more importantly, read how others are feeling, is an extremely important skill for young children to practice.

Additionally, we have been using the lending library at the Alexander Lindsay Museum. We have rented coyote and red fox puppets (because, as I mentioned earlier, the children for some reason started howling in class which led us to an inquiry into wild dogs) as well as several spiders, as we did go off on a bit of a spider tangent after Halloween.



As always, we stay busy at Michael Lane, never knowing exactly from one day to another what subject we may decide to explore, while always working on our main goals: time to play, learning to negotiate with one another, developing self regulation, practicing fine and gross motor skills, pre-math activities (counting and sorting) and pre-literacy activities. We recently acted out "The Little Old Lady Who Isn't Afraid of Anything", which lets the children practice sequencing.

*Kim Olson*



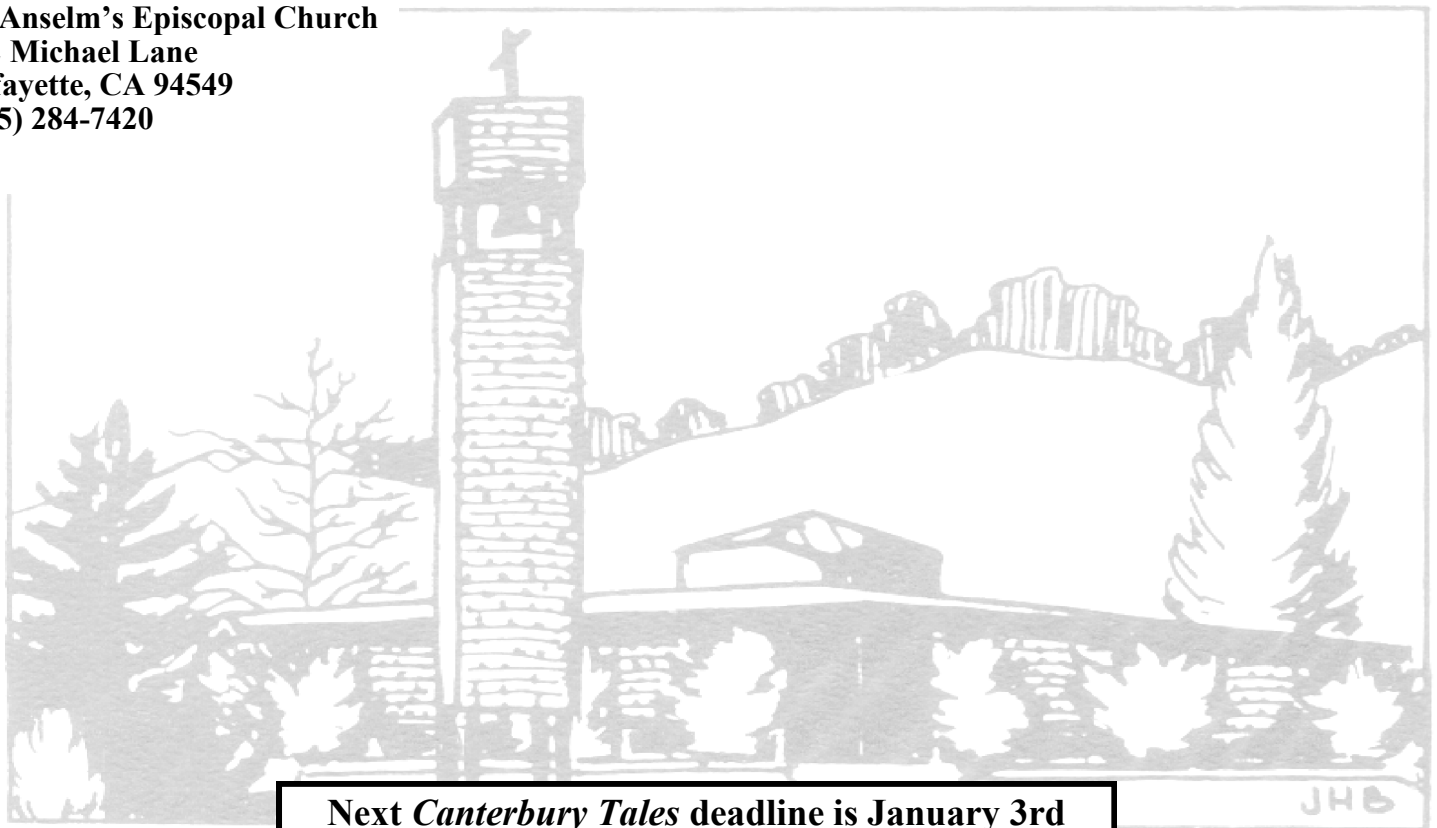
## *Upcoming Events in December*

1	Tue	12:15 p.m.	Grief Support Group
2	Wed	9:30 a.m.	Hatha Yoga
4	Fri	10:00 a.m.	Stephen Ministry Meeting
5	Sat	9:00 a.m.	Choir Rehearsal
6	Sun		<b>Stephen Ministry Installation Sunday</b>
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
		11:45 a.m.	Christian Formation Commission Meeting
7	Mon	11:00 a.m.	Contemporary Bible Study
		12:15 p.m.	Michael Lane Preschool Board Meeting
		7:00 p.m.	Vestry Meeting (Budget)
9	Wed	9:30 a.m.	Hatha Yoga
10	Thu	1:00 p.m.	Senior Ministry Team Meeting
12	Sat	9:00 a.m.	Choir Rehearsal
13	Sun		<b>ADVENT SUNDAY</b>
		9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Lessons & Carols
		11:30 a.m.	Advent Sunday Lunch
14	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting (tentative)
16	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
21	Mon	11:00 a.m.	Contemporary Bible Study
23	Wed	9:30 a.m.	Hatha Yoga
24	Thu	5:00 p.m.	<b>CHRISTMAS PAGEANT</b>
		10:30 p.m.	<b>CAROLING</b>
		11:00 p.m.	<b>MIDNIGHT MASS</b>
25	Fri		<b>CHRISTMAS DAY—There will be no service today</b>
30	Wed	9:30 a.m.	Hatha Yoga
31			<b>NEW YEAR'S EVE</b>





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**Next Canterbury Tales deadline is January 3rd**

## *The Puppies Night Before Christmas*



*'Twas the night before Christmas  
And all through the house  
The puppies were squeaking  
An old rubber mouse*

*The wreath which had cheerfully  
Been hung on the door  
Was scattered in pieces  
All over the floor*

*The stockings so lovingly  
Hanging in rows  
Now boast of a hole  
In each of the toes*

*The tree was subjected  
To many bright eyed whims  
And now although splendid  
Is missing some limbs*

*I catch them and hold them  
Be good, I insist  
They lick me, then run off  
To find what they missed*

*And now as I watch them  
The thought comes to me  
That theirs is the spirit  
That Christmas should be*

*Should children and puppies  
Yet show us the way  
And teach us the joy that  
Should come with this day*

*Could they bring the message  
That's written above  
And tell us that, most of all  
Christmas is LOVE!!*