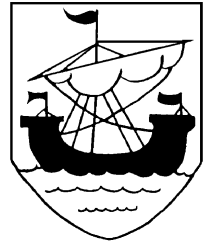


Canterbury Tales

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



January 2016

From The Rector

Happy New Year!

The start of January ended with a cold streak that was one of the longest many long time residents could remember. While our energy bills may be higher than in years past as we seek to keep the house warm, it is reassuring to see the rain storms that continue to head our way. Our water conservation will need to keep up no matter the outcome of this winter as we are deep in drought. Still, the snow pack information is hopeful.

School is back in session, and all the kid activity switches back into high gear. The holiday decorations come down, the tree gets put out to be recycled or stored away with everything else for next year. Gifts get returned and bills get paid. It isn't light outside, so we get in early. After a couple of days in January, there is hopefully something we may not have known for several weeks- a break. Even silence- the thing that Advent is supposed to bring, but is practically not experienced until this season of Epiphany.

Perhaps that is the epiphany- the wisdom that comes in the desert of inactivity when we can listen and hear where we are being called, in this new year and beyond. And maybe just experience the peace that resides in silence.

John+

Anselm's Angels

The choir for the joyous music during Lesson & Carols—**Andrew & Caroline Huddart, Gail Clarke, Rosanna Conlon, Carol Fontana, Don Helmholz, Vicki Pappas, Barbara Thornton and Avon Wilson.**

Many, many thanks to all who helped with the Advent Festival: **The Bridge Group; Ann Burns; Vicki Pappas; Jill Schon; Sara & Al Swimmer; Naomi Chamberlain-Harris; Avon Wilson; Marty & Sally Fischer; David Watson; Roseanna Conlon; Gail Clarke; Joan Fish; Julie Rinkenberger; Steve Masterson; Liz & John Sutton and Barbara Thornton.**

Virginie Descamps for coordinating successful toy drive for VES-TIA's Holiday Helpers; to all who donated toys and to Santa's elf who delivered the toys: **Doug Merrill.**

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, Liz Sutton, Anne Brown, Kathryn Dunn, Laynie Masterson, Mollie Nelsen, Alexander Grace**
- Lector: **Sheila Gorsuch**
- Ushers: **Paul Witkay, Dick White, Michael Hollinger**
- Musicians: **Gail Burnett, Duane Nelsen**

EPIPHANY PARTY!

In all the hustle and bustle of the holiday season, please remember to sign up to attend our fun-filled **Epiphany Party** in Jackson Hall on the evening of Saturday January 9, 2016. Festivities begin about 5:30 p.m., and end around 9:00 p.m. Back by popular demand, as mistress of ceremonies, will be our own "Wise Woman", Shanda Young, ably assisted by the Wise-Woman-In-Training, Jordan Lipscomb.

What do we need from you?

- Please sign up in Jackson Hall so that we will know how many are planning to come.
- If you want to join our merry band of decorators on the morning of Saturday, January 9, please indicate that on the sign-up sheet, or contact Sheila Gorsuch or Avon Wilson.
- Since this is a potluck event, please bring two dozen appetizers or finger food desserts to share.
- At the end, we share in helping with cleanup: Taking down decorations, putting away chairs and tables, etc. Many hands make light work.

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
-

For more information, please contact Sheila Gorsuch at sgorsuch@hotmail.com

ANNUAL PARISH MEETING

Sunday, January 24th
Following the 10:00 a.m. service

- 2016—A Year In Review
- Elections:
 - *Vestry Class of 2019
 - *Diocesan Delegates & Alternates

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

Michael Lane Preschool

Monday, January 11, 2016, Patxi's Pizza will donate 10% of the ENTIRE DAY'S sales to Michael Lane Preschool. Please support us by dining at Patxi's or placing a to-go, delivery or catering order on January 11th.



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

Editor:
 Carol J. Fontana

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

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

ENVIRONMENTAL SERIES

FROM PARIS TO LAFAYETTE

Last month, the governments of the world agreed to a decades-long process of reducing the emission of gasses that contribute to climate change. Thousands of diplomats from 195 countries have finished up the last of their fancy dinners in Paris. They have written a dozen pages (about 7200 words) – and pundits have written millions more words extolling the accomplishment as world-changing, or belittling it as too little too late, or decrying it as a foolhardy waste of resources and effort.

Personally, I see it as a big deal. The governments of the world, for all their flaws, wield great direct and indirect influence over the future course of human activities on earth. Certainly, agreement sets a far better tone than discord, and after decades of discord, it is refreshing to see such a major agreement among so many countries with so many conflicting interests. Very few agreements in the history of the world have the scope or breadth of support that this one does.

But Paris is far away. I have never been there.

I have never been to the oil fields of Saudi Arabia.

I have never visited a coal mine in West Virginia.

I have never seen the factory in China where my phone was made.

All these places are far away, invisible to me when I get up every morning. In short, it is hard to connect my daily life in Lafayette with the activities that degrade or sustain the environment of this beautiful planet. It is hard to relate to carbon emissions measured in gigatons emitted in 195 countries over multiple decades. It is even harder to see how a 195-way handshake will change what people actually do. Indeed, the actions required in the Paris agreement can be undertaken by each nation in its own way, and in many cases will begin years from now.

The Episcopal Church has decided not to wait. This summer, the Episcopal Church voted to divest its investments from coal, oil, and gas companies, calling positive action on climate change “a moral issue.” You can read more here: <http://www.theguardian.com/world/2015/jul/03/episcopal-church-fossil-fuel-divestment> And I’ll have more to say about divestment in a future article.

And here in Lafayette, we do not need to wait either.

Here at St. Anselm’s, we have already begun to work on shrinking our own carbon footprints, bit by bit.

Here, we have shared recommendations for changes, small and large, that can add up to major impacts.

By far the biggest step we have taken at St. Anselm’s is to inform ourselves about how our own actions affect the wider world. I know that every time I start my car, every time I flip a light switch, every time I stock my refrigerator, I make a choice – use more, or less? Use clean, or dirty? To help make better choices, we have access to great resources:

- Sustainable Lafayette -- <http://www.sustainablelafayette.org/>
- Interfaith Power & Light -- <http://www.interfaithpowerandlight.org/>
- PG&E’s useful “My Account” feature -- <http://pge.com/en/myhome/myaccount/index.page?> (From there, to find the good stuff, you have to sign in to see your own energy usage patterns, as well as tips for saving energy. Look especially at “My Usage” and “Home Energy Checkup.”)
- John and Doug’s sermons, recommendations, and articles -- <http://www.stanselms.ws/environmental-series-learning-and-doing/>

(Continued on page 5)

STEPHEN MINISTRY



Before Janet Nadol was commissioned as a new Stephen Minister last month and John+ asked us to face the congregation, you might not have known who we are. That is because we engage in a ministry of confidentiality. One of us may be committed to a caring relationship with your neighbor down the pew, but in the role of Stephen Minister we are virtually invisible.

The eight of us are: Gene Bozorth, Naomi Chamberlain-Harris, Gail Clarke, Janet Nadol, Vicki Pappas, Judy Peak, Gerry Starr, and Sara Swimmer.

To be a Stephen Minister, each of us has completed 50 hours of training locally. St Anselm's is a member of National Stephen Ministry which is headquartered in St Louis, MO. We are fortunate to be part of a local Stephen Ministry training consortium which is spearheaded by Lafayette Orinda Presbyterian Church.

Generally we meet with a care receiver once a week for an hour or more. It may be in her/his home in a private setting or walking a trail on a sunny day. The relationship may endure a year or more, or a number of months, depending on the situation. We listen and we care.

As a group we meet once a month for peer supervision as we support each other. We may invite a speaker to the meeting to continue and enhance our educational experience. That could be a member of AA or Al Anon, a nurse from Hospice, an administrator of a senior helping organization or of a shelter for abused women, for example.

Every Stephen Minister engaged in care giving will tell you how personally rewarding it is. What could be more fulfilling than knowing that a positive difference is being made in someone else's life?!

Do you or someone you know need someone to talk to? It's free!

Contact: John Sutton+ or Judy Peak, Stephen Leader

(Continued from page 4)

ENVIRONMENT cont.

Some actions, we take collectively as a parish. Way back in 2006, St. Anselm's began investigating putting solar panels on our parish hall. Our project was jump started when a parishioner gave the church \$10,000 with the stipulation that it be used for a photovoltaic system. He was inspired by the experience of a neighbor, who had reduced his electrical bill dramatically with sun-generated electricity. We conducted a fundraising campaign, and installed a 6.7 kW system in mid-2007. Since that time, we have generated 55 - 59% of our electricity needs right on our own roof, while reducing our electric bill to near zero. We've also made dramatic water savings from changes in our gardens and bathrooms.

Other actions, we take individually. Some of our parishioners have also "gone solar," while others have purchased electric cars, made changes in diet, installed drought-tolerant landscaping, and made numerous other positive decisions.

These individual decisions are our link to Paris. As we are more mindful of our impact on the world, we can change it.

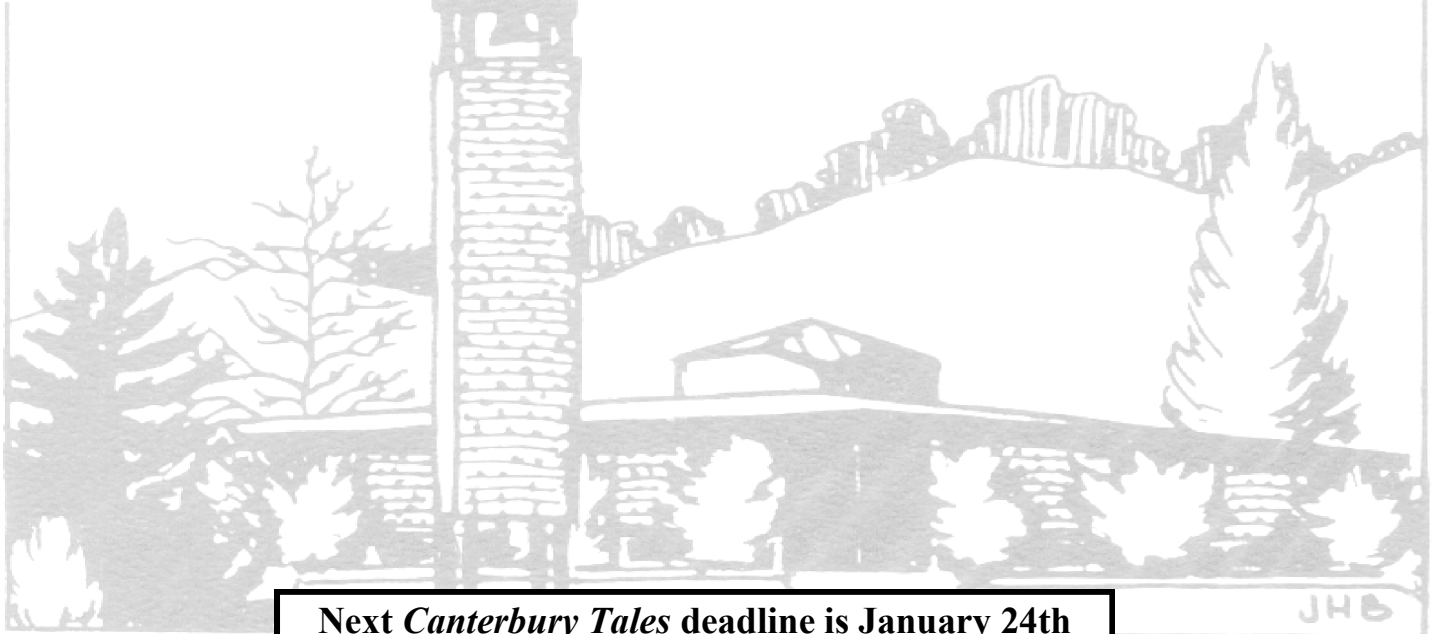
John Powers

Upcoming Events in January

1	Fri		NEW YEAR'S DAY
3	Sun	9:15 a.m.	Altar Guild Meeting
5	Tue	12:15 p.m.	Grief Support Group
6	Wed	9:30 a.m.	Hatha Yoga
8	Fri	10:00 a.m.	Stephen Ministry Meeting
9	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	EPIPHANY PARTY
10	Sun	9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Acolyte Recognition
11	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
13	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Michael Lane Preschool Board Meeting
17	Sun		Stephen Minister Commissioning
18	Mon		MARTIN LUTHER KING, JR. DAY—
			The Church Office will be closed
		11:00 a.m.	Contemporary Bible Study
20	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
23	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
24	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
		11:30 a.m.	Parish-wide Annual Meeting
			Canterbury Tales Deadline
25	Mon	11:00 a.m.	Contemporary Bible Study
27	Wed	9:30 a.m.	Hatha Yoga
30	Sat	9:00 a.m.	Choir Rehearsal
31	Sun	9:00 a.m.	Choir Rehearsal

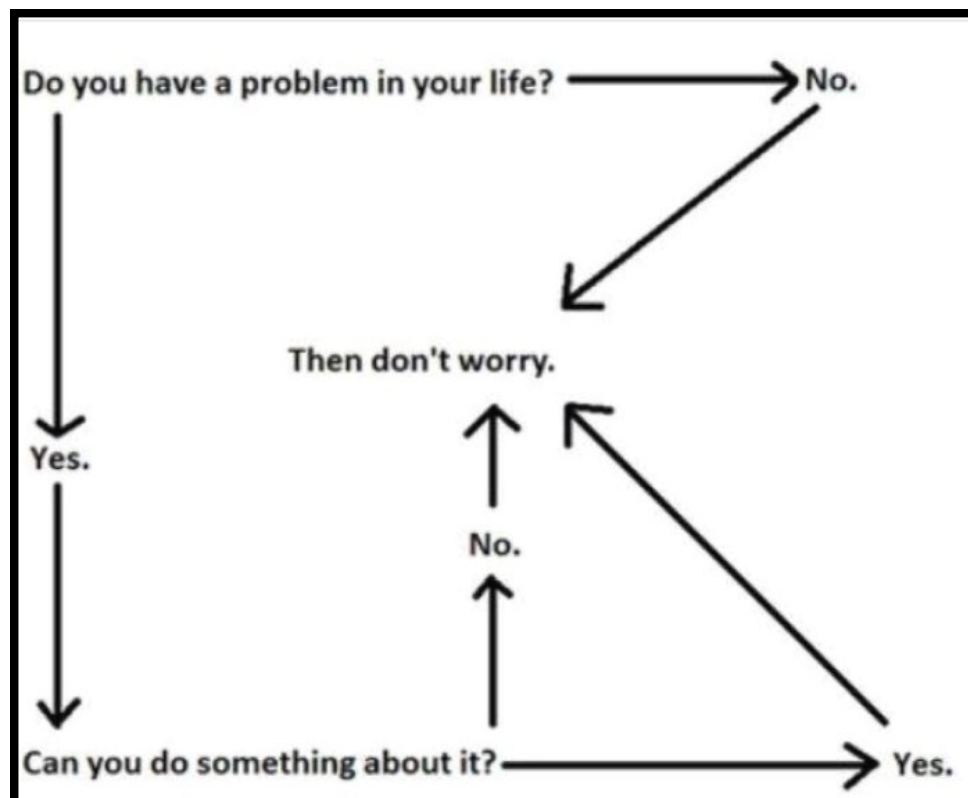


St. Anselm's Episcopal Church
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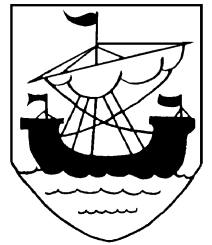
Next *Canterbury Tales* deadline is January 24th

Something to ponder....



Canterbury Tales

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



February 2016

From The Rector

What is a Vestry?

A vestry is the body that governs an Episcopal church. Think of it as the ecclesiastical equivalent of a Board of Directors.

In concert with the Rector, the vestry makes decisions on a monthly basis to guide the church. There are thirteen members of the Vestry at St. Anselm's. There are three classes of four members each. The classes agree to serve a three year term.

The Senior Warden of the vestry is appointed by the Rector each year. Any member of the Vestry can serve in this role. The Junior Warden is elected by the vestry. This position can also be filled by any member of the vestry. The Senior Warden is tasked with representing the Rector's position if there is a matter in dispute; the Junior Warden represents the position of the church-at-large.

There is also a Clerk of the Vestry who is responsible for taking minutes at the meeting. And the Treasurer of the Vestry, though not a voting member, keeps the Vestry apprised of the church's financial condition.

In addition to their duties of attending monthly meeting, which generally last about an hour and a half, and have recently been meeting on Monday evenings, Vestry members at St. Anselm's serve as liaisons to the Commissions at the church. Some of these commissions meet regularly, others do not. It is the job of vestry members as liaisons to keep the Vestry apprised of what is going on with their assigned Commission.

In putting together a Vestry, we seek to bring to our membership a balance of men and women, different ages, people who attend services at 8 and 10 a.m., and representation of the various commissions and ministry groups at St. Anselm's.

If you have a concern or question regarding St. Anselm's you can approach any member of the Vestry. Their names and photographs are posted on the Conference Room board in Jackson Hall.

John+

Anselm's Angels

Again the Epiphany Party was a fun and exciting event! Thanks to **Sheila Gorsuch and Avon Wilson** for their organization and their helpers: **Michael Hollinger, Sally & Jim Morrison, Foster, Jordan & Preston Lipscomb, James & Patricia Pellicer, Jill Schon, Naomi Chamberlain-Harris, Vicki Pappas, Steve Masterson, Joan Fish, Sara Nelson, Gerry Starr, Liz & John Sutton and Norm Gorsuch.** And thanks to our resident "Wise Woman", **Shanda Young.**

Thank you, for a job well done, to our out-going Vestry members: **Dharmini Harichandran, Don Helmholtz and Foster Lipscomb,** and to our Deanery Delegates: **Sheila Gorsuch, Norm Gorsuch, David Holcombe and Janet Nadol.**

And we welcome:
Our new Vestry member in our Class of 2018—**Sylvia Williams**

Our new Vestry Class of 2019—**Norm Gorsuch, Sara Nelson, Sally Roberts and Gerry Starr.**

Our new Senior Warden—**Cathy Witkay** and thanks to **Calvin Sherwood** for continuing on as Junior Warden and **Susan Barnes,** continuing as Clerk of the Vestry.

Our Deanery Delegates and Alternates—**Roseanna Conlon, Sara Nelson, Judy Peak, Gerry Starr, Sheila Gorsuch, Norm Gorsuch and Janet Nadol.**

St. Anselm's 2016 Lenten Program



Delving Into "The Other" What We Need to Know About Islam and the Middle East

This year, the St. Anselm's Lenten Program is proud to sponsor a timely series on the subject of Islam and the Middle East. Much of what passes for information about Muslims and Islam is rooted in sensationalism and stereotype, and watered by fear coming from media hype and political rhetoric. As Christians and informed citizens, it is important that we learn the truth about the faith and its belief system, and the real causes of the crisis in the Middle East. We encourage you to come with an open mind and spirit, and learn more about this very significant topic. Please invite your friends to come as well.

WHEN: Tuesdays: Feb. 16, Feb. 23, Mar. 1, Mar. 8
TIME: 6 PM Dinner – Program Begins at 7 PM SHARP
WHERE: Jackson Hall, St. Anselm's Church
COST: Admission is FREE
(Suggested donation to the Contra Costa/Solano Food Bank of \$10.00)

(Continued from page 3)

WATER cont.

- Easy, Inexpensive, and Effective Ways to Save Water in the Home (<http://www.stanselms.ws/article-13-easy-inexpensive-and-effective-ways-to-save-water-in-the-home/>).
- Having a Green Lawn While Using less Water (<http://www.stanselms.ws/having-a-green-lawn-while-using-less-water/>).

We've been blessed with heavy rains in December 2015 and January 2016. Even so, this is no time to tap the brakes on your home's water-conservation program. California's major reservoirs are only filled to 20 to 40% of their capacities. We've a long way to go.

Doug Merrill

SOUPER BOWL SUNDAY

Following both services on Sunday, February 7th, the youth of the parish will be taking a collection to benefit the Food Bank of Contra Costa & Solano. The Rector's Discretionary Fund will match all donations! Be sure to note "**Souper Bowl Sunday**" on the memo line of your check.

THE CRAB FEED IS COMING!

DATE: February 6th

PLACE: Jackson Hall

5:30 p.m.—Cocktails

6:30 p.m.—Dinner

COST:

\$40 / Adult

\$20 / Teens (12-16)

\$10 / Kids (11 & under)



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

Editor:
Carol J. Fontana

Sunday Services:

8 a.m. Holy Eucharist

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

St. Anselm's Staff

The Rev. John Sutton, Rector
The Rev. Naomi Chamberlain-Harris, Deacon
Carol Fontana, Office Manager

ENVIRONMENTAL SERIES

St. Anselm's Water Champions

In response to the four-year drought in California, the East Bay Municipal Utility District (EBMUD) required its customers to reduce their 2015 water use by 20% compared to their water use in 2013. To help customers make this comparison EBMUD bills reported water use for both 2015 and 2013.

Back in the spring, we began offering “water tips of the month” at Sunday services. We also featured how-to-save-water articles in Canterbury Tales and on St. Anselm's website. To see if this information had any effect, Father John asked parishioners if they would be willing to submit their 2015 and 2013 water-use data to him and to tell him what techniques they had used to affect the difference in consumption.

Nine families responded, reporting their results and water-saving techniques for the billing periods April/May, June/July, August/September, and October/ November. Not everyone reported each time. Some reported only once, while others reported many times. Here are the results.

Table 1. Parishioner Water-Consumption Information, 2015 vs. 2013				
Parishioner(s)	Reporting period	Avg. flow, gal/day		% reduction, 2015 vs. 2013
		2013	2015	
Dick and Jan White	April/May	595	392	34
Oliver and Carol Fontana	April/May and Aug./ Sept.	210	103	51
Liz, Kate, and John Sutton	April through November	310	128	59
Judy Peak	April/May	557	294	47
Joan and Jon Martin	April/May	603	581	4
Gordon Repp	April/May	950	405	57
Bill Cooper	April through July	548	137	75

Most results topped EBMUD's 20% requirement by wide margins. Individual reductions varied from 4% to 75%, with a flow-weighted average for all of 54%. Some reduced their water use (the Martins) even though the number of people in their household increased!

People saved water in the following ways:

- Got rid of some or all of their lawns.
- Used less water to irrigate their plants via shorter irrigation times and/or more efficient sprinklers.
- Took shorter showers (including Navy showers) and switched to low-flow shower heads.
- Repaired leaks.
- Recycled grey water for irrigation and toilet flushing.
- Reduced washer use.
- Flushed only for #2 (let yellow mellow).

These are splendid results. Our champions showed that large cuts in home water consumption can be made inexpensively, often simply by modifying behavior. To read more about these techniques and others, go to:

(Continued on page 2)

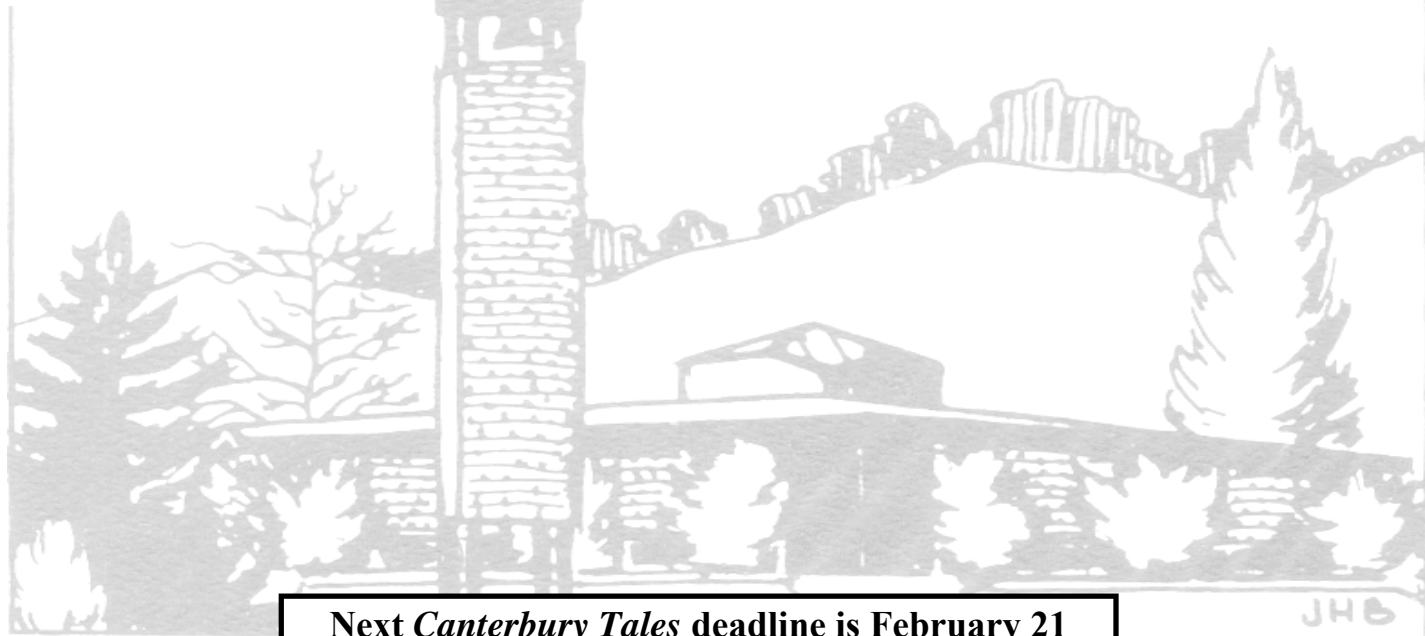
Upcoming Events in February

2	Tue	12:15 p.m.	Grief Support Group
3	Wed	9:30 a.m.	Hatha Yoga
5	Fri	10:00 a.m.	Stephen Ministry Meeting
6	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	CRAB FEED
7	Sun		SOUPER BOWL SUNDAY
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
8	Mon	7:00 p.m.	Vestry Meeting
9	Tue	5:30 p.m.	Shrove Tuesday Pancake Supper
10	Wed		ASH WEDNESDAY
		9:30 a.m.	Hatha Yoga
		Noon	Service with Imposition of Ashes
		7:00 p.m.	Service with Imposition of Ashes
13	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
14	Sun	9:00 a.m.	Choir Rehearsal
15	Mon		PRESIDENTS' DAY—
			The Church Office will be closed
16	Tue	6:00 p.m.	Lenten Series
17	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
20	Sat	9:00 a.m.	Choir Rehearsal
21	Sun	9:00 a.m.	Choir Rehearsal
23	Tue	6:00 p.m.	Lenten Series
24	Wed	9:30 a.m.	Hatha Yoga
27	Sat	9:00 a.m.	Choir Rehearsal
28	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
		10:00 a.m.	Holy Eucharist with a baptism



HAPPY
GROUND HOG
DAY

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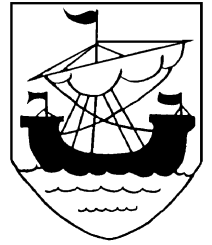


Next *Canterbury Tales* deadline is February 21

LESSOR KNOWN FEBRUARY HOLIDAYS

- | | | | |
|--------|--|--------|--|
| Feb 1 | National Freedom Day | Feb 15 | National Gum Drop Day |
| Feb 2 | Ground Hog Day | Feb 16 | Do a Grouch a Favor Day |
| Feb 3 | The Day the Music Died - Buddy Holly,
Richie Valens and the Big Bopper died in a
plane crash in 1959 | Feb 17 | Random Acts of Kindness Day |
| Feb 4 | Thank a Mailman Day | Feb 18 | National Battery Day |
| Feb 5 | National Weatherman's Day | Feb 19 | National Chocolate Mint Day |
| Feb 6 | Lame Duck Day | Feb 20 | Love Your Pet Day |
| Feb 7 | Wave All Your Fingers at Your Neighbor Day | Feb 21 | Card Reading Day |
| Feb 8 | Kite Flying Day | Feb 23 | International Dog Biscuit Appreciation Day |
| Feb 9 | Toothache Day | Feb 24 | National Tortilla Chip Day |
| Feb 10 | Umbrella Day | Feb 25 | Pistol Patent Day |
| Feb 11 | Make a Friend Day | Feb 26 | National Pistachio Day |
| Feb 13 | Get a Different Name Day | Feb 27 | Polar Bear Day |
| | | Feb 28 | National Tooth Fairy Day |

Canterbury Tales



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

March 2016

From The Rector

Intelligent Giving

I don't know whose mailing list my Dad got on. I am probably tossing thirty letters a week out for him. Most of the solicitations he receives are from organizations he has never even heard of.

I remember many years ago I was staying with my grandmother up at Lake Tahoe one summer. Her husband- my grandfather had recently died, but before he did, he had ordered a number of things he didn't have much use for. A ten gallon jar of tar showed up at the house, and none of us had any idea what he intended to use it for.

I answered the phone one morning that summer and a man from Time/Life Books wanted to talk to my grandfather about their set of books on the Civil War. I informed the man Bill Smith had died. He then asked for Mrs. Smith. I told him she was not much of a Civil War buff. He was not deterred. I am finding that the voice on the other end of the phone some 37 years ago is reaching out today to my father through multiple mailings. And I think on some data base, his age is listed.

We can feel the pangs of compassion when we see an envelope with a photo of a horribly-disfigured child. That sense of compassion is a very GOOD thing. But how we give, and the homework we do before giving, is very important. We do not invest blindly, and charitable giving, with equal discernment can produce greater results in relief of suffering.

If any of this makes sense to you, you might want to bookmark this website:

charitynavigator.org

Whatever your desire in giving, you will find many choices on their site listed by category. They employ a simple methodology for rating charities from 0 to 4 stars, with two primary categories:

- Financial (how much of the money raised goes to the intended recipient)
- Accountability and Transparency

Much more information is available after this, in a very user-friendly format that quickly provides the information needed to make an informed decision. There is also a "Tips For Donors" section that provides lots of good information on how

Be it refugee relief or animal rights, environmental protection or education assistance, or any number of other worthy causes, you will find helpful in

(Continued on page 2)

Anselm's Angels

*Be yourself, everyone
else is already taken.*

Oscar Wilde

After an uncertain beginning the Crab Feed was, once again, a successful event! Thanks to all who participated, especially:

Michael Hollinger – coordinator; Jack Carey; Norm & Sheila Gorsuch; Foster, Jordan & Preston Lipscomb; Steve Masterson; Doug Merrill, Jim Morrison; Sally Roberts; Gerry Starr; John Sutton and Paul Witkay

Thanks to all who contributed to the **Souper Bowl** collection and to those who stood outside with soup pots in hand. We donated \$2,168 to the Food Bank of Contra Costa and Solano!

We celebrated Shrove Tuesday with our annual Pancake Supper.

Thanks to all who helped: **Susan Barnes & Kathryn Dunn; Steve & Laynie Masterson; Foster, Lori, Jordan & Preston Lipscomb; Doug Merrill, Fr. John and Jack Carey.**

Our Lenten season was solemnly begun with our traditional Ash Wednesday services. Thanks to the **Altar Guild** for preparing the ashes and transforming the sanctuary with the Lenten cross and purple drapes. Thanks to **Judy Peak, Inge O'Neill and Doug Merrill** for filling the roles of Lectors and Usher.

Many thanks to **Paul Harris** for several years of service as our Pledge Administrator and to **George Wasson** for assuming the role.

Laura Ho is finalist in table tennis national championship

Rossmoor Table Tennis Club player Laura Ho competed in the United States Table Tennis National Championship held in Las Vegas in December.

She was a finalist in the senior women's 70-plus doubles and semi-finalist in 70-plus singles.

Ho also competed in the Reno Senior Winter Games in February, the Sonoma Senior Games in June, the National Senior Games in July, the Reno Summer Senior Games in August, the Las Vegas Nevada Senior Games in September and the Huntsman Senior Games in Saint George, Utah, in October.

For information about the club, review the bulletin board in the table tennis facility at



Laura Ho with some of her trophies

Hillside, visit the website at <http://rossmoorttc.wordpress.com>; or contact Jane Vinson at 938-3843 or Fran Free at 650-224-4118.

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Holy Week Services

Sunday, March 20

PALM SUNDAY

8AM & 10AM

Thursday, March 24

MAUNDY THURSDAY

7PM

Friday, March 25

**GOOD FRIDAY SERVICE
STATIONS OF THE CROSS**

**NOON
7PM**

Sunday, March 27

EASTER SUNDAY

8AM & 10AM



(Continued from page 1)

RECTOR cont.

formation on the Charity Navigator website.

And if you have a family member who doesn't use the Internet, you can help their giving go a long way with just a little time on the site. ☺

John+

If you or a loved one are receiving lots of unsolicited/undesired catalogs and/or mailings, and would like to reduce your recycling, go to dmachoice.org. If you are receiving lots of unsolicited/undesired phone calls, register at donotcall.gov. or sign-up with www.nomorobo.com. In all cases, you may still receive solicitations, but registering can help reduce them a lot.



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

Editor:
Carol J. Fontana

Sunday Services:

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

St. Anselm's Staff

The Rev. John Sutton, Rector
The Rev. Naomi Chamberlain-Harris, Deacon
Carol Fontana, Office Manager

The Senior Warden

A week or so after John+ asked me to serve as Senior Warden I realized that our family found and joined St. Anselm's 25 years ago, soon after we adopted our son, Michael, and wanted to have him baptized in the Episcopal Church. Paul and I had both been raised in the Episcopal Church and what we found here at St. Anselm's was more than a place for Michael's baptism, we found a welcoming and giving faith community. The St. Anselm's family prayed for us as we traveled back to Romania in 1995 to adopt our daughter Courtney and again as I needed healing prayers following Kelsey's birth in 1998. It's now hard to believe that so many years have passed and I'm at a point in my life where I'm able to give back to this wonderfully supportive parish. Over the years some of the names and faces have changed, but the values that drew us to St. Anselm's remain.

One of those outstanding values is our history of giving back to local and more remote communities. This is exemplified in our generosity in giving to Trinity Center and most recently through the annual Souper Bowl collection. However, a less visible characteristic of our parish is our desire to learn about the world around us. This year we are coming together through our Lenten Program to learn the truth about Islam and its belief system, and the real causes of the crisis in the Middle East. I can't think of a more important and timely program and I am looking forward to participating with many of you as we come to understand more about our world today.

May you each of you have a thoughtful and contemplative Lent.

Cathy Witkay

WINTER NIGHT'S CLIENT IS EXPECTING!

Claudia, a Winter Nights client, will be giving birth to a baby girl in the next couple of weeks. She does not have things needed for caring for this baby and so I am sending you a wish list for her. If you can furnish any of the items (new or used) please contact Judy Stillman at 925-933-9351. Thank you all for your caring spirit.

Claudia's wish list:

- A front baby carrier with soft straps (not the one with backpack type straps)
- Warm and cool baby clothing, Onesies, dress sets, socks
- Diapers, size newborn
- Blankets, Receiving only
- Floor Bassinet. This is just one that is about \$40 at Target, it is flat and folds up to practically nothing. It has no legs.
- A new or used double stroller that can hold a car seat.
- Baby washes, wash clothes and towels
- Medical kit: Thermometer, nail clippers, suction etc...

If you can furnish any of the above items, please take them to Concord UMC in the evening or on the weekend. Let us know what you are getting for Claudia.

FINDING HOMES FOR THE HOMELESS

Through the Winter Nights program, St. Anselm's and other churches and synagogues in our area do a good job of housing homeless families from October through April. As part of the Winter Nights program, unemployed parents are counseled in job placement and all parents are assisted in finding permanent housing.

Because of the high cost of rentals in our area, however, it is often difficult for families, even when both parents are working, to find affordable housing. They then go back to being homeless come May. Hoping to solve this problem, the Contra Costa Multi-faith ACTION Coalition is working with Contra Costa County to alleviate this problem. I am attaching an appeal from the ACTION Coalition to the Winter Nights congregations, asking that we join them in helping these families in a different and proactive way.

Anne Brown

Winter Nights Helps Many - Then What?

Many of you have stepped up and helped host families in need of shelter during Winter Nights. The guests move from one house of worship to another and then another. Can you imagine if they could end their transient living situation and obtain permanent housing? The Multi-faith ACTION Coalition asks you to join our efforts so we can help those families we have met during Winter Nights.

There is a shortage of affordable rental units in Contra Costa County and that's why many of these families are struggling. Ideas have emerged like shared housing, secondary dwelling units and building more housing that's affordable. All of them are needed. Most take time - time a family with two preschoolers doesn't have. One of the families sheltered during Winter Nights had parents who work different hours so they can each care for their children. They want to find housing, but very little is available for their modest incomes. We need help identifying landlords who might be able to help. **Do you know anyone who owns or rents apartments or homes in Contra Costa?**

As we struggle to build affordable and subsidized housing to keep up with demand, finding and recruiting landlords is more important than ever. That's why Contra Costa County has launched the Landlord Engagement, Access and Placement (L.E.A.P.) Program with new landlord incentives, including a Housing Security Fund. If every landlord considered modifying their screening criteria in order to rent to just one low-income individual or family with rental barriers, we'd be that much closer to making homelessness rare, brief, and a one-time occurrence for thousands of individuals and families like the one mentioned above.

If you have ideas or access to rental units in our county, contact Jasmine Tarkoff by email at jtarkoff@aol.com. We would love to hear from you!

Thank You.

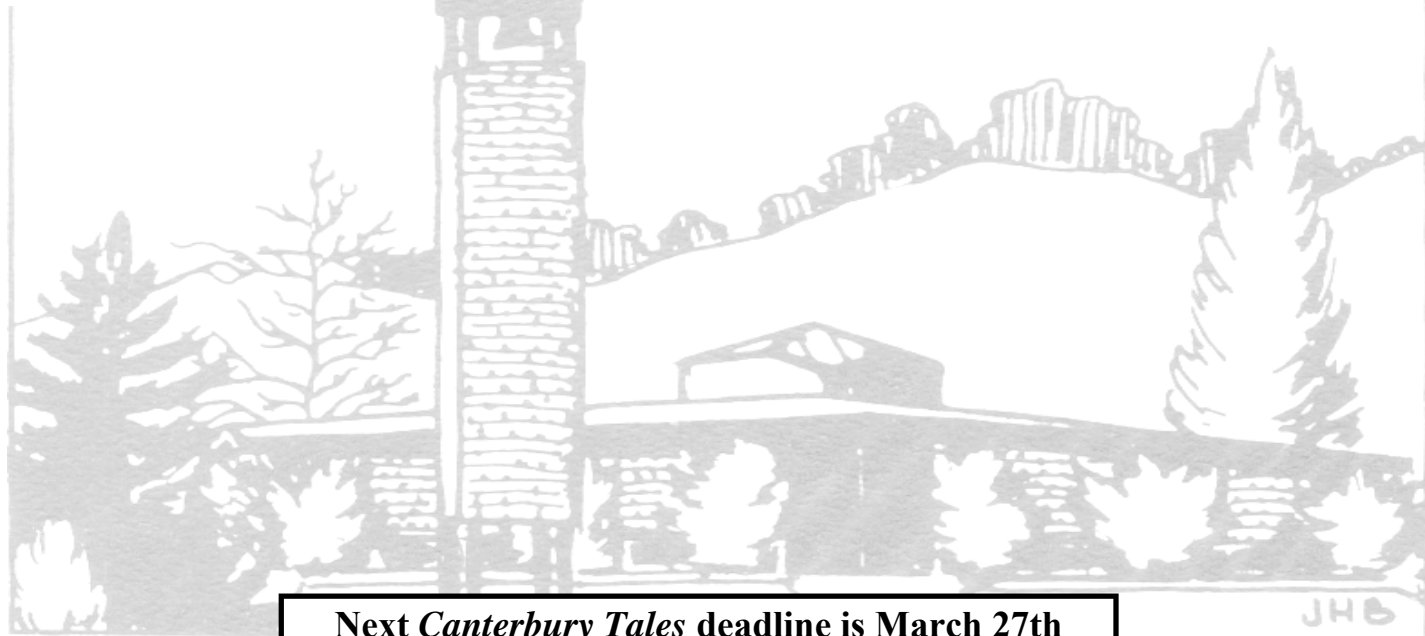
Your friends at the Multi-faith ACTION Coalition

Upcoming Events in March

1	Tue	12:15 p.m.	Grief Support Group
		6:00 p.m.	Lenten Series
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	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
7	Mon	11:00 a.m.	Contemporary Bible Study
8	Tue	6:00 p.m.	Lenten Series
9	Wed	9:30 a.m.	Hatha Yoga
12	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
13	Sun		Daylight Savings Time Begins
		9:00 a.m.	Choir Rehearsal
14	Mon	11:00 a.m.	Contemporary Bible Study
16	Wed	9:30 a.m.	Hatha Yoga
17	Thu	1:00 p.m.	Senior Ministry Team Meeting
19	Sat	9:00 a.m.	Choir Rehearsal
20	Sun		PALM SUNDAY
		9:00 a.m.	Choir Rehearsal
21	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
23	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
24	Thu		MAUNDY THURSDAY
		7:00 p.m.	Maundy Thursday Service
25	Fri		GOOD FRIDAY
		Noon	Good Friday Service
		7:00 p.m.	Good Friday Service with Stations of the Cross
26	Sat	9:00 a.m.	Choir Rehearsal
27	Sun		EASTER SUNDAY
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
			Canterbury Tales Deadline
28	Mon	11:00 a.m.	Contemporary Bible Study
30	Wed	9:30 a.m.	Hatha Yoga



St. Anselm's Episcopal Church
 682 Michael Lane
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Next *Canterbury Tales* deadline is March 27th

MOTHERING SUNDAY

During the sixteenth century, people would return to their mother church, the main church or cathedral of the area, for a service to be held on Laetare Sunday, traditionally the fourth Sunday in Lent. In later times, Mothering Sunday became a day children and young people who were "in service" were given a day off so they could visit their families. Other names attributed to this festival include **Refreshment Sunday, Pudding Pie Sunday, Mid-Lent Sunday and Simnel Sunday**. Simnel Sunday is named after the practice of baking simnel cakes to celebrate the reuniting of families during the austerity of Lent. **Simnel cake** is a light fruit cake with two layers of almond paste, one in the middle and one on top, that is toasted, and eaten during the Easter period in the United Kingdom and Ireland.

Simnel Cake Recipe

(Makes one 8" cake)

Preheat the oven to 275° F.

18 oz marzipan
 8 oz butter
 8 oz soft brown sugar
 4 eggs
 8 oz plain flour
 2 tsp mixed spice
 11 oz raisins
 5 oz candied peel
 4 oz glace cherries (quartered)

Grease and line an 8" round cake tin

Take one third of the marzipan, knead until soft enough to work, and roll out into an 8" circle.

Cream the butter and sugar together, then add the eggs and beat until thoroughly combined.

Fold in the flour and mixed spice.

Stir in the dried fruits and mix thoroughly.

Spoon half of the cake mix into the bottom of the tin. Lay the marzipan circle in the tin on top of the cake mixture, and add the remaining mixture on top.

Smooth the surface with a spatula.

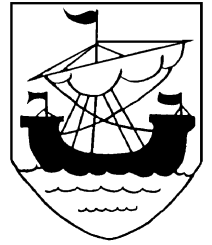
Bake for an hour and a half (or until risen and firm), cool.

Use half of the remaining marzipan to make a circle for the top. Form eleven balls from the remainder, rolling them between your palms to get a nice round shape. Arrange the balls around the outside of the cake, using a little water to stick them in place.

Broil the top of the cake at a medium heat until the marzipan begins to brown (it will bubble, and then start to go brown very fast).

Canterbury Tales

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



April 2016

From The Rector

Spring Has Sprung!

Last Saturday I pulled more weeds than I have in years. Our driveway is covered by gravel. Most years some weeds might get through the gravel, but their growth is minimal and they die quickly. This year they rejoiced in the heavy rains by growing to a height, and at a rate I can't remember seeing.

The good news is that I got to them early, while the soil was relatively soft and wet. They came out easily. But boy, did they get tall in a hurry! And they were plentiful.

The flip side of the toil in maintaining our yards and gardens in early spring is the joy in witnessing what nature is doing out in the parks of the East Bay. Trails are narrowed due to growth. Hillsides and meadows are abloom with wildflowers! And they are all around us. You can look up from the church parking lot and see a patch of oxalis in the swale. (Granted, it is a weed, but it is pretty!)

I hope you might have the occasion to get out into one of our many nearby parks for a hike in the next couple of weeks while the party is going on. And don't forget to check out the dogwood in the memorial garden which should be in full bloom this coming Sunday!

HAPPY EASTER!

John+



Anselm's Angels

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

~Martin Luther

The Lenten Series was especially timely and informative this year. A special thanks to **Avon Wilson** who led the series, and its run-up, with vision, hard work and heart.

(See page 4 for a complete listing of the Lenten Series Angels).

A big thank you to all who helped to make the Holy Week services special:

- The Palm Sunday Passion readers: **8 o'clockers—you know who you are! 10 o'clockers—Dick White, Don Helmholtz, Andrew & Caroline Huddart, Jim Morrison, Sheila Gorsuch, Inge O'Neill and Gail Clarke.**
- Maundy Thursday: Lector—**Judy Peak**; Usher—**Doug Merrill**
- Good Friday: Lectors—**Vicki Pappas and Judy Peak**; Ushers—**George Wasson and Doug Merrill.**
- Easter Sunday: the **Altar Guild** for the beautiful Easter lilies, the **Choir** at 10 o'clock for the joyous "Alleluias!", and all who attended and helped make this a true celebration of the Resurrection!

A big thank you to **Sara Nelson** for organizing the Easter Egg Hunt and, once again, bringing the bunny.

ST. ANSELM'S DVD LIBRARY IS UP AND RUNNING

Did you miss a film that was shown in a session of our recent wonderful Lenten Series on Islam? Would you like to watch a film again in the comfort of your own home? Would you like to watch another film in our Middle East / Islam collection? Would you like to watch films from previous Lenten Series or our "Making a Difference" film series?

If you answered "yes" to any of these questions, then visit our Library in Jackson Hall because the St. Anselm's DVD Library is up and running! You may check out one or more of our considerable film collection by simply filling out the library card on the back of the DVD case and putting it in the white plastic bin on the collection shelf.

You may keep the DVD for one week, and may even renew it for a second week if there is no one on the Waiting List who wants to see it. When you return the DVD, please put the card back in the card pocket and replace the film on the shelf in alpha order by title.

If you want to be on the Waiting List, please put your name, film title, and contact information on the Wait List page in the red folder near the film collection. This folder also contains the film lists and a page that explains the procedures in case you forget the system.

This library runs on the Honor System, so we encourage you to be respectful of other people's desires, and return the films on time.

[NOTE: A few films are being withheld until the end of our upcoming series on oil, because we will be using them. After the film is shown, it will be promptly returned to the shelf.]

<http://www.stanselms.ws/wp-content/uploads/2016/03/Middle-East-and-Islam-Films.pdf>

Enjoy!
Gail Clarke

Prayer Chain Changes

Father John and Vicki Pappas are revising the way the Prayer Chain (PC) is handled. The new policy is to leave people on the PC for two months unless we receive an update with a request for continuation. The reason for doing this is threefold:

- *With more current information our prayers will be more attuned to the need.*
- *Those who pray will be more engaged pray-ers.*
- *The prayer list will not be longer than needs be.*

If you would like to be a Pray-er or if you have a prayer request, please contact Carol Fontana, Father John, or Vicki Pappas.

STEPHEN MINISTRY

Our Stephen Ministry is always in the process of furthering our education. Our April meeting will feature a speaker from STAND, an organization helping abused women. Later in April we will attend a retreat for area Stephen Ministers which will engage the topic of Ministering to Dysfunctional Families. Before the summer is upon us we look forward to taking additional training in providing compassionate support to those who have received a potentially life changing diagnosis. We hope to become even better listeners so that we can offer a comprehensive understanding of an individual's options for decisions that need to be made at that time. It may entail assisting the individual with difficult discussions with family and friends as well as encouragement and support. We feel that, unfortunately, it is a time that many of us have to confront in our lives and we could be better equipped to work through it with a Stephen Minister who has been specially trained. We are excited at the prospect of learning more so that we have more to give!

Please let John+ know if you would like to talk with a Stephen Minister.

*Judy Peak,
Stephen Leader*

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The Senior Warden

The spring equinox, marking the first day of spring, officially arrived on March 20th. Thanks to El Niño, we're enjoying our beautiful green hills again and the flowering trees are celebrating with a colorful array of blossoms. Growing up in the Midwest, March didn't typically offer the same view of spring and Easter seemed to arrive very early on those rare years when it fell between March 22nd and 31st. In fact, Easter in March is a relatively rare occurrence, celebrated in March this year for only the fifth time since 2000. The next Easter Sunday to fall in March will be in 2024.

Nevertheless, spring has arrived and we now celebrate a time of cleansing, reflection, and starting anew. For our family, this spring will bring many opportunities to close one chapter and open a new one. Our family with three **children** will soon become a family with three **young adults**. We will celebrate graduations in May and prepare to send them off on new adventures. It's our time to watch each of them bloom and grow. I'm sure I'll be doing much cleansing, reflecting and starting anew as this season progresses.

I wish each of you a blessed Easter and spring filled with hope, renewal, and new life.

Cathy Witkay

The Divine Feminine: Knowing God through Real Women

4:00 PM. Friday, April 15 through Sunday noon, April 17

San Damiano Retreat Center, Danville

In ancient times, feminine divinity was a non-controversial idea. Divinities were male, female, both, and neither. For various religious and cultural reasons, we have lost most (but not all) language that speaks of God in the feminine person. Some of us have spent time pondering why this is and what the effect has been on us as women and as Christians. Some of us have not. All of us can join the conversation.

The sharing and contemplation times over the course of the weekend will focus on a set of questions:

- Why talk about the Divine Feminine? What does the term mean?
- Isn't masculine language or imagery for God enough for us? Why does imagery and language matter?
- When we look at pictures or images of women who have been important to us, what do we see? What makes them special to us?
- What does that say to us about God? How does this change our relationship and feeling about God?

Each retreatant is asked to bring an image of a woman (or women) who has been or is important in her life – the image will be a focus of contemplation and sharing. The image/ photo/ word picture/ sketch can be of anyone--- mother, sister, famous contemporary or ancient woman, any woman that we know and find important to us. You can bring more than one image.

Also bring comfortable clothing and personal care items for the weekend, books, knitting, paper and pencil. Linens are provided, though you may like to have your own towel and pillow.

DETAILS:

The cost for the weekend is \$252.00 for a single room or \$222 for a double. Saturday only participants pay \$65 if you stay for dinner or \$47 for the day with lunch only. (Write your check to St. Anselm and note *Women's Retreat*; give to Carol Fontana.)

Deadline to sign up: April 1, 2016.

If you have questions: speak to Anne Brown: annehalfantbrown@gmail.com) or Katie McGovern: drkmcgovern@gmail.com).

Car pools will gather at St. Anselm's at 3:30 PM on the 15th and will return there after lunch on the 17th.

ENVIRONMENTAL SERIES

Consumer Choice Aggregation

If you get Lafayette Vistas, the little newsletter put out by the City of Lafayette, you may have seen an article called "Lafayette Goes for Green Power." That article describes a recent resolution by the Lafayette City Council to "join" Marin Clean Energy (MCE), an energy program that takes advantage of a California state policy called Community Choice Aggregation (CCA). This policy (which is also available in seven other states) allows local governments to "aggregate" (add up) the electricity usage of customers in their jurisdictions for the purpose of buying alternative energy.

In northern California, there are two active CCA programs – Marin Clean Energy and Sonoma Clean Power. Marin and Sonoma generate or purchase power from renewable sources such as wind and solar facilities; PG&E still delivers the power over its existing transmission and distribution system, and provides meter reading, billing, maintenance, and outage repair. At least a dozen other cities and counties are currently studying forming their own CCA entity.

Why? Because many California electricity customers are dissatisfied with the pace of change in the utility industry, and want more of their power to come from renewable sources. Even after decades of pro-renewable policies and talk, only 27% of PG&E's power comes from renewable energy sources. Through a CCA, customers can specify that they want to purchase 50% or 100% of their own electricity from renewable resources; indeed, through MCE, customers can even specify that they want to purchase 100% of their energy from local solar power farms – and as more customers make this choice, it's MCE's responsibility to buy more power from these sources.

Participation in a CCA is a powerful way for consumers to make an affirmative choice for clean power now. Even if you cannot (or don't want to) put solar panels on your own roof, you can encourage the faster construction of more wind and solar resources to replace fossil fuel power plants by participating in a CCA.

How? Well, despite the upbeat and definitive tone of that Lafayette Vista article, so far, we don't know. The resolution to join Marin Clean Energy (as Richmond, El Cerrito, Benicia, and San Pablo have also done) is not final. There are some remaining pieces of financial analysis to be done, and naturally, now that the City Council has passed a resolution, new objections to joining MCE are being raised. There is also a separate initiative for Contra Costa County to form its own CCA. But in either case, **watch this space** – it is likely that later this year, you'll have an opportunity to make some positive choices about where and how your electricity is produced.

- John Powers

The Legend of the Dogwood

At the time of the crucifixion, the dogwood had reached the size of the mighty oak tree. So strong and firm was the wood that it was chosen as the timber for Jesus' cross.

To be used for such a cruel purpose greatly distressed the dogwood. While nailed upon it, Jesus sensed this, and in his compassion said. "Because of your pity for my suffering, never again shall the dogwood tree grow large enough to be used for a cross. Henceforth, it shall be slender, bent, and twisted, and its blossoms shall be in the form of a cross—two long and two short petals.



"In the center of the outer edge of each petal will be the print of nails.
In the center of the flower, stained with blood,
will be a crown of thorns so that all who see it will remember."

from "Sower's Seeds Aplenty: Fourth Planting." # 29, p. 22

ST. ANSELM'S LENTEN SERIES A HOST OF ANGELS

The Lenten Series, spearheaded by The Christian Formation Commission and supported by a veritable multitude of diverse heavenly hosts, showcased a timely introduction to **"THE OTHER": What We Need to Know About Islam and the Middle East**

Christian Formation Commission approved Series subject, previewed major documentaries/handouts; finalizing series format—**Anne Brown, Chair, Gail Clarke, Judy Peak, Marian Mulkey, Katie McGovern, Sharyn Barrington-Carlson, Avon Wilson, Norm Gorsuch**, Vestry Liaison and **John Sutton**, Rector

Research, Identification/Coordination of Documentaries and Media Publications; Design and Preparation of Promotional Brochures and Informational Booklets—**Gail Clarke**

Advance Publicity/Reproduction—**Judy Peak, Doug Merrill** and **Carol Fontana**

Liaison to Contra Costa Interfaith Council and Muslim Speakers—**Anne Brown**

Guest Speakers—**Lubna Hasanain, Maram Bata, Nazeer Ahmed, Maimoona Ahmed, Amer Arain**

Discussion Facilitators—**John Sutton, Anne Brown**, and **Marian Mulkey**

Meeting Set-up—**George and Avon Wilson, Art and Gail Clarke, Anne Brown, Judy Peak, Katie McGovern, Norm Gorsuch** and **John Sutton**

Soup—**Sylvia Williams, Sally Morrison, Vicki Pappas/Vula Gutman** and **Marty Watson**

Salad and Bread—**Joan Martin, Naomi Chamberlain-Harris, Lois and Julie Rinkenberger, Sheila Gorsuch** and **Gail Clarke**

Cookies—**Judy Peak, Sara Nelson, Sara Swimmer, Vula Gutman** and **Avon Wilson**, plus unknown angels who sneaked in wonderful plates of yummys

Kitchen and Jackson Hall Cleanup—**John Sutton, Wynne and Gary Bacon, Pamela Green, Zoe Hekmaty, Vula Gutman, Anne Brown, Avon Wilson** and an army of other helper angels.

Thank you, wondrous angels!

*Avon Wilson,
Series Chair*

FROM THE DESK OF DEACON NAOMI

THANK YOU FOR THE GIFT OF SOCKS

Early Tuesday afternoon, March 22nd, I delivered all of the wonderful socks to Trinity Center. It took 2 young men to unload them from the trunk of my car. Both of the young men told me how appreciative their clients were going to be for your generosity. My deepest thanks to all of you.

MEMORIAL PLANNING WORKSHOP

On Sunday, April 10th at 11:30 I will be holding a short workshop on filling out the memorial planning worksheet. If you have questions or concerns about filling out the form, please come and bring your questions. We will be meeting in the conference room in Jackson Hall.

ATTENTION KAISER MEMBERS IN THE DIABLO SERVICE AREA

Kaiser is now partnering with leading companies to offer services for Senior Advantage or Medicare members in the Diablo Service Area. These services do cost but Kaiser members will get these services at a discounted rate. Kaiser Permanente is committed to helping each of us live safely and independently. These new service include:

- Ride Plus, a service giving rides to medical appointments: (866) 883-8593
- Comfort Keepers, In-home care giving: (925) 201-6395
- Life Station Medical Alert systems: (866) 880-6198
- Mom's Meals Nourish Care: (866) 224-9483

LENTEN PROGRAM: NEXT STEPS

This year's Lenten Program was unusual and successful in several different ways. The topic, **Delving into "The Other": What We Need to Know About Islam and the Middle East**, was unusual, in that it wasn't Christian. It was, however, timely because of all that is going on in the Middle East and the ways in which our Muslim neighbors have of late been portrayed as "the Other". It was also unusual in terms of the high attendance. We started with about 28 the first week and grew each week until we peaked with 44 on the last night. Attendees were both members of St. Anselm's and visitors. As Avon Wilson, who headed up the series, pointed out, the success was due not only to the hard work of the Christian Formation Commission, but to the openness and receptivity of our St. Anselm's community.

On the last night we had five Muslims as guests for supper and as panelists to answer our questions. Three women and two men, they were all professionals: including a pediatrician, a political science professor, a scientist who had worked on the Hubble telescope. They were friendly and open in answering questions, some of which were tough. There was an atmosphere of love and acceptance created. We received e-mails from several of them afterwards, thanking us for both our warm welcome and our tough questions.

In the course of the evening, the three women panelists mentioned belonging to women's interfaith circles. Those are groups of women, Christian, Jewish, and Muslim, that meet once a month. Four of us from the Christian Formation Commission, Avon, Gail, Katie, and I, expressed an interest in joining a circle. If any other of you St. Anselm's women would be interested, please let me know.

The women also suggested some follow-up get-togethers for coffee. Men would be welcome to those, so please let me know, any of you who would be interested.

My e-mail is: annechalfantbrown@gmail.com. Cell phone #: 925-788-0664

Given the continued ISIS violence and the continued anti-Muslim political rhetoric, we, on the Christian Formation Commission, believe that it is important to stay engaged.

Anne Brown

• * * *

Excerpts from Thank-you e-mails:

Maram Bata: "I want to thank you, the event committee, Rev. John and all the attendees for the hospitality and the open heart you welcomed us with! I really felt it was the most neighborly 'love your Muslim neighbor' event I was part of!I loved that the questions were tough and people felt comfortable enough to ask them. Love and peace."

Maimoona Ahmed: "I share Maram's thoughts. Last night's program was wonderful in every regard. With prayers for divine blessings on your Lenten season."

Lubna Hassanain: "Thank you for having us. I am blessed to live among such wonderful, caring and open-hearted people.....The soup was delicious as were the desserts."

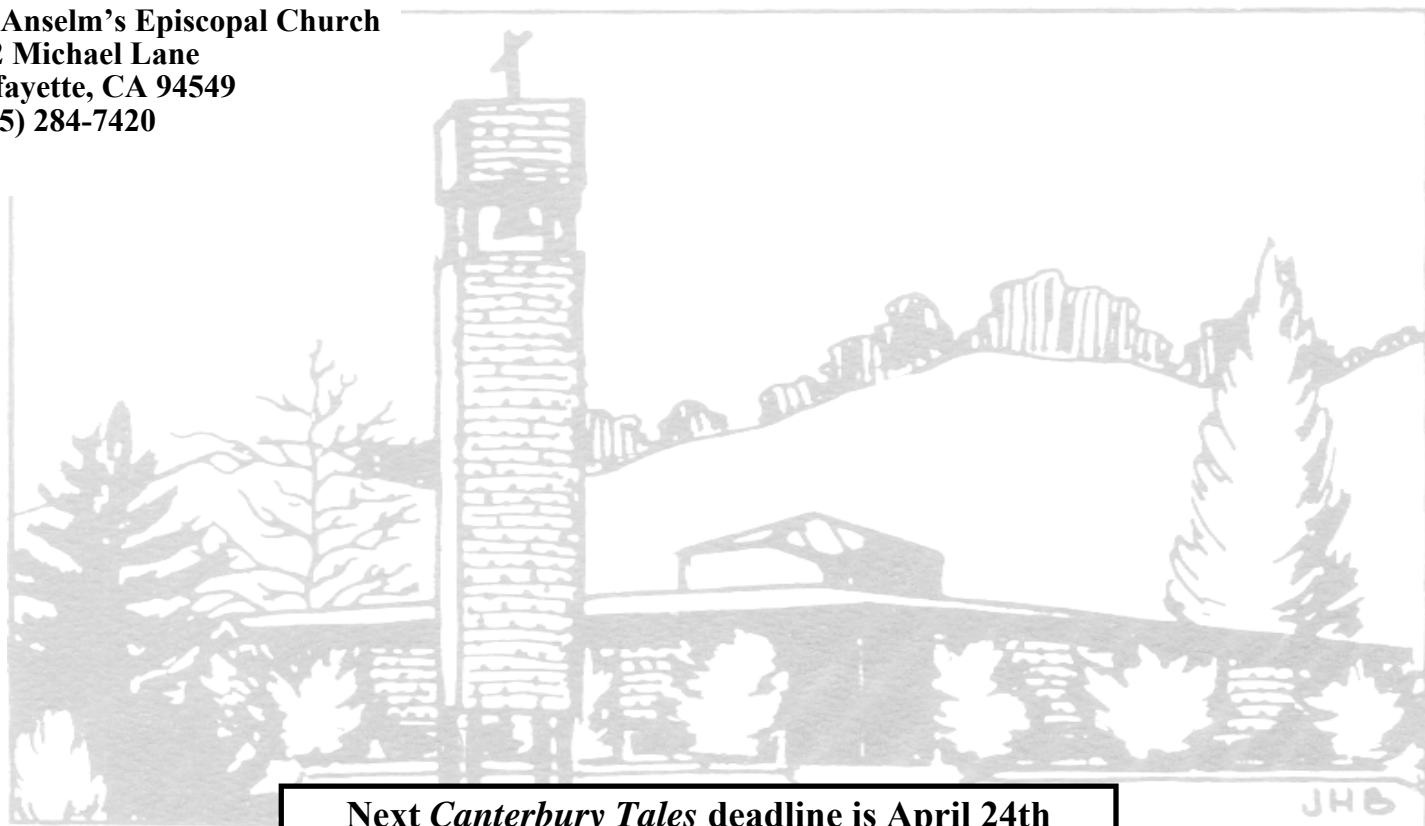
Amer Araim: "Greetings of Peace,Since I came to the Bay Area in 2001, I have spoken to audiences in many congregations, and the meeting in your church was among the best. Please accept my warmest regards."

Upcoming Events in April

1	Fri	10:00 a.m.	Stephen Ministry Meeting
3	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
4	Mon	11:00 a.m.	Contemporary Bible Study
5	Tue	12:15 p.m.	Grief Support Group
		7:00 p.m.	Oil Series
6	Wed	9:30 a.m.	Hatha Yoga
		7:00 p.m.	Vestry Meeting
9	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
10	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Memorial Planning Workshop
11	Mon	11:00 a.m.	Contemporary Bible Study
12	Tue	7:00 p.m.	Oil Series
13	Wed	9:30 a.m.	Hatha Yoga
15-17	F-S		Women's Retreat at San Damiano Retreat Center
16	Sat	9:00 a.m.	Work Party
		9:00 a.m.	Choir Rehearsal
17	Sun	9:00 a.m.	Choir Rehearsal
18	Mon	11:00 a.m.	Contemporary Bible Study
		5:30 p.m.	Harvest Festival Committee Meeting
19	Tue	7:00 p.m.	Oil Series
20	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
23	Sat	9:00 a.m.	Choir Rehearsal
24	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
			Canterbury Tales Deadline
25	Mon	11:00 a.m.	Contemporary Bible Study
26	Tue	7:00 p.m.	Oil Series
27	Wed	9:30 a.m.	Hatha Yoga
30	Sat	9:00 a.m.	Choir Rehearsal



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



Next *Canterbury Tales* deadline is April 24th

SMILES FROM THE BIBLE:

- Q. What do they call pastors in Germany?
R. German Shepherds.
- Q. What excuse did Adam give to his children as to why he no longer lived in Eden?
R. Your mother ate us out of house and home.
- Q. Which Bible character had no parents?
R. Joshua, son of Nun.
- Q. Why didn't they play cards on the Ark?
R. Because Noah was standing on the deck.
- Q. Who was the greatest female financier in the Bible?
R. Pharaoh's daughter. She went down to the bank of the Nile and drew out a substantial prophet.
- Q. Who was the greatest comedian in the Bible?
R. Samson. He brought the house down.

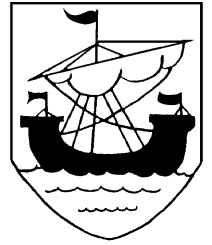
JACKSON HALL REMINDERS

Attention Church groups using Jackson Hall – please remember to clean up after yourselves. Ensure all lights are off (indoors and out), doors are closed and locked, the thermostat is reset to “Program On” and, if you’ve used any dishes/glasses please wash and put them away.

Don't leave them for someone else to deal with. Thank you!

Canterbury Tales

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



May 2016

From The Rector

Falling Through The Cracks

In his article "Building Greener Ships To Keep The Seas From Rising" on December 8, 2015, Henry Fountain documented the effort to use liquefied natural gas (LNG) in container ships. LNG can reduce carbon dioxide emissions by 15-20 percent compared with the fuel that is being used now.

What is being used now is a tarlike substance that is terribly harmful to the environment. It has been an unresolvable dilemma for environmentalists who met in Paris, and continue to seek ways to limit greenhouse gases. Why? Because these ships operate in international waters, beyond the purview of laws.

Fountain notes that while the current carbon dioxide emission levels of container ships are relatively small, (estimated at 2.6% of the global total in 2012), that figure is estimated to grow to one sixth of the world's total emissions in 2050 if something is not changed.

Last night we finished our series on Oil and the Middle East. The efforts of the Christian Formation Commission- Avon Wilson, Katie McGovern, and most notably Gail Clarke- raised our awareness of the history of our dependence on oil, and laid the groundwork for further study. Participation was fantastic- AFTER the Lenten series, the five part Oil series had at least twenty attendees per session.

Since there appears to be a thirst for exploring this and other issues, the Christian Formation Commission will be meeting to consider how we can meet this need.

Stay tuned...

John+

Anselm's Angels

*Now every field is clothed with grass,
and every tree with leaves; now the
woods put forth their blossoms, and the
year assumes its gay attire. ~Virgil*

Thanks to all who came out for our first Work Party of 2016! **Walter Blount, Art Clarke, Norm Gorsuch, Michael Hollinger, Doug Merrill, Roy Merrill, Gordon Repp, John Sutton, Al Swimmer, George Wasson and David Watson.** And to **Sara Swimmer** for providing lunch!

Thanks to all who helped during the recent kitchen clean-up day: **Roseanna Conlon, Sheila Gorsuch, Sara Nelson, Jill Schon, Marty Watson and Avon Wilson!**

HAPPY 
MOTHER'S
Day! 

Tools of Hope Sunday May 1st



Ahmad Syarif, a member of the Tolong Menolong Fishers Group, and his son look to a brighter future.
Indonesia, Paul Jeffrey/ACT Alliance

CWS Tools

Empowering families. Strengthening communities.

Contributions to CWS Tools mean Church World Service will be ready to help people around the world gain the resources and develop the skills necessary to sustain themselves and their families and to build viable communities.

Ahmad Syarif, a member of the Tolong Menolong Fishers Group in the Nias Island village of Olora, Indonesia, today fishes with one of several boats provided with the help of Church World Service. From fishing cooperatives in Nias to farming co-ops and training for 12 agricultural communities in northwest Haiti, CWS reaches out to those who have nothing to "fall back on," equipping them not only with solutions, but with resilience.



BP 1439b

cwsglobal.org

P.O. Box 968 Elkhart, IN 46515 800-297-1516

MAY DAY BAKE AND PLANT SALE!

- Sunday, May 1st
- Jackson Hall,
- 9 AM onward.

Come and purchase freshly baked goodies and spring plants for your garden. Pyzanky decorated eggs will also be available.

Christian Formation is arranging the sale to support activities of the Commission, especially scholarships for the Women's Retreat.



BAKE SALE



8 O'CLOCKERS – HEADS UP!!

We are in desperate need for Lay Eucharist Ministers and Lectors for the 8:00 a.m. service. If you are able and willing to serve in this important and meaningful ministry please contact Judy Peak or Fr. John.

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

Editor:
Carol J. Fontana

Sunday Services:

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

St. Anselm's Staff

The Rev. John Sutton, Rector
The Rev. Naomi Chamberlain-Harris, Deacon
Carol Fontana, Office Manager

The Senior Warden

As most of you know, the Vestry voted last month to conduct a capital campaign to replace the roof and skylight in the sanctuary. And for those of us who regularly occupy the pews to the left of the main entrance to the church and have directly felt the raindrops, this is great news! All joking aside, the funds raised in this campaign will help to meet the immediate need we have to complete this work this summer before the next rainy season is upon us. Additionally, since the Property Commission has addressed two other significant maintenance projects in the past year, funds raised for this specific purpose will decrease the amount we might need to finance. In today's market, roof replacement is not an inexpensive maintenance item. Combining that with our desire to replace the skylight and preserve the natural lighting above the altar, the estimated cost for this project is at least \$130,000.

Therefore, in mid-April we sent out a letter asking for your support. I am pleased to report back to you that within the first 10 days we have already received pledges totaling more than \$28,000! I am overwhelmed by this immediate response and the continued generosity of the St. Anselm's family.

On behalf of the Vestry, a huge thank you to all who have contributed funds to this project already, and to those of you who are still considering a contribution. I would also like to acknowledge Jim Morrison for taking on the initial work to contact various professionals to determine the scope and obtain preliminary cost estimate for this project. We are truly grateful for the continued support of the St. Anselm's community.

Cathy Witkay

MICHAEL LANE PRESCHOOL

It is hard to believe that the school year is almost finished! We have been very busy the last few weeks. We have had several class visitors; a dentist, police officer and firefighters! They all have come to us as representatives of real life "good guys" as we finished up our discussion of good and bad guys, a common theme among preschool children.



We also have been reflecting on our past lives as "babies" bringing in pictures of ourselves when we were babies and discussing all the things we can now do that we previously could not. This discussion came about as one of the children recently became a big brother.

The last six Mondays we have been very fortunate as Martha Harris has come to the class and offered sessions on Mindfulness. The children have practiced sitting in their "mindful" bodies and practiced concentrating on their breathing. The hope is that they can implement some breathing techniques to calm themselves when needed.



On a personal note, I would like to thank the congregation for putting my husband on the Prayer Chain when he was in the hospital last week. After quite a scary time he has recovered very nicely and I feel so very fortunate.

Kim Olson



Environmental Series

St. Anselm's Receives Award from Interfaith Power and Light

Interfaith Power and Light (IPL) is a nation-wide organization composed of communities of all faiths. Each year IPL sponsors a Cool Congregations Challenge to recognize congregations that are becoming energy efficient and are sustainable role models in their communities. St. Anselm's has entered the last two years, with this year's entry earning a runner up award in the Community Inspiration Category. The award recognized our 10-year effort to inspire congregants to save energy and water at home and in our church and to help people within our community adapt to and cope with climate change. Our entry covered three areas.

Energy Savings and CO2 Abatement

In 2007 our members financed the installation of roof-top solar panels on the church's parish hall. We were the first church in the Episcopal Diocese of California (Diocese) to do so. Since then our panels have generated over 100,000 kilowatt-hours of electricity, saved \$30,000 on our electric bill, and reduced the environment's CO2 loading by 25 tons. All along we've extolled our system's results to parishioners to encourage them to install panels on their own homes. As of December 2015, five parishioners had installed solar panels. One of our families oversized its panels to supply all household electric needs and charge its two electric vehicles.

Water Savings

In 2013 we tracked St. Anselm's water consumption by property sector and used that information to institute a water-reduction program. Since the program's inception in 2014, we've saved 446,000 gallons and reduced our water bill by \$1,900. Our water-flow savings (52% in both 2014 and 2015) easily topped EBMUD's mandatory restrictions (20% vs. 2013 consumption). We've also let parishioners know that similar great results could be obtained in their homes, using the techniques described by our environmental articles in [Canterbury Tales](#) and "Water Tips of the Month." Nine families that responded to our request for home-use water data reported their water consumption in 2015 was 54% less than in 2013, far exceeding EBMUD's 20% requirement.

Environmental Articles

Starting in May 2014 we began writing a series of environmental articles in our monthly newsletter, [Canterbury Tales](#). The articles (20 and counting) are subsequently posted on our website and many have been linked to and published on the Diocese's weekly e-letter, [Diobytes](#). Our intent is to raise awareness of environmental issues and their effects on us, to describe what we might do to help and what others are doing. Our major topics are water, energy, climate change, and recycling. We offer tips about resource conservation, discuss the effects of policy, describe upcoming technology, and more. The website articles were viewed over 1,400 times in 2015. We believe they've inspired our members and those outside St. Anselm's to participate in environmental action. We don't claim our communications were entirely responsible for their actions but we hope they have influenced them.

We thank those many parishioners who have contributed their time, effort, and money to make these projects succeed. Our efforts continue. The environmental crisis is far from over. We are encouraged by the increased awareness, energy, and activism of the environmental community throughout the world. Let's keep rolling.

Doug Merrill, John Powers, and John Sutton

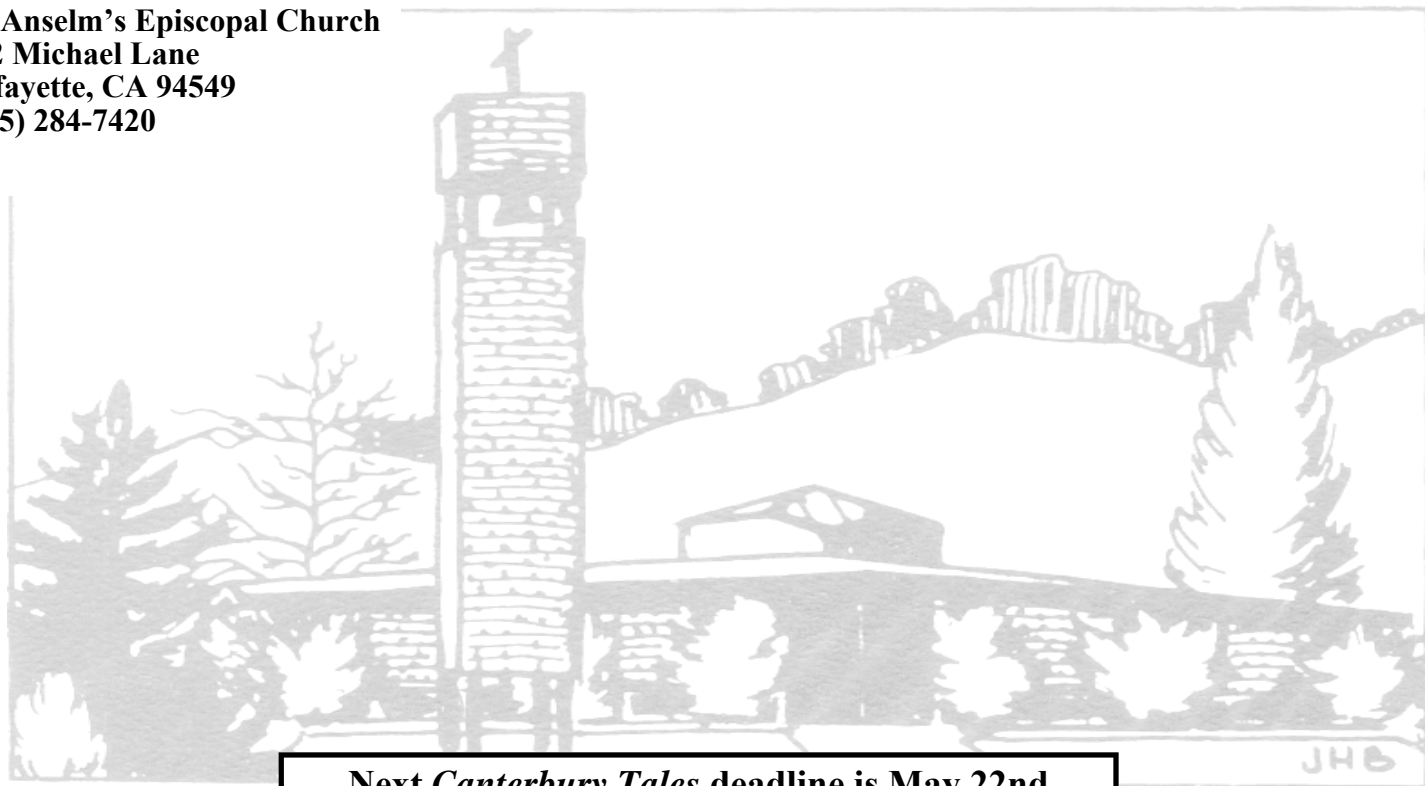


Upcoming Events in May

1	Sun		TOOLS OF HOPE SUNDAY
		9:15 a.m.	WOMEN'S RETREAT BAKE & PLANT SALE
		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
		2:30 p.m.	Hatha Yoga
8	Sun		Roof/Skylight Committee Meeting
		10:00 a.m.	Mother's Day
9	Mon	11:00 a.m.	Acolyte Recognition
11	Wed	9:30 a.m.	Contemporary Bible Study
14	Sat	9:00 a.m.	Hatha Yoga
		6:00 p.m.	Choir Rehearsal
15	Sun		Bridge Group
		9:00 a.m.	PENTECOST SUNDAY
16	Mon	11:00 a.m.	Choir Rehearsal
		7:00 p.m.	Contemporary Bible Study
18	Wed	9:30 a.m.	Vestry Meeting
		2:30 p.m.	Hatha Yoga
21	Sat	9:00 a.m.	Property Commission Meeting
22	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Choir Rehearsal
			Inquirer's Group
23	Mon	11:00 a.m.	Canterbury Tales Deadline
25	Wed	9:30 a.m.	Contemporary Bible Study
		12:15 p.m.	Hatha Yoga
28	Sat	9:00 a.m.	Michael Lane Preschool Board Meeting
29	Sun	9:00 a.m.	Choir Rehearsal
30	Mon		Choir Rehearsal
		11:00 a.m.	MEMORIAL DAY—The Church office will be closed
			Contemporary Bible Study



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

7 LESSOR KNOWS FACTS ABOUT MEMORIAL DAY

1. It was originally called Decoration Day

To honor the deceased, soldiers would decorate graves of their fallen comrades with flowers, flags and wreaths. The holiday wouldn't legally become Memorial Day until 1967.

2. It wasn't always celebrated on the last Monday of May

After the Civil War, General John A. Logan, commander in chief of the Grand Army of the Republic, called for a holiday commemorating fallen soldiers to be observed every May 30. But due to the Uniform Monday Holiday Act, which took effect in 1971, Memorial Day was moved to the last Monday of May.

3. It's legally required to observe a National Moment of Remembrance

In December 2000, Congress passed a law requiring Americans to pause at 3 p.m. local time on Memorial Day to remember and honor the fallen.

4. James A. Garfield delivered a speech at the first Memorial Day ceremony

On May 30, 1868, while still a general in the Army, he addressed the several thousand people gathered at Arlington National Cemetery. "If silence is ever golden it must be beside the graves of 15,000 men, whose lives were more significant than speech, and whose death was a poem the music of which can never be sung."

5. Several states observe Confederate Memorial Day

In addition to the national holiday, nine states officially set aside a day to honor those who died fighting for the Confederacy in the Civil War: Texas, South Carolina, North Carolina, Alabama, Virginia, Louisiana, Mississippi, Tennessee and Georgia.

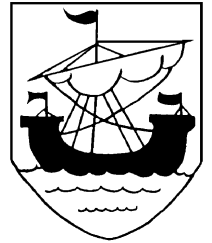
6. Waterloo, New York is considered the birthplace of Memorial Day

According to the town's website, in 1966 Congress unanimously passed a resolution to officially recognize Waterloo as the birthplace of the holiday. However, it remains a contentious debate, with other towns, like Boalsburg, Pa., claiming the title of "Birthplace of Memorial Day" as well.

7. More than 36 million people will travel at least 50 miles from home this Memorial Day

At least, according to AAA estimates.

Canterbury Tales



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

June 2016

From The Rector

Pentecostal Reflection

As is the case so many times when I write this article, this morning I was looking for inspiration. I thought of the recent celebration of Pentecost: maybe I should write about that. For some reason, that had nothing to do with that thought, a feeling of peace came over me, and it was palpable. It wasn't anything like what happened on the day of Pentecost. It was very private, and I experienced it alone.

My 'holy' experiences are often like that: for some reason something shifts and I am touched by a feeling that I can't explain. I think a very big part of building a spiritual life is building the intervals into one's daily life where those experiences can get in. The busier we are, the less room there is for those messages to get in. And even if we slow down what we are 'doing' a busy mind can bar the door just as effectively.

THEN, a song came on that I absolutely love- "So Quiet In Here" by Van Morrison. It speaks to this dynamic with great beauty and depth:

Big ships out in the night
And we're floating across the waves
Sailing for some other shore
Where we can be what we wanna be
Oh this must be what paradise is like
This must be what paradise is like
Baby it's so quiet in here, so peaceful in here
So quiet in here, so peaceful in here
So quiet in here, so peaceful in here
So quiet in here, you can hear, it's so quiet.

I imagine you might be smiling, because you have known that quiet and that peace.

As we head into summer, many of us will have the opportunity in vacations to get out of our daily routines. In new environments it is often easy to experience the holy as we are more open.

But the great promise of the Holy Spirit is that it is reaching out to us constantly, and wherever we are, whatever we are doing, we can experience the quiet and peace that Van Morrison sings about.

John+

P.S. If you have a spare four minutes, Google "The Present" and watch the animated film. I found it very touching.

Anselm's Angels

What good is the warmth of
summer, without the cold of
winter to give it sweetness.

~John Steinbeck

Thanks to all who helped make the Women's Retreat Bake/Plant Sale a great success: Bakers, plant growers, and general laborers **Zoe Hekmaty, Anne Brown, Avon Wilson, Gail Clarke** (Yeah, colored eggs!), **Marian Mulkey, Anne Ward** (plants!), **Vicki Pappas, John Sutton, Art Clarke, and Katie McGovern**. And to all who generously supported this event by purchasing goodies. It was great fun and we raised over \$700!

Our **TOOLS OF HOPE** collection raised \$450 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 the gentlemen who provided coffee, goodies and Mimosa's: **Jim Morrison, John Powers, Peter Grace, Gerry Starr and John Sutton**.

ENVIRONMENTAL SERIES

Easier Than You Might Think

For the past two years in this column, Doug and I have mixed articles on environmental issues with practical tips on saving energy and water. The results have been terrific – others in the parish have described their successes in saving water and reducing their carbon footprints.

But what if you're not the "do it yourself" type? What if there was some service that would help you by changing those out-of-reach lightbulbs for you? What if someone would come to your home and install that low-flow shower-head? And what if it was all FREE?

While it may sound too good to be true, such a service exists right here in our neighborhood, and it is indeed free (or more correctly, you've already paid for it as part of your PG&E bill). Rising Sun Energy Center employs local youth (ages 15-22) each summer to make Green House Calls on PG&E customers in many communities (including Lafayette and Walnut Creek). When you schedule a Green House Call (see below), two trained youth energy specialists will come to your home, install compact fluorescent and/or LED light bulbs, install low-flow faucets, and provide personalized recommendations for even more savings.

My son Evan was a youth energy specialist with some of his friends last summer, and enjoyed the experience very much. He met some interesting characters and always had good stories about his interactions at the homes he visited. This organization has already made over 33,000 Green House Calls in 20 Bay Area communities, installed over 275,000 free high-efficiency light bulbs, helped their customers reduce CO2 emissions by over 100,000 tons, and trained over 1,300 local youth in important job skills.

To find out more about Rising Sun Energy, go here:
www.risingsunenergy.org

To schedule a Green House Call, call 510-665-1501 extension 5, or go here:
<http://risingsunenergy.org/green-house-call-form/>

John Powers



WORK PARTY

Our next Work Party will be held on Saturday, June 4th. Please mark your calendars. As usual, lunch will be served.

No August Canterbury Tales

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

The deadline for submission of articles and notices for that issue will be June 26th.

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

Editor:
 Carol J. Fontana

Sunday Services:

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

St. Anselm's Staff

The Rev. John Sutton, Rector
 The Rev. Naomi Chamberlain-Harris, Deacon
 Carol Fontana, Office Manager

MICHAEL LANE PRESCHOOL

This time of year always brings mixed emotions. On the one hand, teachers and families alike are looking forward to summer, a time when the rigors of regular life can be a bit more relaxed. But the downside, for families, is a lot of unstructured time with your children, and figuring out how to fill it up somehow, without becoming too busy. The staff at Michael Lane Preschool (MLP) has another problem: how to say goodbye to many of our children and families, some who have been with us for many years, such as the Dean family who has sent five children to Michael Lane! It is a bittersweet time. But move on we must.

We have been busy, as usual, at school. Our most interesting project of late is the "Robot project". Recently some of the children began playing a transformer/robot game together. I believe that the impetus of the game is from a TV show. As much as I resent the invasion of media in our young children's lives, this game presented an awesome opportunity to research robots. We first introduced the idea when Yumi Chiba and her husband Shige came to MLP to celebrate Children's Day, a big holiday in Japan. They shared with us that robots are a big part of life in Japan. I then brought in books on robots from the library. We did some research and the kids brain-stormed about robots. Next step was to take apart small appliances, a great opportunity for cooperative work, language, and fine motor practice. We are now using the "innards" from the appliances to create our robot. The children gave Rebecca and Peg instructions on where to place the various items we have from our appliance deconstruction. Check it out below, s/he is pretty impressive.



An Unexpected Bonus at the Women's Retreat

From April 15 – 17, about a dozen of St. Anselm's Women joined together for their annual springtime Women's Retreat at beautiful San Damiano Retreat Center in Danville. As usual, we had meaningful conversation and sharing, this time about "Seeing God in the Women We Respect and Love". This was balanced by our lively evening "Happy Hours", and opportunities to explore the bounteous natural beauty that surrounds San Damiano. But wait! There's more!

Franciscan Brother Mike Minton, the director at San Damiano, led the Saturday morning prayer service, which several of our participants attended. His remarks were about "The Many Names for God". The main prayer was one that St. Francis had created after he returned from his meeting with Sultan Malik al-Kamil in Egypt and clearly showed some Muslim influence, because it contained many ways for describing God. He said that he doesn't usually say all this, but he intuited that we were a group that would be receptive.

After the service a couple of us went up to Brother Mike, told him that he had intuited correctly, and shared about our Lenten series. Later, he showed up at our morning session, and asked us if we would be interested in learning more about Muslim prayer practices. Several of us jumped at that opportunity.

He returned after our morning sharing time and led us in a typical Muslim prayer activity, preceded by an explanation of the practical and pragmatic reasons why Muslims pray like they do.

1. Muslims stand, kneel, and prostrate themselves when they pray because tradition says that is the way the Prophet Muhammad did his prayers. He is the role model.
2. Shoes are removed before going into a mosque because who knows what that footwear has trampled through, and does anyone really want to put their face down where those shoes have been?
3. Prayer rugs are used for the same reason; it puts a clean surface between the person who is praying and the ground.
4. Women usually pray behind men because it helps maintain modesty when one is kneeling or prostrating oneself. Think about some of the positions one assumes during prayer, and it makes complete sense!
5. It is completely permissible to sit and stand while praying if your knees can't handle kneeling. (In fact, several of us used chairs during the prayer exercise)

After we finished the prayers, Brother Mike was very willing to answer questions, and we definitely peppered him with them! We would have kept him twice as long as we did, but were held to a time limit because he had to attend another meeting.

San Damiano has taken a very active role in reaching out and supporting the local Muslim community. Currently, the center is sponsoring five male Middle East refugees, who are living on site. It is actively partnering with the Jewish Welfare Federation to sponsor other Muslim refugee families as well. The center presents interfaith programs that are open to all.

Finally, Brother Mike has offered us the opportunity of going with him to a mosque for one of its Friday early afternoon prayer services. The service is at 1:00, and those wanting to attend should show up at San Damiano at 11:30 in order to get a ride with, or caravan behind, Brother Mike. Several members of the group indicated that they would like to do this, and are planning to go with Brother Mike sometime in June. If this would interest you, please contact Anne Brown for more information. You can talk to Anne at Coffee Hour or contact her at annechalfantbrown@gmail.com.

Gail Clarke & Anne Brown

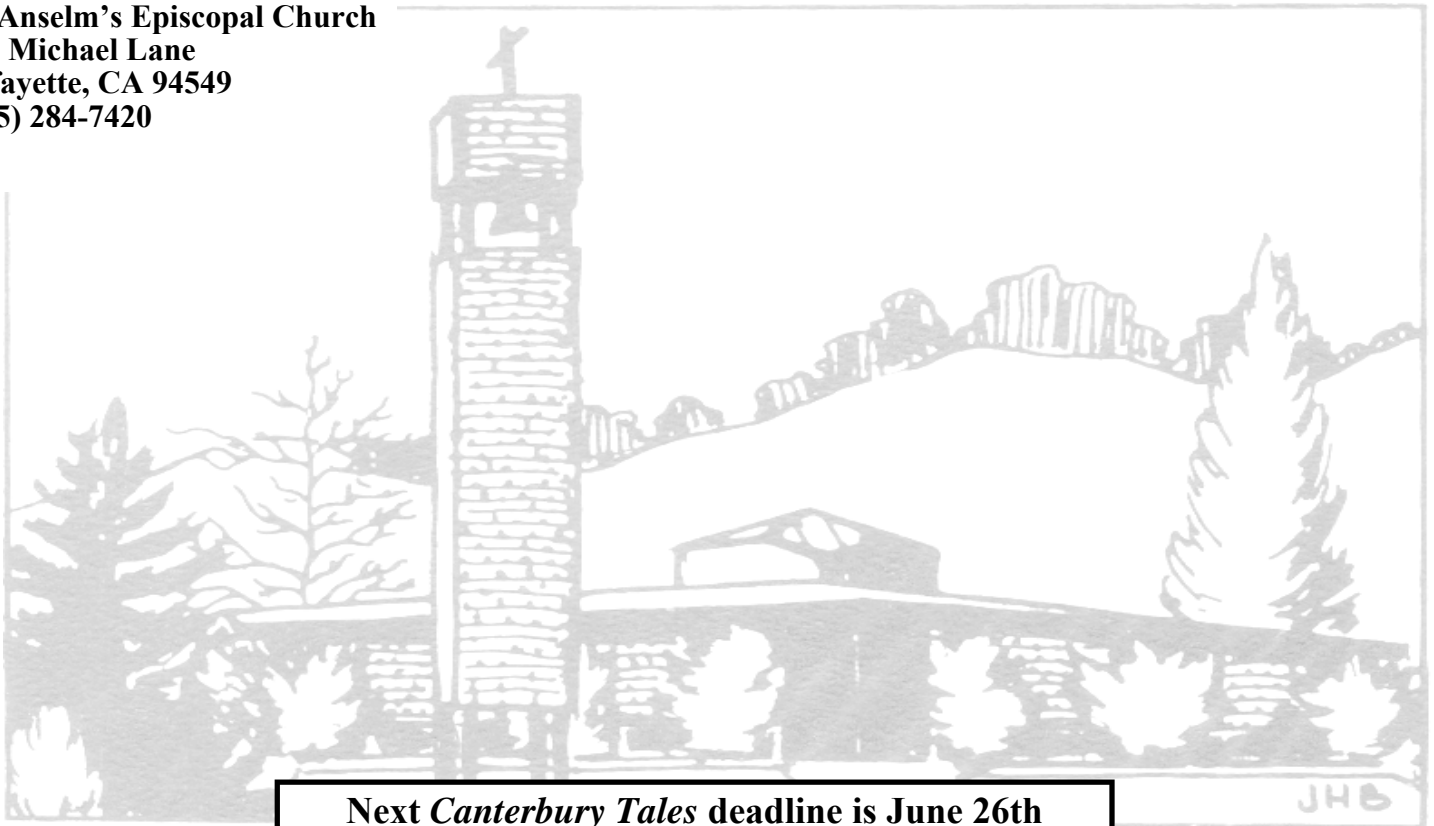
Upcoming Events in June

1	Wed	9:30 a.m.	Hatha Yoga
3	Fri	10:00 a.m.	Stephen Ministry Meeting
4	Sat	9:00 a.m.	Choir Rehearsal
			WORK PARTY
5	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
6	Mon	11:00 a.m.	Contemporary Bible Study
7	Tue	12:15 p.m.	Grief Support Group
8	Wed	9:30 a.m.	Hatha Yoga
11	Sat	9:00 a.m.	Choir Rehearsal
12	Sun	9:00 a.m.	Choir Rehearsal
13	Mon	11:00 a.m.	Contemporary Bible Study
15	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
16	Thu	5:30 p.m.	Harvest Festival Planning Committee Meeting
18	Sat	9:00 a.m.	Choir Rehearsal
19	Sun		FATHER'S DAY
		9:00 a.m.	Choir Rehearsal
20	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
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
			Canterbury Tales Deadline
27	Mon	11:00 am.	Contemporary Bible Study
29	Wed	9:30 a.m.	Hatha Yoga



Happy Father's Day!

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



Next *Canterbury Tales* deadline is June 26th

AND FINALLY....

A Minnesota couple decided to vacation to Florida during the winter. They planned to stay at the very same hotel where they spent their honeymoon 20 years earlier. Because of hectic schedules, it was difficult to coordinate their travel schedules. So, the husband left Minnesota and flew to Florida on Thursday. His wife would fly down the following day.

The husband checked into the hotel. There was a computer in his room, so he decided to send an e-mail to his wife. However, he accidentally left out one letter in her e-mail address, and without realizing his error, he sent the e-mail.

Meanwhile.....somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister of many years who was called home to glory following a sudden heart attack. The widow decided to check her e-mail, expecting messages from relatives and friends. After reading the first message, she fainted.

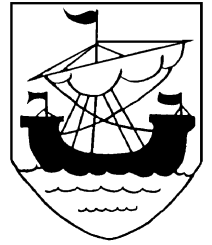
The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife
Subject: I've Arrived
Date: 16 May 2003

I know you're surprised to hear from me. They have computers here now and you are allowed to send e-mails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is not as uneventful as mine was.

P.S. Sure is hot down here!

Canterbury Tales



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

July / August, 2016

From The Rector

Why?

I write this roughly a week after the worst gun-related massacre in American history. Early on the morning of June 10th, Omar Mateen killed 49 people and injured 53 at The Pulse, a gay nightclub in Orlando, Florida.

Maybe more will be known about the shooter and his motives by the time you are reading this. But right now, the overwhelming question that has yet to be answered is 'Why?' Some say it was a hate crime. Some say it was a terrorist act. Many say it was both.

Kevin Sullivan and William Wan wrote an article in The Washington Post that came out on June 17th. The article chronicled Mateen's upbringing, and sought to uncover his motives.

Clearly, from early childhood, this was a kid who was bullied and disturbed. He was a worshipping Muslim, but there was no history of radicalism. He made statements of connection to known terrorists, but many believed these were statements more of bravado than of fact. He told police during the shootings that his act was on behalf of ISIS, but no connection has been found between him and the group.

He was married twice, had a child, but many felt that he was a closeted gay. Days before the shooting, he witnessed two men kissing, and expressed outrage to his father that they would do so in front of his young son. And he was known to frequent The Pulse.

Perhaps we will never know for sure why Mateen decided to do what he did. But we do know that he was disturbed. And like others before him, we know that one disturbed person with an automatic weapon can murder a lot of people.

Three and a half years ago, another disturbed young man, Adam Lanza took the lives of twenty children and six staff members at Sandy Hook Elementary School in Connecticut. As we reeled with trying to deal with children being murdered in school, Wayne LaPierre, Director of the NRA announced that the NRA would have a proposal to forward in light of the tragedy. I remember hoping at the time that the NRA might recognize in the unthinkable that things had gone too far, that something must be done to limit access to automatic weapons. I, like many, were crestfallen when LaPierre's 'solution' was to arm teachers in the classroom.

Some things your parents tell you when you are a kid stick. My dad was a Superior Court judge, a Reagan-appointee. One day at dinner I remember him saying that he supported some form of gun control. He told us that he had seen too many fender-benders, both as a judge, and while in the District Attorney's office, that had turned into homicides.

(Continued on page 3)

Anselm's Angels

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

Our Angels didn't share in Mr. Dent's belief as many came out to participate in our summer Work Party: Many thanks to: **Walter Blount, Norm Gorsuch, Michael Hollinger, Doug Merrill, Roy Merrill, Gordon Repp, Dick Orear, John Sutton, Al Swimmer, Sara Swimmer and George Was-son.**

Many, many thanks to **David Watson**, our unsung maintenance hero, who spent several days taming the overgrown bank behind Jackson Hall!

Many thanks to **Sheila Gorsuch** who is stepping down as Chair of the Parish Life Commission after many years of dedication and oversight.

Thanks go to **Sara Nelson** who has taken on the role of Parish Life Chair and Coffee Host coordinator/scheduler.

LENTEN SERIES FOLLOW-UP

At the end of the evening in which we'd had the Muslim panelists, some of the women on the Christian Formation Commission, along with two of the women panelists expressed an interest in staying in touch. Because of our busy lives that didn't happen.

Then a couple of weeks ago, we got an invitation to attend a Ramadan Iftar (break-the-fast-meal) at the home of Maram, one of our panelists. We were also invited to fast that day. I was the only one of our group able to attend. There were about 30 women present. We sat in a circle, introduced ourselves and said our faith. The majority were Christian, mostly from LOPC. There were two Jewish women from Temple Isaiah, one Bah'ai, and the rest were Muslim. We spoke of the tragic shooting in Orlando, which had happened just two days before, and prayed for the victims. We also spoke about the memorial service for Muhammed Ali, agreeing how powerful it had been because it was an interfaith event.

After explaining about the origins and meaning of Ramadan, Maram asked for a show of hands on how many of us non-Muslims had fasted. I had done what Maimoona, also one of our panelists, called a 99%. I hadn't made it up in time for the recommended high protein meal before dawn (4:15 am). I did manage a meal before sunrise (5:45 am). I did drink water all day. Otherwise, I fasted, including from caffeine.

By then the sun was starting to set. According to Muslim custom, we each broke the fast by having one date, with water for the 100%-ers. Then we had more prayers and some soup. Then the Muslims had a prayer service with bowing and prayers in Arabic. All non-Muslims were invited to join or to watch. I watched.

After the prayer service, which only lasted about 10 minutes, we feasted - a huge and delicious potluck. We just talked and shared, no formal circle. The whole experience was very warm and connecting. I was very glad that I went.

Two future opportunities for connection:

1. Maimoona's husband, Dr. Nazeer Ahmed, and Brother Mike from San Damiano are going to lead a day-long retreat on July 31st, from 9 am—4 pm. It's title is: *Muslims and Christians - How we know ourselves by knowing others*. The cost is \$40. Information can be found on the San Damiano website: www.sandamiano.org

2. Attending a Muslim Friday service: Previously in *Canterbury Tales*, we spoke of meeting Brother Mike at the Women's Retreat and his offering to take us to a service at a local mosque. We are planning to take him up on that offer in mid-July. We will announce the dates in church and have it in the bulletin. If interested, you can e-mail me at: annechalfantbrown@gmail.com.

Anne Brown



Canterbury Tales is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA
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Editor:
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Carol Fontana, Office Manager

The Senior Warden

In the wake of the horrific massacre at the Pulse nightclub on June 12th, the St. Anselm's vestry unanimously approved displaying a rainbow banner behind our sign on Michael Lane. The banner is flying to show solidarity with our LGBT neighbors through Pride Day on June 26th.

And I couldn't be more proud of St. Anselm's.

I don't know if other Lafayette churches have taken similar action, but know other parishes in the county are flying rainbow flags and have held special services following the Orlando shooting. I am pleased we can be counted among these groups. Once again our small community of Christians has sent a message to the community at large that we are an inclusive, welcoming place. In the words of our Bishop, Marc Handley Andrus+, we "grieve, show compassion, are proud and act."

St. Anselm's is a community that embraces the Bishop's spiritual goals for humanity: forgiveness, compassion and reverence. Our 2016 Lenten program helped many in our community at large become more informed about Islam and the Middle East and helped us to forgive, become compassionate and develop a reverence for others' beliefs, especially during times of such extreme horror. As one of the panelists at the interfaith dialogue supper stated, "I can definitely say your church is one of loving, caring and totally hospitable people. Thank you so very much for letting us share something about Islam and being Muslim with you during your blessed Lenten season."

By proudly flying our rainbow banner, we continue our tradition of openness. I am so proud to be a member of St. Anselm's.

Cathy Witkay

RECTOR cont.

Two weeks ago, I went to Texas to celebrate my sister and brother-in-law's 40th anniversary. My nephew took me out to his car where he showed me the 9mm handgun he carries. (This is completely legal in Texas; no restrictions if it is your car and your gun.) I asked my niece's husband, who was with us, and also has a handgun if he carried his handgun in his car. He told me he did not, because he didn't trust himself.

I made sure to tell my nephew what his grandfather the judge had observed in his career on and off the bench.

Once again in the wake of a mass shooting, the second amendment is under scrutiny, and once again the gun lobby is on a state of alert. A matter of days *before* the shooting, a vote to prohibit handguns from being sold to suspected terrorists was defeated. Eight days *after* the shooting, similar legislation failed again.

In April 2014, retired Supreme Court justice John Paul Stevens' wrote a book "Six Amendments: How And Why We Should Change The Constitution." He addressed the second amendment and his thoughts can be found in this Washington Post article:

https://www.washingtonpost.com/opinions/the-five-extra-words-that-can-fix-the-second-amendment/2014/04/11/f8a19578-b8fa-11e3-96ae-f2c36d2b1245_story.html

At the end of the article, Stevens proposes the addition of five words that would set the interpretation of the second amendment in concert with the intent of the founding fathers. They are in italics below:

"A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms *when serving in the Militia* shall not be infringed."

There are more privately-owned guns than people in the United States. 33 people are murdered in gun violence in the United States each day. Our 'militia' is not all that well-regulated. And Mateen, Lanza and others show that our current laws, state and federal, are doing a disturbingly bad job of defending anyone's right to life, liberty and the pursuit of happiness.

John+



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

October 8th

After last year's blockbuster fundraiser with close to \$30,000 raised for Trinity Center, it's time to get going for 2016. The Annual Harvest Festival will be held on October 8th starting at 5 PM. Marty Fischer and his team are putting together an amazing list of silent and live auction items combined with games and activities to raise as much money as possible and to have a fun evening for all.

All proceeds go to Trinity Center to provide support for those in our community that have no 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:

Live & Silent Auction: You can offer up wines, antiques, collectibles, condos and timeshares, meals, gift baskets, services and other items for our congregation silent and live auctions. 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.

Matching Money: Make a pledge or cash donation now to be matched by others the evening of the event. This will help us to double your contribution and it's all tax deductible! If you are interested see either father John, Marty Fischer or John Powers!

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 John Powers or Marty Fischer.

Last year we raised close to \$30,000....let's beat that by a bunch in 2016! More on how you can help will follow in the weeks and months ahead.

Upcoming Events in July

4	Mon		FOURTH OF JULY— the Church office will be closed
6	Wed	9:30 a.m.	Hatha Yoga
8	Fri	10:00 a.m.	Stephen Ministry Luncheon at Sara Swimmer's
10	Sun	10:00 a.m.	Holy Eucharist & Baptism
		11:30 a.m.	Cancer Support Group
13	Wed	9:30 a.m.	Hatha Yoga
16	Sat	9:00 a.m.	Choir Rehearsal
17	Sun	9:00 a.m.	Choir Rehearsal
18	Mon	5:30 p.m.	Harvest Fest. Committee Meeting
20	Wed	9:30 a.m.	Hatha Yoga
23	Sat	9:00 a.m.	Choir Rehearsal
24	Sun	9:00 a.m.	Choir Rehearsal
27	Wed	9:30 a.m.	Hatha Yoga
30	Sat	9:00 a.m.	Choir Rehearsal
31	Sun	9:00 a.m.	Choir Rehearsal



Upcoming Events in August

1	Mon	11:00 a.m.	Memorial Service for George Blackmore
6	Sat	9:00 a.m.	Choir Rehearsal
7	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
10	Wed	9:30 a.m.	Hatha Yoga
13	Sat	9:00 a.m.	Choir Rehearsal
14	Sun	9:00 a.m.	Choir Rehearsal
17	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
		7:00 p.m.	Making A Difference Film Series (tentative)
20	Sat	9:00 a.m.	Choir Rehearsal
21	Sun	9:00 a.m.	Choir Rehearsal
22	Mon	7:00 p.m.	Vestry Meeting
27	Sat	9:00 a.m.	Choir Rehearsal
28	Sun	9:00 a.m.	Choir Rehearsal
			Canterbury Tales Deadline
31	Wed	9:30 a.m.	Hatha Yoga



St. Anselm's Episcopal Church
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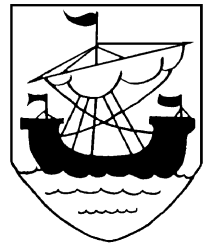
Next Canterbury Tales deadline is August 28th

LITTLE KNOWN FACTOIDS OF SUMMER:

- *The Dog Days of Summer refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major.*
 - *Mosquitoes, summer's pest, have been around for more than 30 million years.*
 - *Watermelon is summer's most popular vegetable. It is part of the cucumber, pumpkin, and squash family. The average American eats 15 pounds of watermelon a year and these juicy favorites are 92 percent water.*
 - *July is National Ice Cream Month.*
 - *People who enjoy their summers throwing a Frisbee back and forth owe their game to a pie maker named Mr. Frisbee.*
 - *August is the busiest month for travel and tourism.*
 - *In 1816, the northeastern United States experienced snow and cold weather throughout the summer. Scientists cited a volcanic eruption in Indonesia as the cause.*
 - *The frequency of a cricket's chirps fluctuates with the temperature. If you count a cricket's chirps for 15 seconds and add 37, you will have the approximate outdoor temperature (in Fahrenheit).*
 - *The Folies-Bergere theater in New York began offering air conditioning in the summer of 1911 to lure audiences in to watch films.*
-

Canterbury Tales

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



September 2016

From The Rector

Considering Buying an Electric Vehicle? The case for the Chevy Volt

Yay! My car made it to 200,000 miles! In June I celebrated this milestone by spending \$900 for new tires and new brakes for my 2003 Pontiac Vibe. Shortly thereafter, I heard a high pitched noise while in fifth gear. Took it into the shop and found that my transmission was about to go and it would cost anywhere from \$2,500 - \$4,000 to replace it...

I keep cars for a long time. For a very short time in college I had an old Volkswagen Beetle that I bought from my brother. But then my Dad handed me down his 1971 Chevy Nova when he bought a Jeep SUV. That Nova went forever- cross country four times, well over 200,000 miles before I sold it in 1986. Then I got the red Mustang convertible some of you remember. Kept that for the magic 200K miles and then got the Vibe in 2003.

I've been watching the progress of electric vehicles (EV) for quite a while. The curve of technological improvement has been steep, and I wanted to wait as long as possible before jumping in. A dying transmission curtailed that plan.

So last month I bought a 2017 Chevy Volt and I couldn't be happier! Boy, has the technology changed in the last 13 years! Besides now driving pretty much all my miles on an electric charge, I sit in a cockpit. I can brake like I always did, but with a paddle behind the steering wheel, I can use the regenerative brakes to put energy back into the batteries and extend my electric driving range.

The car has satellite radio and can be a 4G WiFi hot spot, supporting up to seven devices if you want it to. (Is that really a good idea?) When I get in the car, my iPhone automatically connects, and I can answer calls on my steering wheel. Most fun of all for geeks like me, you can monitor your driving to see how efficient you are in using your charge. The Vibe advertises 53 miles on a charge, but I have found I am able to get more like 60 by driving with efficiency in mind. By the way, you won't believe the amount of torque you get from an electric vehicle until you drive one.

Safety

- Sensors on the side of the car to notify you when there is a car in your blind spot
- Alarms that tell you if you are approaching a vehicle too quickly
- Rear camera for backing up
- Front, back and side notification when you are getting close to hitting something

(Continued on page 4)

Anselm's Angels

Deep summer is when laziness finds respectability.

~Sam Keen

There were few lazy angels at St. Anselm's this summer...

We celebrated the life of our friend, George Blackmore with the help of many hands: **Naomi Chamberlain-Harris, Pam Carey, Sara Nelson, Jill Schon, Sally Morrison, Vicki Pappas, Carol Fontana, Michael Hollinger, Roy Merrill, Gordon Repp, Norm Gorsuch, Sheila Gorsuch.**

The grounds were cleaned up with the removal of four large Monterey Pines at the northeast corner of the property. Thanks to **Doug Merrill** for coordinating the operation and to **David Watson**, our on-site liaison and overseer.

Also, thanks go to **David Watson** for completing the striping of the parking lot!

Thanks to **Judy Peak** for her many years of leadership of our Stephen Ministry program and to **Vicki Pappas** for stepping in to continue growing this community ministry.

HARVEST FESTIVAL OCT. 8th

After last year's blockbuster fundraiser with close to \$30,000 raised for Trinity Center, it's time to get into high gear for 2016. The Annual Harvest Festival will be held on October 8th starting at 5:30 PM. Marty Fischer and his team are putting together an amazing list of silent and live auction items combined with games and activities to raise as much money as possible and to have a fun evening for all.

All net proceeds go to Trinity Center to provide support for those in our community that have no roof over their heads. This year TC needs about \$50,000 to complete the funding for its Winter Shelter that has been expanded from 35 to 50 people and from 3 months to 5 months. So for every \$5 we raise it assures a homeless person one night of housing and meals. Here's how you can help in addition to attending the dinner:

Live & Silent Auction: We need items! You can offer up wines, antiques, collectibles, condos and timeshares, meals, gift baskets, services and other items for our congregation silent and live auctions. If you have such an offering, please contact John Powers or Marty Fischer.

Matching Money: Make a pledge or cash donation now to be matched by others the evening of the event. This will help us to double your contribution and it's all tax deductible! If you are interested see either Father John, Marty Fischer or John Powers!

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 John Powers or Marty Fischer.



Here Is How You Can Make The Harvest Festival Help Trinity Center And The Area Homeless

- 1) Attend the Dinner (\$40 per person).
- 2) Call Marty Fischer to discuss how you can help at the event.
- 3) Call John Powers to contribute item (s) for the silent or live auction.
- 4) If you can't attend the event but want to contribute you can mail or drop off a check to the church office made out to "St. Anselm's Church" and note on the memo line "TC Contribution".
- 5) If you want to make a special matching dollars contribution. Please contact Father John to discuss this important contribution that can double your help to Trinity Center.

Michael Lane Preschool

Michael Lane Preschool is ready to start another year with full enrollment and a waitlist! We are very proud of the reputation we have built in the community. We often get feedback from past parents on how much their children still talk about their time at Michael Lane. September 1st was our annual Family Social, our Parent Orientation is September 6th and children return to school on September 7th. All newly enrolled children will have had a home visit by me, Kim, in their homes before their first day in the classroom.

I would like to share with you a story connected to the passing (in June) of our beloved bunny Foffles. One of our alumni families has a daughter (Makena Lai) in the third grade who plays the violin. She took it upon herself to go to Berkeley and play the violin at 4th Street with a collection can to purchase our new bunny! She made \$29.95! We will be getting a new rabbit this fall.

Lastly, I want to give a huge thank you to Dick Orear and Peg Matson who constructed an amazing office for the preschool! They worked hard during the month of August and I am astounded at their creativity and resourcefulness.

Kim

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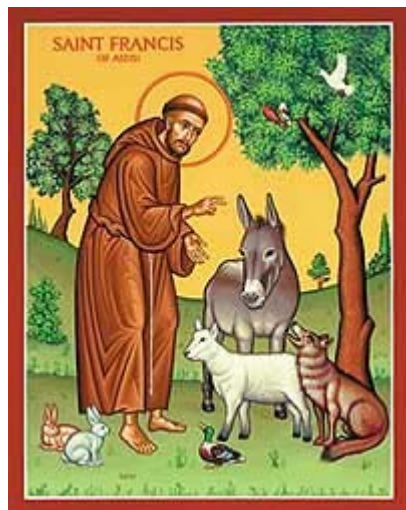
We're still a few weeks away from the official start of fall, but the season has already started for us with our youngest child's departure from the nest for her new adventures in college. We send blessings to her and all the members of our St. Anselm's family who have begun the new school year, either close by or far, far away!

And as fall begins, Marty Fischer and his committee are preparing for our biggest event of the year, the Harvest Festival which will be held on October 8th. Once again St. Anselm's will be donating all net proceeds from the Harvest Festival's live auction, silent auction, raffle and games to Walnut Creek's Trinity Center with this year's effort focusing on the Center's Evening Program which will house up to 50 people at the Walnut Creek Armory from November 12, 2016 through March 30, 2017. The Walnut Creek City Council has approved the program and will provide \$120,000 of the \$170,00 required to operate the shelter. St. Anselm's has set a goal of raising the \$50,00 shortfall.

The Harvest Festival is always a great opportunity for us to get together with each other and help support the work of a very deserving organization in our community. There are multiple ways to support our efforts – sign up and attend the event, buy raffle tickets, bid on silent and live auction items (the live auction will have an online component if you can't attend), contribute an item or service to the auction (please contact Marty Fischer for details), or make a financial contribution if you can't attend the event. Keep in mind that it takes \$200 to house one person for one month.

I am confident that the St. Anselm's community will once again step up and support this effort to address homelessness in our community. And, I'm looking forward to seeing everyone on October 8th.

Cathy Witkay



Blessing of Animals

*The annual Blessing of Animals
will be on October 2nd during
both the 8:00 a.m. and 10:00 a.m.
services.*

*All companion animals are
welcome!*

(Continued from page 1)

Rector cont.

As a result, I was happily surprised to find my annual insurance premium for my new vehicle only went up by a couple hundred dollars.

Range

This was the main reason I wanted to wait on the purchase. Chevy will be introducing the Bolt later this year. It will boast a 200 mile range per charge, and in terms of both range and affordability should be somewhat of a game changer. However, caveat emptor re: range. Chevy is conservative in their ratings of range, but even so- weather and terrain can alter that number.

I was hoping to be able to drive up to Tahoe on a single charge, and at 200 miles, a Bolt should be able to do that. But I heard the story from a friend that a 200 mile range Tesla driver had to stop a couple of times to swap batteries on the way up to Tahoe.

That is the genius of the Volt- after you deplete the battery power, you have a gas tank that holds 8.9 gallons and will get you 374 miles! You can fill up without battery power and get 42 mpg! You can drive cross country if you need to without charging your vehicle.

Cost

The Volt is pricy; not Tesla pricy, but not cheap by any means. But you do get a \$7,500 tax break from the IRS if you buy a new one. If the State of California reinstitutes funding, buyers will also get a \$1,500 rebate. There are a lot of choices out there in electric vehicles right now, and those potentially eligible for rebates in the state are listed at this website: driveclean.ca.gov. Vehicles are classified as either Plug in Hybrid Electric Vehicles (PHEV) or Battery Electric Vehicles (BEV.)

Want to get into the HOV lane by yourself? The State has distributed all the 85,000 HOV stickers it originally authorized for EVs. So it will need to authorize more for new purchasers to get that benefit.

Electricity costs money too- and I have learned the costs here. With the standard PG&E pricing of 18 cents per kilowatt hour, and a charge taking about 11 hours (to get this you need to change the setting on the Volt to allow 12 amps. The car comes with a default 8 amp setting) **the cost to fully charge the vehicle is just under \$2.00 for 60 miles of driving.** If you pay \$2.50 per gallon of gas today, that would translate to 75 miles of driving by comparison.

BUT if you put solar panels on your roof, and size for the increased load of an electric vehicle, you will get the electricity for free. Well not for free, but you will pay for that extra panel or panels you put into your array pretty quickly by the fuel you are not using daily.

Panels or not, you are not going to save a ton of money by buying a new EV right now. If you want to save money, and don't need a lot of range, where you can save money is by buying a used Nissan Leaf, or other Battery Electric Vehicle (BEV). Loads of people lease BEVs for three years because the technology is changing rapidly. Some unload them at the end of the lease because they find they need more range. Others get a new lease on the latest BEV technology. As a result, you can get a used Leaf, with low miles for something like \$13,000. These vehicles have ranges of 80 – 100 miles and use no gas. For the right commuter or the two person household, this can be a great option.

The Moral Case

Each of us produces a carbon footprint in our lifetime, and as a result contribute to global warming. We have a moral obligation, as stewards of creation to limit our own. Solar panels on our roofs, and EVs in our driveways are the most tangible ways in which most of us can live into that call.

(Continued on page 5)

It's Harvest Festival MONTH !

The Harvest Festival is scheduled for October 8th. But we have started early celebrating this great time of year when we give thanks for the many blessings of our harvest and sharing some of that bounty with those who are less fortunate. There is an insert in this Canterbury Tales addressed to all of the St. Anselm's community seeking your help and participation in this annual celebration. All proceeds go to Trinity Center to help fund an expanded winter shelter program. Last year this program housed and fed 35 people for 3 months in some part due to our almost \$30k Harvest Festival proceeds. This year it is being expanded to 50 people for 5 months!

So this year we have a special challenge, it's to **those of you who can't come to the event**. An anonymous donor has offered up \$10,000 to be matched by other contributions! So if you can't come to the event on October 8th, please consider a direct contribution over the next month that will be doubled by matching money.

Think of it this way; for every \$5 gift you make, it will provide food and housing for one person for one night AND a second night will be funded by the matching money gift! This doubles the good that your gift will provide. Let's all make the Harvest Festival more than a one night party fundraiser. Together we can make it a congregation wide, month long effort to greatly increase the desperately needed resources that will house and feed the homeless over the winter.

To participate, just write a check made out to St. Anselm's Church and footnote it "HF Matching Money Gift". You can drop it in the offering plate any Sunday before the event, or mail it to the church office, or hand it to Gail Clarke, John Powers or Marty Fischer at church. If you have any questions, please call Marty Fischer at 925 247-4192.

Please...Let's get everyone involved!

Marty Fischer, Event Coordinator



(Continued from page 4)

Rector cont.

This week, the California Assembly passed SB 32 on a bipartisan vote of 47-30. It next goes to the State Senate for a procedural vote. The State currently has a target of returning to 1990 greenhouse gas emissions levels by 2020. SB 32, will require a 40% reduction by 2030. This goal is the most ambitious in the nation and State-sponsored cap and trade programs fund movement to more climate-friendly energy production.

I am hoping that the Volt will take me to the next phase of transportation technology- driverless cars. Hopefully by then the bugs will have been worked out, <https://www.youtube.com/watch?v=5UBdrMTxsvs>. But as green automotive technology continues to advance, with hydrogen fuel cells as well as electric batteries, there are viable options out there right now.

Buying an EV and keeping it for a long time, will help preserve the planet for all of God's creation that will follow us.

John+

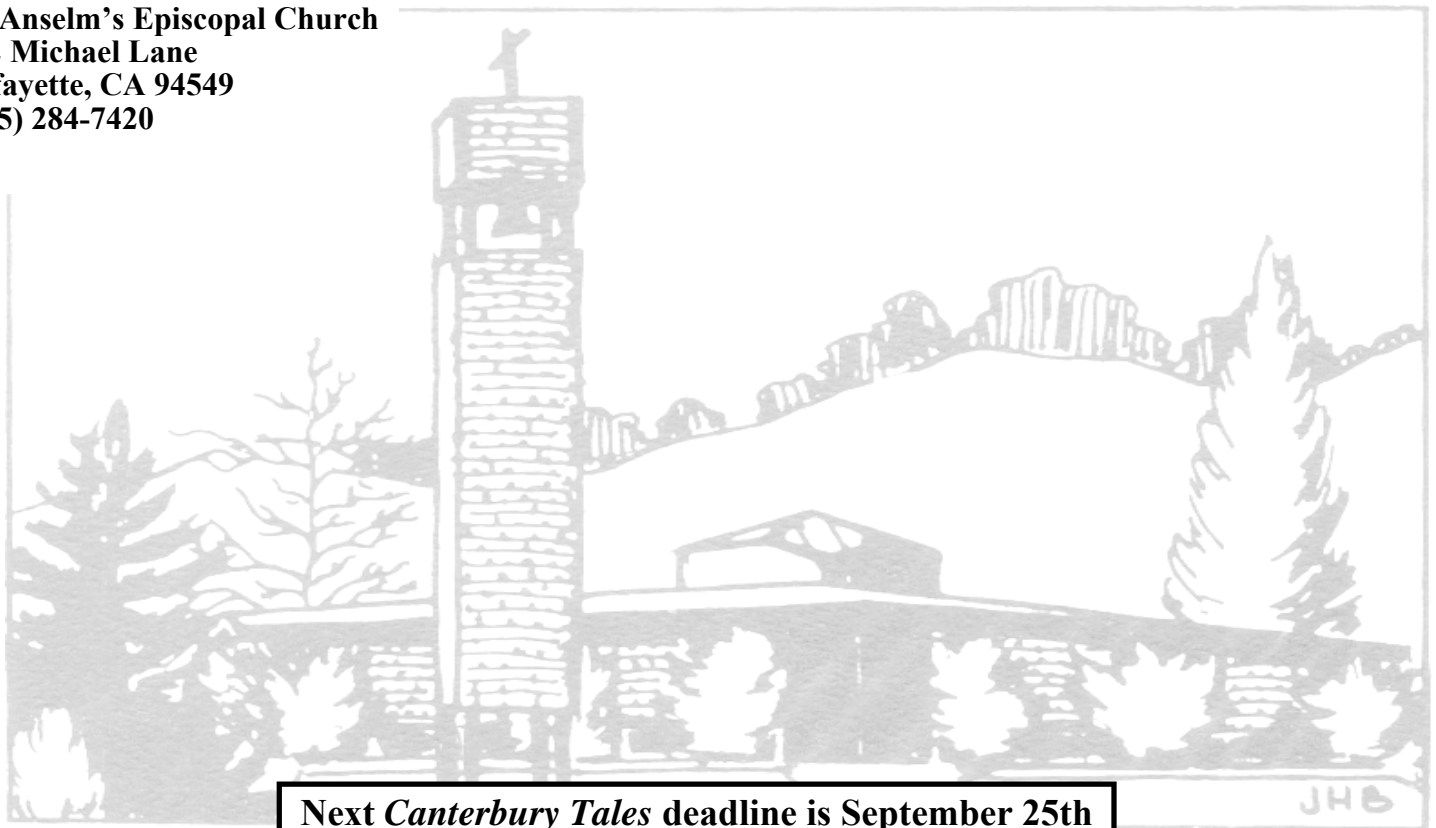
If all were at it seems, and men made the elements their servants for noble ends! If the cloud that hangs over the engine were the perspiration of heroic deeds, or as beneficent as that which floats over the farmer's fields, then the elements and Nature herself would cheerfully accompany men on their errands and be their escort.

Henry David Thoreau,
Walden, Chapter Four

Upcoming Events in September

3	Sat	9:00 a.m.	Choir Rehearsal
4	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
5	Mon	Labor Day—The Church Office will be closed	
6	Tue	7:00 p.m.	Preschool—Parent Orientation
7	Wed	9:30 a.m.	Hatha Yoga
9	Fri	10:00 a.m.	Stephen Ministry Meeting
10	Sat	6:00 p.m.	Bridge Group
11	Sun	STEPHEN MINISTER/LEADER COMMISSIONING SUNDAY	
		9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
12	Mon	11:00 a.m.	Contemporary Bible Study
14	Wed	9:30 a.m.	Hatha Yoga
		12:15 p.m.	Preschool Board Meeting
		2:30 p.m.	Property Commission Meeting
17	Sat	9:00 a.m.	Work Party
18	Sun	9:00 a.m.	Choir Rehearsal
19	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
21	Wed	9:30 a.m.	Hatha Yoga
		7:00 p.m.	Making A Difference Film Series
22	Thu	1:00 p.m.	Senior Ministry Team Meeting
25	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
26	Mon	11:00 a.m.	Contemporary Bible Study
28	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 25th

WHY TEACHERS WEEP

Then Jesus took his disciples upon the mountain and gathered them around him. And he taught them, saying:

“Blessed are the poor in spirit. Blessed are the meek. Blessed are the merciful. Blessed are you who thirst for justice. Blessed are you who are persecuted. Blessed are the peacemakers...”

And Simon Peter said, “Do we have to write this stuff down?”

And Philip said, “Will this be on the test?”

And John said, “Could you repeat everything you just said?”

And Andrew said, “But John the Baptist doesn’t make his disciples learn all this stuff!”

And Matthew said, “Huh?”

And Judas said, “What does this have to do with real life?”

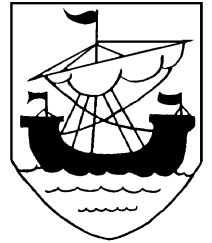
Then one of the Pharisees, who was an expert in the law, said, “I don’t see any of this in your syllabus, do you have a unit plan? Is there a summary? Where are the student hand outs? Will there be any follow-up assignments? Is this thematic? How will you assess this?”

And Thomas, who had missed the sermon, came to Jesus privately and said, “ Did we do anything important yesterday?”

And Jesus wept.

Happy Back-To-School!

Canterbury Tales



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

October, 2016

From The Rector

Harvest Festival Update

About a week to go! We anticipate having about 100 people at the event this year as we seek, as a community, to relieve the hardships of our homeless neighbors. Should be a great night! We are seeking to raise \$50,000 this year to make up the shortfall in the funding of the homeless shelter Trinity Center will manage this winter at the Walnut Creek armory.

There is still the opportunity to give to the matching fund set up for the event. A generous parishioner will match up to \$10,000, so please consider giving as you are able.

Updates on Electric Vehicles

State Rebates The State of California recently approved extending rebates for purchasing electric vehicles. To see what the rebate is per vehicle you can go to this site:

<https://cleanvehiclerebate.org/eng>

For cars, the range is \$1,500 to \$5,000.

EV Range I was surprised to hear the announcement last week that the soon-to-be-released Chevy **BOLT** will have a range of 238 miles. The range was initially thought to be 200 miles. This is a significant increase. While it won't be a great car to drive cross country, that extra 38 miles just might get you up to Tahoe without recharging!

The Tesla 3, which estimates a range of 200 miles has 400,000 people who have put down a \$1,000 deposit to get in line for the car. No release date has been announced. For about the same price that the Tesla 3 is expected to sell for, you will be able to buy a Bolt, with a greater estimated range soon. This is a game changer for EVs, as EVs not named Tesla have maxed out on range at approximately 100 miles.

Charging Stations I put in a level two charging station at my house. Level two charging stations run at 240 volts instead of the standard 120. Where a full charge took eleven hours before, now it is done in about four hours. This means I stay off gas completely when I have two trips to the church and back each day. Between a morning and evening meeting, I can fully re-charge, and I don't even need to consider parking at a charging station at Whole Foods.

Anselm's Angels

Autumn is a second spring when every leaf is a flower.

Albert Camus

The final Work Party of 2016 was well attended! Thanks to all who came out: **Walter Blount, Gene Bozorth, Anne Brown, Art & Gail Clarke, Norm & Sheila Gorsuch, Pam Green, Michael Hollinger, Foster Lipscomb, Roy & Ina Merrill, Gordon Repp, Jill Schon, Elaine Sherwood, John Sutton, George Wasson, and Marty & David Watson.**

Special thanks to **David Watson** for many, many hours spent on the east bank clearing weeds and spreading bark!

Thanks to **Sara Nelson** for her rapid response when supplies are needed in the kitchen and to her able assistants, **Jill Schon** and **Sheila Gorsuch.**

(Continued on page 2)

GARDEN PARTY at ANNE BROWN'S

At the Harvest Festival in 2014 I bid on Pam Green to do a landscape design consultation for me. I did so for two reasons. One was that I was worried about all my water usage during the drought. I live in a corner house, so had a long stretch of side yard. I also had a lot of lawn in the backyard. The second reason was that I hated my yard. It sloped down, so was impossible to sit out there and really use it.

Pam came up with a plan that I loved, which included putting a patio in the back along with drought-friendly plants, front and back. I can now sit on my patio and enjoy all those new plants and tiny lawn.

Pam is once again offering her services at our Harvest Festival live auction on Oct. 8. I encourage any of you concerned about water use or wishing you had a whole new yard to bid on her services. Any of you just wanting to see the amazing design work she does I will be hosting an open house this Saturday, October 1st beginning at 2 pm.

Where: 1961 Woodpecker Court, Walnut Creek - off of Tice Valley, opposite Rossmoor, up behind the Safeway.

If you are unable to attend on Saturday please contact me for a private showing: **My Info:** Cell phone (925) 788-0664, e-mail: annechalfantbrown@gmail.com

Thank you!
Anne Brown.

MINISTRY TO SENIORS AT ST. ANSELM'S

The Ministry to Seniors was formed at St. Anselm's to help meet the needs of our seniors. We have learned that there is a variety of needs.

The volunteers have provided transportation to medical appointments, beauty parlors, and counseling sessions. They have delivered food and done yard work, and have helped with grocery shopping and trips to the library. They 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 started to learn more about the services 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 would like to be able to tell people where they can go for help.

So if you are a senior who could use any of these services, please let us know. You may call Deacon Naomi, (925) 689-1720, or Kelvin Booty, (925) 934-0114, the co-chairs of the Ministry to Seniors, or you may call Fr. John, (925) 284-7420. We would be pleased to be of assistance.

Kelvin Booty

(Continued from page 1)

Rector cont.

Conserving Gas OR Electric Power

I have learned while monitoring my energy gauge driving the Volt, how much energy is wasted by jackrabbit accelerating, and how much energy can be conserved by driving 55 mph as opposed to 65 or 70. Works for gas engines too! ☺

John+



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

Editor:
Carol J. Fontana

Sunday Services:

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

St. Anselm's Staff

The Rev. John Sutton, Rector
The Rev. Naomi Chamberlain-Harris, Deacon
Carol Fontana, Office Manager

The Senior Warden

It seems that autumn is definitely in the air as I watch the first (of I hope many) raindrops fall!

Fall is always a busy time for St. Anselm's. First Marty Fischer and his committee are in the final days of preparing for our annual Harvest Festival. I'm positive there will many terrific items for your bidding consideration during the silent and live auctions. And games have been added to the festivities this year to add to the evening's activities. Once again all proceeds will support Trinity Center.

Secondly, starting on October 10th and running through October 24th St. Anselm's will once again host homeless families through the Winter Nights program. As in the past, St. Anselm's will provide services during the first week (October 10- 16). These services include providing shelter, meals, tutoring and social interaction. Once again a big thank you to Eva Woo for all the coordination of the Winter Nights program.

Lastly, there's been some construction work underway at St. Anselm's. Just before the winter storms begin, St. Anselm's will have a new skylight and roof in the sanctuary! The completion date is October 7th – just in time for the Harvest Festival. As a parishioner from the left quadrant, thank you to everyone who generously contributed to this effort. I truly won't miss those errant raindrops this winter.

I look forward to seeing many of you over the next few weeks as we embrace the fall season.

Cathy Witkay

Michael Lane Preschool

The new school year is off and running! So far so good! A few more tears at drop off but this is normal. The children had their first music session with Music at Preschool. I wish you all could have seen their expressions when Julia McLeod, the program director, played the violin! She will be coming every other Wednesday.

We have continued the tale of Billy and Suzie, two children who are neighbors and both go to Michael Lane Preschool. We start off doing a finger play, move on to puppets, and eventually the children will have a chance to act it out themselves at Group Time. We have also begun our layer painting project where the children finger paint the tables, each day using one of the three primary colors. They make prints with the same paper each day and are able to see how the colors mix and make new colors.

Both classes shucked and DEVoured corn on the cob. On Friday Rebecca helped some of the children make corn dolls. Also, on Friday, we somehow got into a discussion of "fly eyes". It came about as some of us were walking backwards and I asked them if they thought flies could see in back of themselves. (They cannot!).

The two classes are doing very well in their groups. I really love the mixed-age classroom. It is beneficial for younger and older children alike. Obviously, the younger children can learn some skills from the older children, and the older children have the opportunity to mentor those younger than themselves. Competition among children is actually diminished in a mixed age classroom and children are free to cooperate and nurture others. This allows them to gain confidence and increase their self-esteem. Lastly, it is an opportunity for some children, who are for example the youngest in their family, to be "bigger".

We are off to a great start!
Kim Olson, Director

Stephen Ministry

Judy Peak, who has served as our Stephen Ministry Leader for many years, is stepping down as leader, but will continue to serve as a Stephen Minister. We appreciate and give thanks for her service to our Church.

I was privileged and honored to attend a seven day Stephen Ministry Leader's Training Conference in Dallas, Texas, in July, along with 264 other people including 37 pastors from all over the United States as well as Canada and Bermuda. It was a week filled with love, hope and new friends who, although from many denominations and states that are red, blue, and purple, had in common the desire to help their fellow hurting humans. It was clear to me that in the lives of these future Stephen Leaders there was a lot of love. This love was so bountiful that from it came great compassion, and that is what Stephen Ministers are called to be: compassionate, trustworthy, skilled and full of faith.

Stephen Ministry is named for St. Stephen who was the first Christian martyr. He is believed to have been a Greek Jew who converted to Christianity. There were problems in the early church helping the poor and widows. Stephen's trustworthy character caused him to be chosen as one of the first seven deacons to help with the distribution of food and alms to the poor. St. Stephen's faith, compassion, and trustworthiness as well as his love for God and his fellow men and women make him the exemplary first Stephen Minister.

God is still present in and working through Christians today. Stephen Ministers are one of the vehicles through which God reaches out to hurting people with his healing love. Just as Christ taught us to bear one another's burdens; Stephen Ministers are called to do the same. Stephen Ministry is a one-to-one caring lay ministry that provides high-quality, confidential, Christ-centered care to a hurting person. Stephen Ministers receive 50 hours of training on how to care for people experiencing a wide range of difficult situations.

There are people in many situations that could benefit from the help and care of a Stephen Minister. Some examples are: divorce, serious or long term illness, loss of a spouse or other loved one, loneliness, unemployment, being the loved one of a person in crisis to name a few. If you or someone in your community might benefit from having a Stephen Minister, please contact Father John or me to learn more about the help available from having a Caregiver. Vicki Pappas vrpappas@gmail.com



Vicki Pappas pictured with Dr. Kenneth Haug, the founder of Stephen Ministries



Thank you, Judy!



Sold Out! Can't Attend? You Can Still HELP Reach the Goal!

A generous congregation member pledged **\$10,000** of matching monies and our goal is to get it matched before the event on October 8th. That would be \$20,000 raised before the event even starts. So from now until October 8th has been declared HARVEST FESTIVAL MONTH. Let's raise money for Trinity Center to house and feed 50 homeless folks for 5 months during the cold wet winter. Our goal is \$50,000 to complete funding for the Winter Shelter. So if you can't attend, please consider a matching financial donation now. The check should be made out to St. Anselm's church and footnote it "MATCHING MONEY GIFT"

Other Ways To HELP!

Live & Silent Auction: We need items! You can offer up wines, antiques, collectibles, condos and timeshares, meals, gift baskets, services and other items for our congregation silent and live auctions.

Help With The Event: We need help in planning, set-up and at the event itself. If you can help out, please see Marty Fischer



Upcoming Events in October

1	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
2	Sun		Blessing of Animals Sunday
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
3	Mon	11:00 a.m.	Contemporary Bible Study
4	Tue	12:15 p.m.	Grief Support Group
		5:30 p.m.	Harvest Festival Meeting
5	Wed	9:30 a.m.	Hatha Yoga
7	Fri	10:00 a.m.	Stephen Ministry Meeting
8	Sat	9:00 a.m.	Choir Rehearsal
		5:00 p.m.	Harvest Festival
9	Sun	9:00 a.m.	Choir Rehearsal
10-24	M-M		WINTER NIGHTS
10	Mon	11:00 a.m.	Contemporary Bible Study
12	Wed	9:30 a.m.	Hatha Yoga
15	Sat	9:00 a.m.	Choir Rehearsal
16	Sun	8:00 a.m.	Holy Eucharist with a Baptism
		9:00 a.m.	Choir Rehearsal
17	Mon	11:00 a.m.	Contemporary Bible Study
19	Wed	9:30 a.m.	Hatha Yoga
23	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
			Canterbury Tales Deadline
24	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
26	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
		7:00 p.m.	Making-A-Difference Film Series
27	Thu	12:15 p.m.	Michael Lane Preschool Board Meeting
29	Sat	9:00 a.m.	Choir Rehearsal
30	Sun	9:00 a.m.	Choir Rehearsal
31	Mon	11:00 a.m.	Contemporary Bible Study

ALL HALLOWS * EVE



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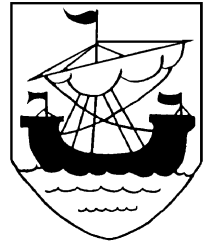
Next *Canterbury Tales* deadline is October 23rd.

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, 2016

From The Rector

A Month to Remember

A historic month for St. Anselm's:

- Roof and Skylight Replacement
- Harvest Festival
- Winter Nights

On October 7th Mares and Dow delivered on their promise to finish the skylight replacement and roof repair before the Harvest Festival. The job went off without a hitch, and the light streaming through the new skylight has improved the lighting in our sanctuary. With a 50 year warranty on the new roof, and a much simpler skylight design, the Property Commission will not have the church roof to talk about for many, many years.

On October 8th we held the Harvest Festival. It was an evening loaded with fun and games, entertainment and food, and most of all, magnanimous giving for a great cause. Who would have believed that we would nearly double last year's total funds raised? Marty Fischer did. He set the goal at \$50,000, and his team worked tirelessly throughout the year to make it happen. After expenses we raised **\$54,000** for Trinity Center, and thus ensured that the homeless shelter at the Walnut Creek Armory will have the funding needed to operate this winter.

On Monday October 24th, our homeless guests left St. Anselm's after staying two weeks. They are now at St. Monica's in Moraga. The program ran smoothly as always, under the able leadership of Anne Brown and Eva Woo. Bill Shaw has gotten very good over the years at managing the program and, in particular, at incorporating new families into the program so that they become a loving, caring and mutually-supportive community.

The Sunday following the installation of the roof and skylight, as rain poured down during the 10 a.m. service, we all clapped when I observed that the roof was not leaking. Friends, we can take comfort in the fact that we have a warm, dry sanctuary going forward. And we can take pride as a community that we have provided the same for our homeless guests who reside in Jackson Hall, and due to our working together, will do the same this winter for our homeless neighbors in Walnut Creek.

Your priest is so very proud of, and grateful to you. You make me believe even more.

John+

Anselm's Angels

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

Harvest Festival

Marty Fischer, John Powers, Gail Clarke, Foster Lipscomb, Sara Nelson, Sally Fischer, Art Clarke, Jim and Sally Morrison, Anne Brown, Duane Nelson, Andrew Huddart, Al & Sara Swimmer Paul Witkay, Norm Gorsuch, Gerry Starr, Susan Barnes, Laura McInerney, Sylvia Williams, and a cast of thousands.

Winter Nights

From St. Anselm's Congregation:

Eva Woo, Anne Brown, John McGraw, Michael Hollinger, Sally Roberts, Trevor Holoch, Doug Merrill, Roy Merrill, Abby Perry and family, Sara and Al Swimmer, Naomi Chamberlain-Harris, Marian Mulkey, Sally Fischer, Susan Barnes and Kathryn Dunn, Peggy Matson and Mollie Nelsen, Yvonne Grace.

From the community:

Angela Lucas, Greg Rodalari, Tamera Brown, Tina Ninh, Cheryl Kean, Sharon Doi, Barbara Chambers Hall, Danielle Driscoll, Leslie Wong, Atticus Wong, Min Yung Woo, Samantha Louie, Miles Louie, Cole Louie

WINTER NIGHTS

Every day of my life, I feel proud of my church community and grateful to be a member of St. Anselm's. I feel blessed by God to have been "led" here, quite by chance. October has produced a lot for us to be proud of. At the Harvest Festival we raised a record amount of money for the homeless program at Trinity Center. Then came Winter Nights, our annual housing of homeless families in Jackson Hall for two weeks. Both are also opportunities to feel gratitude that we have the means to help.

We started with three families, adding another one by the end of the first week, then two more the second week. By then we were full. We had eight adults and nine kids, ranging in age from 15 years down to 15 months. Most of them fell in the age range of nine to four. Happily, they got along most of the time. They played games together. They had fun with the toddler, who was very outgoing and energetic. They loved pushing her around in the baby cart, lent to us by the preschool. Every evening, when the tutors came, they did their homework, read books. The adults also got along. It wasn't Nirvana. There were bumps to be worked out, which happened with the help of the skilled Winter Nights staff.

I hope you got to see the thank-you card that they all signed and left for us in Jackson Hall. In it they expressed the gratitude that I was hearing every day - and the vulnerability. When they talked, it was often of the fear they had felt for their children as the housing options gradually disappeared. A couple of the families, who didn't have cars, were sleeping in the park.

They spoke of how welcome we all made them feel. Our volunteers (as well as those from St. Matthews, those from other organizations, like the Scouts, the Boys' Team Charity, and Eva's friends and family) treated them as equals, as important guests, not just with the quality of the meals we served, but with joining them at those meals.

This year, as every year, I am struck by how "normal" these families are. They aren't the "other". I am reminded of our common humanity and vulnerability. I may not be in danger of being homeless, but I am vulnerable - to disease, to the results of aging, to the death of those I love. My grandson, currently unemployed, his girlfriend, and their toddler are living with me while he looks for work in his field of expertise - high-end race car tuning. He is fortunate to have family able to help in his time of need.

This campaign season has been full of rhetoric about "the other", whether immigrants, Muslims, or "deplorables". (In Christ's day they were tax collectors and prostitutes.) Our first night, a Muslim woman, none of us knew, showed up with a salad. She had seen an e-mail that Eva had written, asking for meal volunteers. One morning Michael Hollinger arrived for breakfast team, wearing an "I Am A Deploable" button. Winter Nights is a reminder to us all, every year, of our humanity, vulnerability, and vast good fortune. We are, none of us, the "other". I feel so blessed and grateful to be part of a community that sees the common humanity in us all.

Anne Brown

DRIVERS NEEDED

Winter Nights has an unusual situation this year. Most of the families don't have cars and so need transport to school, to the Oasis, or to buses and BART. Volunteers are needed to provide transportation departing from the host congregation at 7:00 a.m. and returning at 4:00 p.m. Monday through Friday. If you can fill any of those volunteer slots, please contact Judith Stillman. Her e-mail address is: judith.stillman@att.net.

The guests are also in need of BART and bus cards.

Judith also asks anyone who might have a car to donate to let her know.

Thank you,
Anne Brown

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Editor:
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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

What an amazing community we have here at St. Anselm's! In the past two weeks, we raised \$54,000 to support Trinity Center's Evening Program and we housed 17 people in Jackson Hall during our annual support of the Winter Nights Program. Congratulations St. Anselm's and thank you to everyone for your tremendous generosity!

Now we move into the time of year when we look internally -- to reflect on what St. Anselm's means to us as our annual Stewardship campaign begins. Over the next few weeks, several parishioners will speak about their experience at St. Anselm's and what St. Anselm's has meant to them. In our case, we found St. Anselm's 25 years ago soon after we adopted our son, Michael, and wanted to have him baptized in the Episcopal Church. Paul and I had both been raised in the Episcopal Church and what we found here at St. Anselm's was more than a place for Michael's baptism, we found a welcoming and giving faith community. Over the years as our family grew to include Courtney and Kelsey, St. Anselm's provided our family with a warm and friendly faith community where our children were able to gain solid values and confidence while growing up.

This year's Stewardship campaign theme is "Faithful Together." As the Vestry begins to plan for 2017, please think and pray about what St. Anselm's means to you. Our continued success depends on continued financial support so our church can provide us with the spiritual support we all need in our lives.

Your generosity is very much appreciated.

Cathy Witkay

MICHAEL LANE PRESCHOOL

The mother of one of our Tu/Th students is working with a group of local moms on a service project collecting diapers for *Help a Mother Out*, a non-profit organization that provides infant diapers, raises awareness, and advocates for long-term change in the social safety net. *Help a Mother Out* is dedicated to increasing access to diapers for families in need. This particular diaper drive is specifically benefitting the Center for the Vulnerable Child, a program out of Children's Hospital Oakland/UCSF. Our participation will help these families who are unable to provide an adequate monthly supply of fresh diapers for their children.

Help a Mother Out has dropped off a donation bin to MLP, if you have any diapers you would like to donate. They also have a wish list through which you can send diapers to the organization directly:

<https://www.amazon.com/wishlist/P7OO25Y7DV6J/>

Thank you!
Kim Olson

COMING SOON TO MICHAEL LANE PRESCHOOL: TOFFEE RAINBOW

Earlier this year the folks at the preschool had to say good-bye to their seven year old resident rabbit, Foffles.

It was a sad time for all. Then the older sister of one of our current students, a member of 4H, stepped up and offered to raise a Holland Lop-eared bunny as her project and then give him to the preschool!

Toffee will be at the preschool three days each week until May, when he will become a full-time member of the staff.

Welcome, Toffee!!

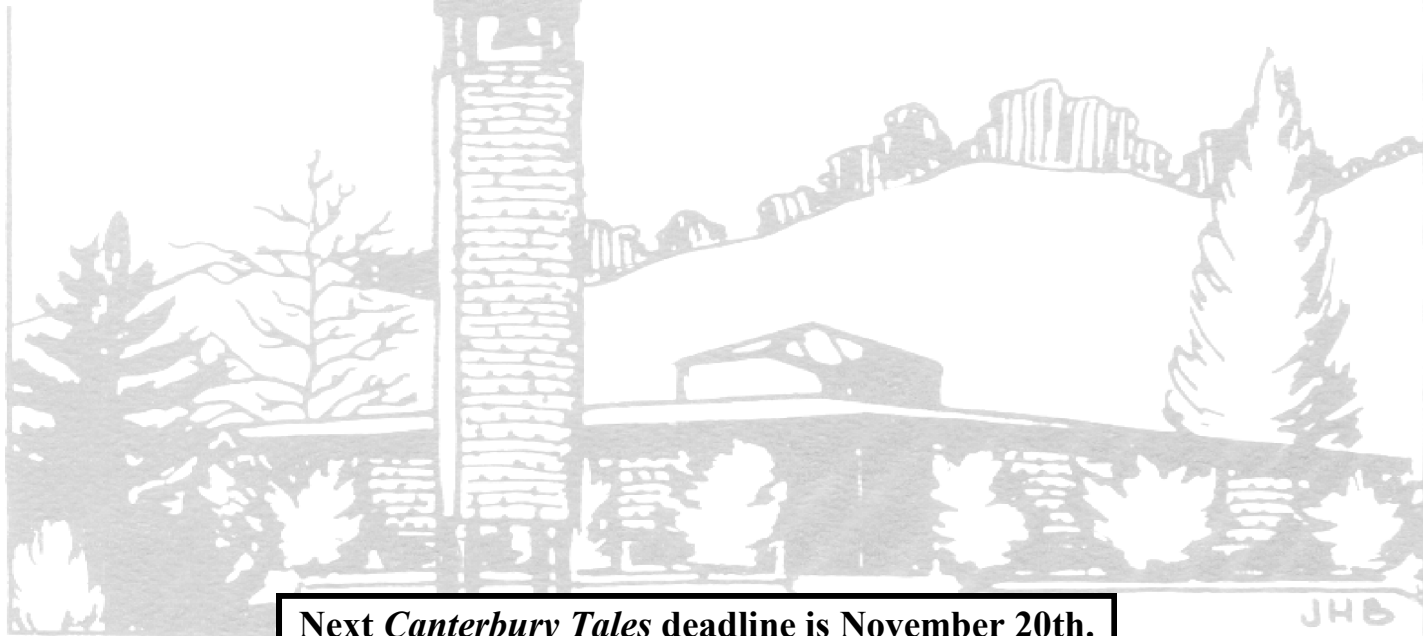


Upcoming Events in November

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
			Daylight Savings Time Ends!!!
6	Sun		Loyalty Sunday / Blanket Sunday
		9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
7	Mon	11:00 a.m.	Contemporary Bible Study
9	Wed	9:30 a.m.	Hatha Yoga
12	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
13	Sun		Veterans' Recognition Sunday
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
14	Mon	11:00 a.m.	Contemporary Bible Study
16	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission
19	Sat	9:00 a.m.	Work Party
		9:00 a.m.	Choir Rehearsal
20	Sun		Christian Formation Bake Sale
			Canterbury Tales Deadline
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Confirmation Class
21	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
23	Wed	9:30 a.m.	Hatha Yoga
24	Thu		THANKSGIVING—The Church Office Will Be Closed
27	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Inquirer's Group
28	Mon	11:00 a.m.	Contemporary Bible Study
30	Wed	9:30 a.m.	Hatha Yoga



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Next *Canterbury Tales* deadline is November 20th.

STEWARDSHIP BREAKFAST

*Sunday, November 6th
Jackson Hall
9:00 a.m.*

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

All are invited to attend.



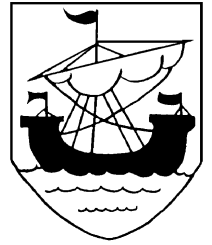
IT'S TIME TO FALL BACK

Daylight Savings Time ends on Sunday, November 6th at 2:00 a.m.

Remember to turn your clocks **BACK** one hour on Saturday evening.



Canterbury Tales



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

December, 2016

From The Rector

This morning Liz shared with me a post by one of my favorite authors, Annie Lamott. As we are starting the season of Advent, it seemed like a good reflection for our engagement with the holy in our lives, both in a new church year, as well as every day. Hope you enjoy it as much as I did!

John+

I have passed through the initial five stages of grief: Denial, anger, bargaining, depression and acceptance. Now I am in fascination--cobra hypnosis, newly apoplectic every day by the latest. I believe I have actually keened within recent memory. At this rate, I may have a flickering tic in my eye by sundown. Also, I am doing the unconscious eating that everyone I know is doing, whole packages of Oreos for us sugar freaks, whole bags of chips for the salty-fats crowd, oat-bags of dip, whole sides of beef: no little dog is safe in the midst of our voracious appetite for numbness. I absolve everyone: It's okay for now. We need ballast.

Because we're all doomed. It's hopeless.

Oh, wait, never mind.

But what do we do, what do we do? We have to figure this out--oh wait, never mind. Figure out is not a good slogan (altho certain very tall people in your household and classrooms always insisted that this was the golden path to glory.) (I will not name names.)

Where do we start?

Well, that one I can answer. We start here, where our butts are. We get up and feed the dogs--I said feed them, not eat them.

We can say a little prayer even if we are not believers: "Help" is a great prayer. "Help me, help me, I am a completely doomed human" is even better. When my then six-year-old son got his head stuck in the bars of a chair at the dining table of some friends we were visiting, he went unnoticed for a time, and then a tiny voice piped up and said, "I need help with me." The friends had this calligraphied and framed for us. I say it at least once a month.

I'll tell you a great praise prayer for the believers, and then one for the Nons.

I have a friend who is a hopeless alcoholic of the worst sort, like me, who somehow like me has put a few years between those cool refreshing beers we had with breakfast, just to get all the flies going in one direction. She

(Continued on page 3)

Anselm's Angels

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

~Mehmet Murat ildan

Thanks to **Gerry Starr** and **Jane House** for sharing their personal stories during our services and to **Sally Morrison** who continued a Stewardship tradition by preparing a delicious pancake breakfast on Loyalty Sunday.

Our final work party of 2016 was well attended!! Many thanks to: **Norm Gorsuch, George Wasson, Dick Orear, Doug Merrill, Jill Schon, Walter Blount, Michael Hollinger, Gordon Repp, Al Swimmer, and John Sutton**

And thanks to those who helped clean and organize the kitchen: **Sheila Gorsuch, Jill Schon, Marty Watson, Vicki Pappas, Abby & Liam Perry, and Sara Swimmer.**

Thanks to all who contributed to our Blanket Sunday collection! We sent \$175 to Church World Service to aid in their on-going relief efforts.

Thanks to all who contribution baked goods and/or books to the Christian Formation Commission fund-raiser. They raised \$303 to support our Women's Retreat Fund.

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

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 Abby Perry if you have questions or want to reserve a specific role!



2017 Coffee Hosts Sign-up!



Once again, a big thank you to all who have hosted the 10 o'clockers' coffee hour throughout the past months. There are some great opportunities for resourceful

bakers and/or TJ's shoppers in the coming weeks/months and the sign-up sheets are in the kitchen awaiting your name[s]. Please take a moment to find a date that suits your schedule at any time during 2017. It would be appreciated by all.

If you have any questions contact Sara Swimmer, who has offered to manage this part of our Parish Life program. She can be reached at saraswimmer@comcast.net or Sheila Gorsuch at sgorsuch@hotmail.com. Both are frequently available during upcoming coffee hours. Thank you for your support.

Advent Festival Sunday Breakfast

Breakfast will be served following the 8:00 a.m. and 10:00 a.m. services on December 11th.

Let's take this opportunity to celebrate the season and to enjoy each others company.

If you would like to help by making an egg casserole please contact Sara Nelson at sanelson85@hotmail.com.

Sara Nelson

Advent Quiet Day

Would you like to pause, reflect, and enter the holiday season with greater attention and appreciation? On Saturday, December 3rd, the Christian Formation Commission will offer an Advent-themed session to support enhanced awareness and mindfulness. The core session, from 9 a.m. to noon in Jackson Hall, will feature guided reflection, quiet prayer, and conversation. Those who opt to stay from noon to 2:30 p.m. will share lunch and additional activities such as art and/or walking. There is no charge and all are welcome. If you plan to stay for lunch, please bring your own bag lunch and a small snack or treat to share.

For more information or to sign up (so we can estimate attendance), contact Marian Mulkey at marianmulkey@comcast.net or Katie McGovern at drkmcgovern@gmail.com.



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

The Senior Warden

I would like to take this opportunity to say “thank you” to everyone who has made their pledge to this year’s Stewardship campaign. Over the next few weeks, the Vestry will complete the 2017 budget and planning for the upcoming year. As always, the financial support and generosity of our special faith community is very much appreciated.

We now move into the special seasons of Advent and Christmas. It’s the time of year when we all try to slow down a bit to enjoy simple moments with family and friends and reflect on the true meaning of the season. Now 4 months into our new status as “empty nesters,” I am eagerly looking forward to having our three children home with the accompanying noise and activity that I know they will temporarily bring back into our home. I look forward to hearing their stories and sharing our Christmas traditions. But while I am busily preparing for the season before they arrive home, I also look forward to carving out time to reflect on the hope and joy that accompanies this miraculous season - along with pausing to smell the cookies baking, watching the lights twinkle on the tree, enjoying the laughter of children and listening to the beautiful music we hear only once a year! My hope is that each of you will also be able to slow down find some quiet time for reflection and celebration of the blessings you have received.

From our house to yours, we wish you a peaceful Advent and a very Merry Christmas!

Cathy Witkay

(Continued from page 1)

Rector cont.

went to some sort of "meeting," and met up with a woman who had had most of her tongue removed during surgery for an aggressive oral cancer. She shared during the meeting that the cancer had returned and she needed another round of chemo. Everyone looked on in dismay, but she flipped her wrist dismissively. "Oh, I'm not worried," she said. "God's got it."

God's got it.

This is so not me. I'm more of a Rube Goldberg machine of herky jerky attempts at control, domination, and, most importantly, assigning blame. But then the pain and isolation of feeling like the wizard of Oz gets my attention and eventually, I give up. I surrender. I lay down my weapons, and breathe, maybe not like the Dalai Lama, but less like a sturgeon on a dock. And for the Nons: a dear friend once got a call from a world-famous screenwriter, who, in the throes of grandiosity, had lost or was losing almost everything precious to him. He recounted a litany of troubles and obsessions, from the distant wife to the scary child to the lack of prospects, and then demanded that my friend gave him one good reason to stay here on this vale of tears. My friend listened attentively, which is pretty much all we have to offer, and then said,

"Mornings are nice."

That's a gorgeous prayer.

"i thank You God for most this amazing day:" cummings wrote, "for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural which is infinite which is yes."

So that's where we start--here, now, damaged, scared, grateful, surrounded by our beloved, by sad strangers, with lots of poor people to care for, a world to save, a bracing cup of coffee, walks begging to be taken, lonely people to check in with, Oreos and Cheetos to get through, (someone's got to do it,) a whole new day before us, that we can screw up or not. Sigh.

Here we go.

MICHAEL LANE PRESCHOOL

At Michael Lane Preschool we change our Meeting Time Song or chant every month. In October we were singing "Wind Wind Sugar Baby". It is a little ditty which requires the children to "point to the window, point to the door", among other actions. We change it up a bit as the month progresses by pointing with other parts of our bodies, such as our feet, shoulder, and so on, instead of always pointing with our fingers which is oh so pedestrian. Now we are doing a chant called "Ram Sam Sam".

A big event last week was our introduction to voting! I am proud to say that we had 100% turnout! The children voted whether they wanted to eat blueberry or carrot muffins for snack. Blueberry muffins won by a landslide, although some have complained that the election was rigged. We transformed our Voting Booth into a Dark Tent which is now placed in the Cubby Room where the children can go into one at a time to play with the Light Table.

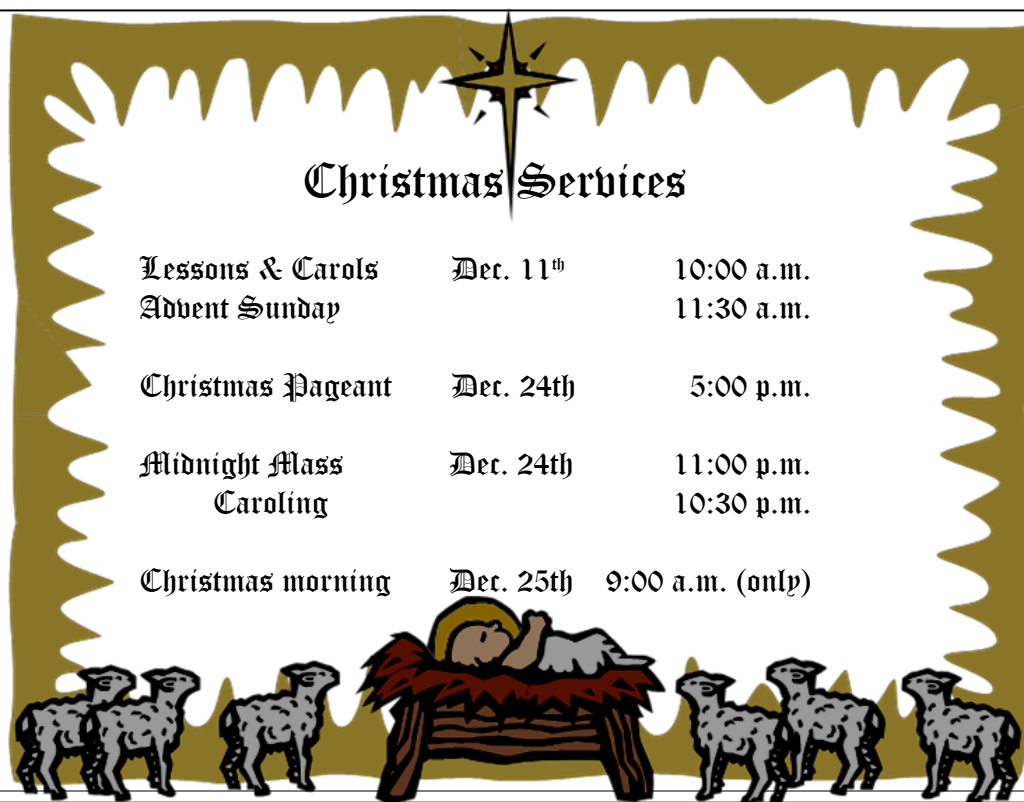
Fall finally seems to have arrived, sort of. The leaves are falling but it is still unseasonably warm. We had a our Fall Walks last week so that the children could focus on the changes happening to the trees. The MWF class walked along the path on Murray Lane while the T/TH class took a walk around the church property. We collected leaves, twigs and pinecones for our Fall Wall.

One of our teachers, Rebecca MacDonald, built a cool ramp/chute wall out of cardboard with the children as our ramp exploration continues.

Finally, we have indulged in some fall treats as we tasted various apple and pear varieties. The children's preferences are posted in the classroom.

We remain busy at school as we head into the Holiday season, still with full enrollment. Peg Matson and I attended the annual Preschool Fair at Oakwood on November 10th where we talked with many parents who are looking to enroll their children in the future.

Kim Olson
Preschool Director

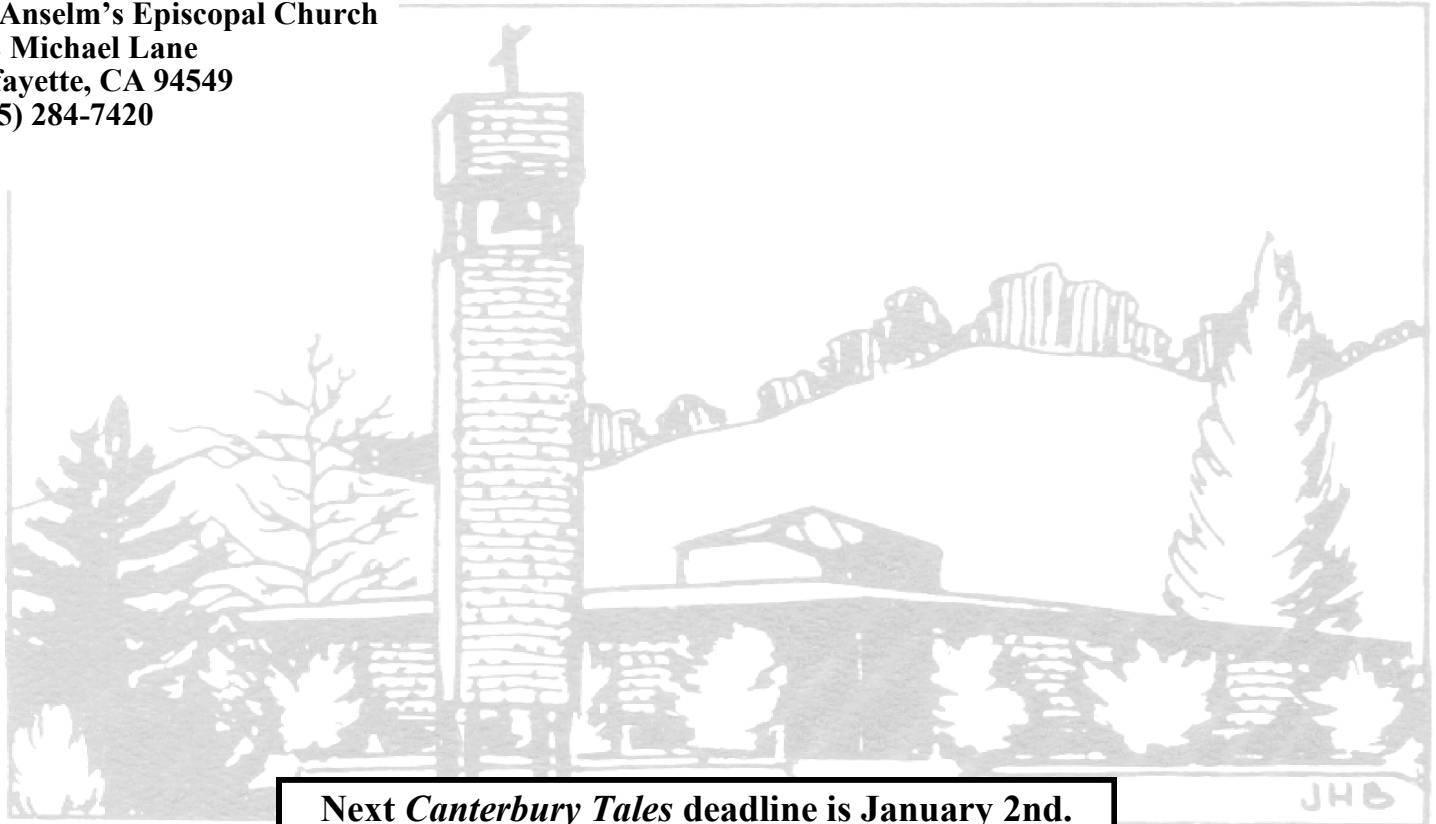


Upcoming Events in December

2	Fri	10:00 a.m.	Stephen Ministry Meeting
3	Sat	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	Advent Quiet Day
4	Sun		Outreach Sunday
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
5	Mon	7:00 p.m.	Vestry Meeting (2017 Budget)
6	Tue	12:15 p.m.	Grief Support Group
7	Wed	9:30 a.m.	Hatha Yoga
10	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
11	Sun		Advent Festival Sunday
		10:00 a.m.	Lessons & Carols
12	Mon	7:00 p.m.	Vestry Meeting (tentative)
14	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
15	Thu	1:00 p.m.	Senior Team Ministry Meeting (tentative)
18	Sun	9:00 a.m.	Choir Rehearsal
21	Wed	9:30 a.m.	Hatha Yoga
24	Sat		CHRISTMAS EVE
		5:00 p.m.	Christmas Pageant
		10:30 a.m.	Christmas Carols
		11:00 a.m.	Midnight Mass
25	Sun		CHRISTMAS DAY
		9:00 a.m.	Holy Eucharist
26-29	M-Th		The Church Office will be closed
31	Sat		NEW YEAR'S EVE



St. Anselm's Episcopal Church
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Next *Canterbury Tales* deadline is January 2nd.

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!!*