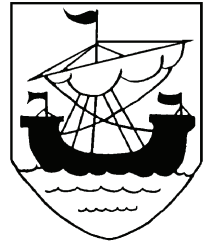


# Canterbury Tales

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



January 2018

## *Anselm's Angels*

### *From The Rector*

#### How We Number Our Years

The method we use to number years was started in the year 525 by a Christian monk by the name of [Dionysius Exiguus](#). It replaced a system that began a century earlier known as "The Era of Martyrs." That numbering system began with the reign of the Roman emperor, Diocletian. Diocletian was a brutal ruler, and the last emperor to martyr Christians. Exiguus did not want to have the counting of years begin with the life of such a man, when there was a much better alternative.

Exiguus pushed the beginning of the numbering system back to, what was believed at the time to be the incarnation of Jesus. Hence, BC (before Christ) designated the time before Jesus, and AD (Anno Domini- Latin for "in the year of the Lord") designated time after Jesus.

A generation and more further back there was a move to replace the designations of BC/AD with BCE and CE, meaning respectively Before Christian Era and (in the) Christian Era. Just as Exiguus objected to years being numbered in reference to a cruel emperor, secularists objected to years being numbered in reference to a religious figure.

Some Christians at the time pushed back. How could anyone object to a reference to Jesus?

One of the primary things I have come to understand about Jesus after many years of contemplation is that he would be the first one to relinquish any claim to exclusivity. So many of the stories we have about him are about veering off his path into the ditches, to the margins, to the outsiders and those that are not numbered at all. So many of his most challenging teaching moments to his inner circle centered around trying to communicate a broader, non-exclusive and present vision of God's love.

Last Thursday, David Brooks wrote a column in [The New York Times](#) entitled "How Would Jesus Drive?" "Jesus continues to be lifted up as a moral example for humanity. Yet Buddha, Mohammed, David and Vishnu-in-earthly-form would all come to the same driving conclusions as Jesus. In fact, most everyone knows what is courteous and what is rude. What Jesus would do in traffic is the answer that in the wink of an eye is easy for everyone to say, hard for everyone to do.

Will we ever truly live in a christian era? If so, we are going to have to come to a vision that is willing to relinquish large 'C' Christianity for small 'c' Christianity- that vision that unconditionally recognizes the goodness in all, including other species.

(continued on page 3)

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

Thank you to **Sara Nelson** for coordinating the Advent Festival Break-fasts and all the wonderful people who helped: **Pam Green, Jane House, Gene Bozorth, Liz Sutton, Naomi Chamberlain- Harris, Eva Woo, Abby Perry, Ann Burns, Sara Swimmer, Steve Masterson.**

A big thank you to **Abby Perry** for coordinating and delivering our donations to VESTIA's Holiday Helpers program. We were able to contribute 5 very big bags of gifts!

**Doug Merrill** and **Sylvia Williams** who graciously ushered at the memorial service for Betty ReShore.

The choir for the joyous music during Lesson & Carols—**Andrew & Caroline Huddart, Caroline Merrill, Roseanna Conlon, Elaine Sherwood, Carol Fontana, Vicki Pappas, Cathy Witkay, Avon Wilson, Gail Clarke, Barbara Thornton, Paula Mitchell, Kristy & John Jurchen, Karen & Matt Bogen, Don Helmholtz, Duane Nelsen, Tom Pappas**

Thanks to **Joan Martin & Jim Morrison** for organizing a successful Outreach Sunday.

A very special thank you to **Dick Orear** for repairing the broken shepherd staffs for the Christmas Eve pageant.

(continued on page 2)

## SAVE THE DATE !! WOMEN'S RETREAT 2018

This year's Women's Retreat will be on April 20-22 at San Damiano Monastery and Retreat Center in Danville. We have not yet settled on a leader and program. I will be announcing it as soon as we do. However, last year's retreat at Mercy Center was very poorly attended, partly because I didn't get the word out soon enough, so many of us had already made other plans.

Please mark your new 2018 calendars. For many of us the Women's Retreat is one of the highlights of our year at St. Anselm's. It provides opportunities for connection with each other, for faith deepening, for relaxation and renewal, for fun.

Anne Brown

---

### Anselm's Angels (continued from page 1)

To all who assisted with the Celebration Art Clarke's life: **Eva Woo, Vula Gutman, Sara Swimmer, Laura Ho, Anne Brown, Naomi Chamberlain-Harris, Norm Gorsuch, Sheila Gorsuch, Jill Schon, Michael Hollinger, Andrew & Caroline Huddart** and the **St. Anselm's Choir, Cathy Witkay, Doug Merrill, Al Swimmer, Gail and members of the Clarke Clan** and the many bakers who provided desserts!

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, Pam Green, Steve Masterson, Katheryn Dunn, Eva Woo, Kelsey Witkay**
- Lectors: **Don Helmholz, Shanda Young, Sheila Gorsuch**
- Ushers: **Sylvia Williams, Peter Grace, Doug Merrill, Paul Witkay**
- Musicians: **Andrew Yao, Duane Nelsen, Tom Pappas, Jim Armstrong**
- Pageant Coordinators: **Wynne Bacon, Shelly Kazliner**
- The many children who participated in the annual Christmas Pageant

**2018**  
**Happy New Year!**

*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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

## *The Senior Warden*

My New Year's resolution this year is to not make any resolutions. As of January 1<sup>st</sup>, I am 58 days away from retirement. I am very much looking forward to getting off the corporate treadmill and spending some time quietly doing nothing. Keeping resolutions requires one to commit to a course of action and to be proactive in pursuing it. That does not fit with my plan of doing nothing.

As I get ready for retirement, I have successfully fended off the urge to make lists of things I want to do with my free time. I am a project manager by trade, so it has taken an enormous amount of self-control to refrain from building a detailed retirement task plan and estimated timeline. I have also practiced responding with "nothing" when people ask me what I will do after I retire.

I must admit that this laid-back attitude makes me pretty uncomfortable. The thought of having unstructured time is kind of scary, but I figure I will get used to it. I also figure that one day I will get bored and need to find something productive to do. Until that day, I will do my best to be still, and hear what God and the universe have to say to me. I will strive to be open to new inspirations and direction for the next chapter of my life. And I pray that new direction will include ample time to be quiet and be with our God.

Wishing you a happy and prosperous 2018!

Sylvia Williams

---

*(Continued from page 1)*

### **Rector continued**

A tribal nature is part of our makeup. It has served us well. Coupled with experiences of persecution and visions of the divine, tribes of large C Christians built cities on hills. But we now know at what costs those construction projects took place.

Getting to the christian era will be a mountain hard to make low. As I write this article, even Microsoft Word is non-cooperative. Every time I try to key in the word "Christian" with a small 'c,' Word automatically replaces it with a large 'C.'

Yet small c christianity has always had a broader audience and a much larger following. And it isn't new. It was the elusive, but ever-present vision that Paul so struggled to communicate in his time, both within himself and to his flock.

And it is the vision for which Jesus died and yet in christ still lives, and will continue to live beyond our years.

John+



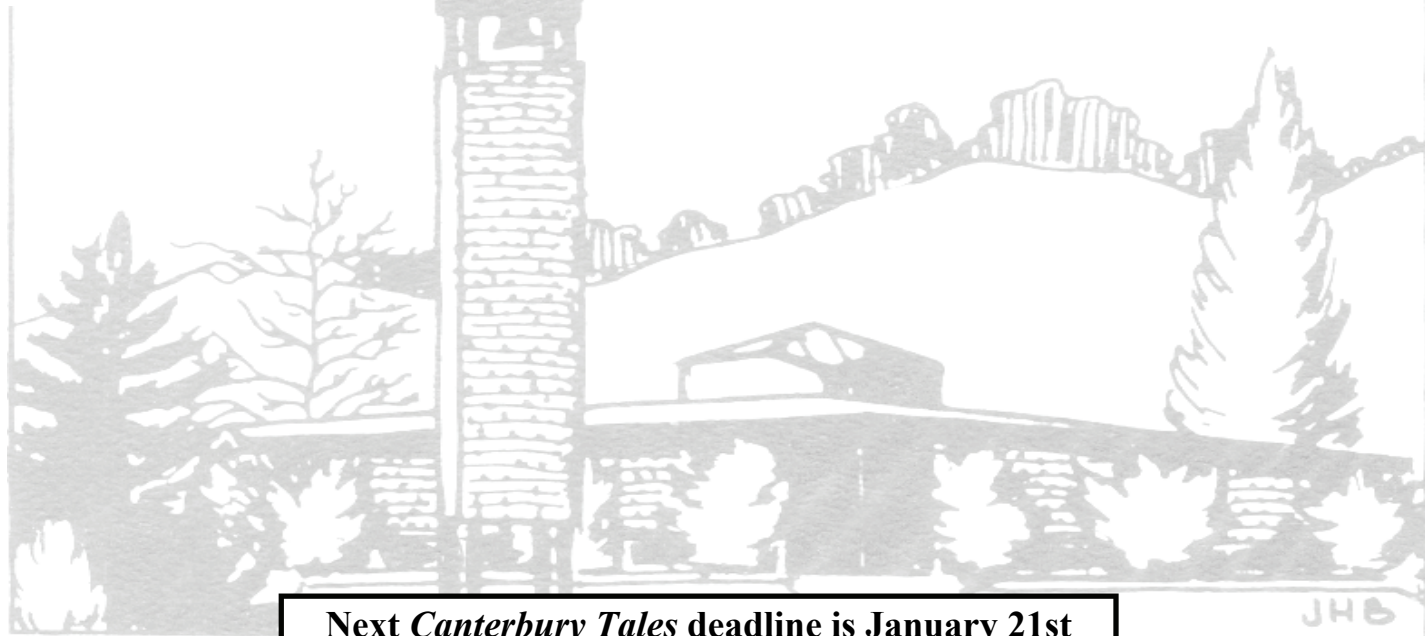
## *Upcoming Events in January*

1	Mon	<b>NEW YEAR'S DAY</b>	
3	Wed	9:30 a.m.	Hatha Yoga
6	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	<b><i>Epiphany Party</i></b>
7	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
8	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
9	Tue	12:15 p.m.	Grief Support Group
10	Wed	9:30 a.m.	Hatha Yoga
12	Fri	10:00 a.m.	Stephen Minister Meeting
13	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
14	Sun	9:00 a.m.	Choir Rehearsal
15	Mon	<b>MLK DAY—Church Office Closed</b>	
17	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
20	Sat	9:00 a.m.	Choir Rehearsal
21	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Christian Formation Commission Mtg.
		<b><i>Canterbury Tales Deadline</i></b>	
22	Mon	11:00 a.m.	Contemporary Bible Study
		12:15 p.m.	Michael Lane Preschool Board Meeting
24	Wed	9:30 a.m.	Hatha Yoga
27	Sat	9:00 a.m.	Choir Rehearsal
28	Sun	9:00 a.m.	Choir Rehearsal
29	Mon	11:00 a.m.	Contemporary Bible Study
31	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 January 21st**

### All About January

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

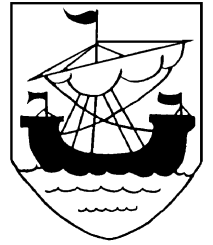
In the Georgian calendar, the calendar that most of the world uses, January is the very first month of the year. The name January came from a Roman god Janus. According to the Roman legend, in 700 B.C., the ruler Numa Pompilius added January to the end of the 10-month Roman calendar. When it was added,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

More fun facts about January:

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

# Canterbury Tales

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



February, 2018

## *From The Rector*

### *The beginning of the Good News of Jesus Christ?*

A couple of days ago I watched a local news story on television. Between commercials, I switched channels. A station covered the same story with a nearly polar opposite take on it.

The first questions we might ask are what was the story, how did each station report it, and who reported it correctly? I am not going there.

After a good while, our public discourse has changed to the point where we wonder if mudslinging and specious stories are the new normal. Politics has gotten dirty and personal. We question the objectivity of reporting, to the point where the Pope called fake news evil.

Back when there was a generally-accepted agreement of what was off limits and what was civil, our leaders embodied the value of caution. Politicians as well as influential editors thought long and hard about what affect their words and actions would have on the public good. They modeled behavior that we could admire and emulate. To a large extent, that has changed and it has impacted our behavior.

With the spread of social media, abuses are coming to light that have been there all along. There just wasn't a platform from which the disaffected could speak. This has brought liberation to many, and incentive for potential abusers to think twice. This is all good.

But social media has also become a platform to crowdsource outrage. Clicking on your mouse falls well short of standing for what you believe. In a lot of cases, it constitutes 'piling on.' And it can have the unintended consequence of damning the innocent. How many teens have been cyber-bullied to suicide? Statistics indicate 20% of teens who have been cyber-bullied think about suicide, 10% attempt it...

When the church proclaims that 'Jesus died for our sins,' the unchurched may ask "What right does a church have to assume I sin?" Some answers may be embedded in the questions we ask.

If there were any one who had the 'right' to judge it was the one on whose life the church was founded. Instead he chose to carry a judgment of sin that was not his to bear. And his only question as he suffered, was to the Father he loved, 'Why?'

(continued on page 3)

## *Anselm's Angels*

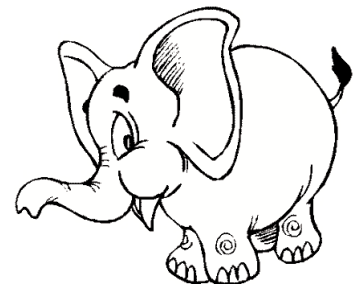
*Individually, we are one drop. Together, we are an ocean.*

~ Ryonosuke Satoro

The Epiphany Party was, again, a fun-filled event. Many thanks to all who helped:

**Sheila Gorsuch, Coordinator  
Shanda Young, "Wise Woman"  
Sally & Jim Morrison, Naomi  
Chamberlain-Harris, Norm Gorsuch,  
David Watson, Sara Nelson,  
Vicki Pappas, Gerry Starr, John  
& Liz Sutton, Al & Sara Swimmer,  
Jill Schon and the entire  
clean-up brigade!**

And thanks to all who attended with yummy treats and interesting "white elephants."



## LENTEN SERIES 2018

### *What Bridges Summon Us?*

We live in a world and a time where division seems rife. We often take shortcuts in describing ourselves and making assumptions about our neighbors, with the unfortunate result that we over-simplify the rich ways in which we are both unique and have much in common. Circumstances cause many people to feel disconnected from their communities. Many historic and recent examples illustrate how tendencies to categorize, isolate, and withdraw from those perceived to be different bring great harm. At this moment, how can we rise above these tendencies and embrace a more inclusive, welcoming, bridge-building way of being?

On four Tuesday evenings in Lent (**February 20th & 27th and March 6th and 13th**) we will meet to explore and discuss these issues. Through brief Biblical and historical illustrations, facilitated conversations, and film screenings we will consider sources of division, the benefits of bridging divides, and the ways in which -- as individuals and a faith community -- we may be called to stretch beyond our walls. Each night we will begin at 6 p.m. with a simple soup and salad supper. Program will begin promptly at 7 p.m. and end by 8:30 p.m. Please sign up in Jackson Hall so we can estimate attendance.

For more information contact Marian Mulkey ([marianmulkey@comcast.net](mailto:marianmulkey@comcast.net)), Anne Brown ([annehalfantbrown@gmail.com](mailto:annehalfantbrown@gmail.com)) or any member of the Christian Formation Commission.

## SOUPER BOWL SUNDAY IS COMING!

For the last several years, the youth of St. Anselm's have been participating in Souper Bowl Sunday, a program that raises funds to fight hunger locally. On **Sunday February 4<sup>th</sup>**, our youth will once again be collecting donations for the Food Bank of Contra Costa and Solano County. **We want to raise a record amount this year! Father John will match donations up to \$1,000 from his discretionary fund for donations made on Super Bowl Sunday.** To contribute, just bring cash and put it in the soup pot after the service, or make a check out to St. Anselm's and write "Souper Bowl Sunday" on the memo line.

## CRAB FEED ALERT!

Our annual Crab Feed will be on **Saturday, March 3rd**. Festivities will begin at 5:30 p.m. Cost: \$40/adult; \$15/children (12 and under). Sign-ups will begin the week of February 4th.

We advise that you sign up and pay early to hold your spot as this event often sells out.



## ANNUAL PARISH MEETING

**Sunday, February 4th  
Following the 10:00 a.m.  
service**

- 2017—A Year In Review
- Elections:
  - \*Vestry Class of 2021
  - \*Diocesan Deanery Delegates
  - \*Deanery Alternates

*All are encouraged to  
attend!*

*Your participation is  
important!*

## SHROVE TUESDAY PANCAKE SUPPER

Youth of St. Anselm's will be serving pancakes, sausage and orange juice **Tuesday night, February 13th**, at the church. We will start at 5:00 p.m. Cost is \$5 and all proceeds will go to the Food Bank.

*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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

---

## *The Senior Warden*

---

It is hard to believe that 2017 has raced by and my term as Senior Warden is drawing to a close. It has been an honor and a pleasure working with Fr. John, the Vestry and my fellow parishioners to make St. Anselm's the active and supportive community that I am proud to call my church home.

For my final article, I would like to share some thoughts on winter. I am one of those people who love the deep winter. I love the cold and rain and frost. I love the long nights. After the hubbub of Christmas has subsided, I feel like the long hours of darkness provide a respite, an opportunity to slow down and be quiet before spring explodes and we are off and running once again. Here is an excerpt from one of my favorite poems that beautifully expresses how I feel about this time of year.

O God of all seasons and senses,  
grant me a sense of your timing  
to submit gracefully  
and rejoice quietly  
in the turn of the seasons.

In this season of short days and long nights,  
of gray and white and cold,  
teach me the lessons of waiting;  
of the snow joining the mystery  
of the hunkered-down seeds  
growing in their sleep  
watched over by gnarled-limbed, grandparent trees  
resting from autumn's staggering energy;  
of the silent, whirling earth  
circling to race back home to the sun.

O God, grant me a sense of your timing.

- From *Guerillas of Grace* by Ted Loder

Peace be with you,  
Sylvia Williams



---

*Continued from page 1)*

### **Rector continued**

In so doing, he raised for us a model of behavior that gets us past 'right' and 'wrong' to love. Universal love that is not resident in any power of this world but is accessible in the fragile and temporal vessel that we all inhabit. It does not condone wrong doing, but shows the extent to which goodness can overcome evil, and how far love will reach in order to redeem all.

As the monolithic stories we are told begin to crack, I dream of a mass search of souls that migrate to the cross, and there, at its foot, find that which the world could never provide, and increasingly no longer seeks to emulate- a place where all are welcomed and accepted in a spirit of love.

Could this be the beginning of the Good News of Jesus Christ?

John+

---

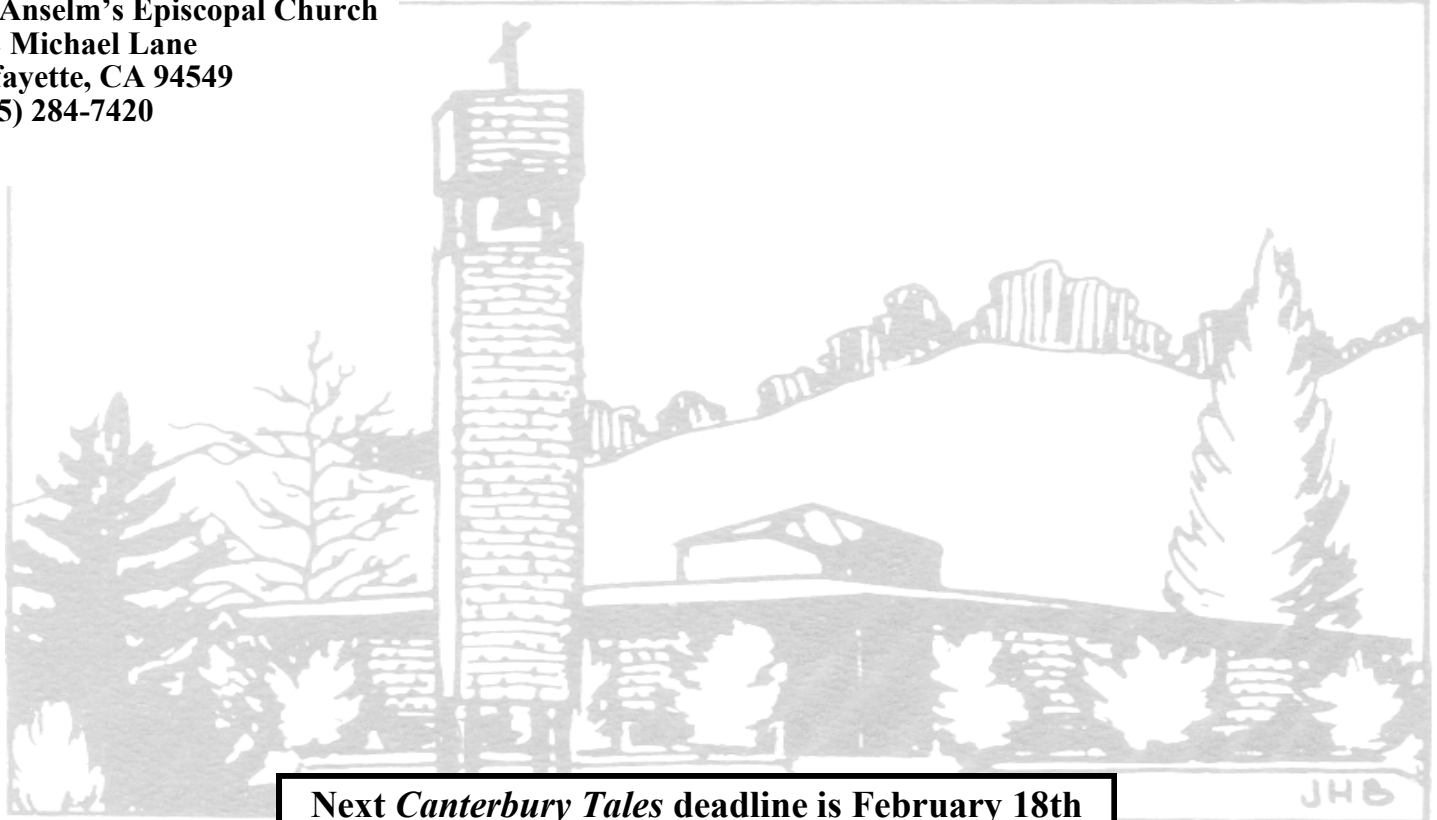
## *Upcoming Events in February*

2	Fri	10:00 a.m.	Stephen Minister Meeting
3	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
4	Sun		<b>SOUPER BOWL SUNDAY</b>
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	<b>PARISH-WIDE ANNUAL MEETING</b>
5	Mon	11:00 a.m.	Contemporary Bible Study
6	Tue	12:15 p.m.	Grief Support Group
7	Wed	9:30 a.m.	Hatha Yoga
10	Sat	9:00 a.m.	Choir Rehearsal
11	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
12	Mon	11:00 a.m.	Contemporary Bible Study
		7:00 p.m.	Vestry Meeting
13	Tue	5:30 p.m.	<b>Shrove Tuesday Pancake Dinner</b>
14	Wed		<b>ASH WEDNESDAY</b>
		9:30 a.m.	Hatha Yoga
		11:00 a.m.	Ash Wednesday Service
		2:30 p.m.	Property Commission Meeting
		7:00 p.m.	Ash Wednesday Service
18	Sun	9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Baptism – James Allen Gibson
			<b>Canterbury Tales Deadline</b>
19	Mon		<b>PRESIDENTS' DAY – Church Office Closed</b>
		11:00 a.m.	Contemporary Bible Study
20	Tue	6:00 p.m.	Lenten Series
21	Wed	9:30 a.m.	Hatha Yoga
24	Sat	9:00 a.m.	Choir Rehearsal
		2:00 p.m.	Memorial for Charlyne Bohannon
25	Sun	9:00 a.m.	Choir Rehearsal
26	Mon	11:00 a.m.	Contemporary Bible Study
27	Tue	6:00 p.m.	Lenten Series
		12:15 p.m.	Michael Lane Preschool Board Meeting
28	Wed	9:30 a.m.	Hatha Yoga

*Happy  
Valentines  
Day*



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

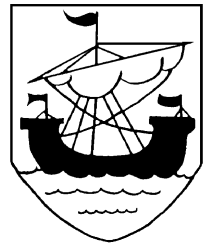


**Next *Canterbury Tales* deadline is February 18th**

Do you know where *Valentine's Day* came from? How it became so popular? Was it always about love and good feelings? Here are some interesting *facts* you might not know.

- The most popular theory about Valentine's Day's origin is that Emperor Claudius II didn't want Roman men to marry during wartime. Bishop Valentine went against his wishes and performed secret weddings. For this, Valentine was jailed and executed. While in jail he wrote a note to the jailor's daughter signing it "from your Valentine."
- In Victorian times it was considered bad luck to sign a Valentine's Day card.
- About 1 billion Valentine's Day cards are exchanged each year. This makes it the second largest seasonal card sending time of the year.
- Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- Richard Cadbury produced the first box of chocolates for this holiday in the late 1800s.
- The red rose was the favorite flower of Venus, the Roman goddess of love.
- 189 million roses are sold in the U.S. on this day.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.
- 220,000 is the average number of wedding proposals on Valentine's Day each year.
- Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

# Canterbury Tales



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

March, 2018

## *From The Rector*

### *God On Trial*

Last night fifteen of us gathered in Jackson Hall for the second session of our Lenten series. After dinner, we watched God on Trial. The film first aired in the United States on PBS in 2008. The setting of the film is a barracks in an Auschwitz death camp where Jews are awaiting extermination. In the short time before a number of these damned are marched to the gas chamber, they put God on trial for breaking the covenant to protect his chosen people. Three of the inmates serve as judges, and they listen to the testimony of inmates with a wide variety of experiences, a glove maker and a professor, a guard and a rabbi. They all start from a common understanding of a God who is engaged in the human condition...or not.

I first saw the film many years ago, shortly after it came out. I remember being stunned by the voiced experiences of God's absence as these men faced the dark horror of genocide. The trial itself is complex and engages theodicy at so many levels that would only be reached by people of strong faith facing not only their own deaths, but in a very real sense, the death of the God in whom they believed.

Last night was the third time I watched the film. Each time I get more out of it. After the initial shock in the first viewing, I can now hear points made in the trial, where I may not have heard them the first or second time. The trial moves quickly and the stories bring the Holocaust to life. Stalin said, "A single death is a tragedy, a million deaths is a statistic." The few stories shared serve to make one stunned, outraged at the number six million, rather than to see it as a statistic.

Lent is a time for questioning, reflection, and to break from routine.

Many of you have a Netflix queue and I invite you to add God On Trial to yours. If you don't subscribe to Netflix, there is a copy of the DVD in our library (middle shelf, southeast corner). If you borrow it, please bring it back promptly so someone else can view it.

The reflections of the people of faith in the film are voiced at a level that make Lenten discipline seem almost trite, and at a deeper level, necessary.

John+

## *Anselm's Angels*

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

*Mohandas Gandhi:*

Thanks to all who contributed to the **Souper Bowl** collection and to **Preston & Jordan Lipscomb** and **Dale & Allen Zhang** who stood outside with soup pots in hand. We donated \$3,216 to the Food Bank of Contra Costa and Solano!

Thanks to all who helped out with our most successful Shrove Tuesday Pancake Supper ever: **Susan Barnes & Katheryn Dunn** for doing all the shopping and to everyone who helped set up, cook, collect money and clean up: **Foster, Lori, Preston & Jordan Lipscomb; Abby & Liam Perry; Dale & Alan Zhang** and friend, **Tawny; Julie Hullverson, Harry & Francis Barnato; Steve Masterson** and **Sally Fischer**. **\$191 was raised for the Food Bank of Contra Costa & Solano!**

Welcome to our new class of 2021 Vestry members: **Janet Nado1, David Watson** and **Shanda Young** and to **Sylvia Williams** who is serving a one-year term in the class of 2019. Congratulations to our new Senior Warden, **Gerry Starr** and our new Junior Warden, **Caroline Huddart**.

Congratulations to our new Deanery Delegates: **Cindy Eisenberg, Norm & Sheila Gorsuch** and **Chris Stone** and to our new Deanery Alternates: **Paul Harris, Jane House, Julie & Gerry Starr**.

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.

## ***HOLY WEEK SERVICES***

**Sunday, March 25**  
**PALM SUNDAY**

**8AM & 10AM**

**Thursday, March 29**  
**MAUNDY THURSDAY**

**7PM**

**Friday, March 30**  
**GOOD FRIDAY SERVICE**

**NOON**

**STATIONS OF THE CROSS**

**7PM**

**Sunday, April 1**  
**EASTER SUNDAY**

**8AM & 10AM**

***Daylight Savings Time Begins on  
Sunday, March 11th***

***Remember to turn your clocks  
AHEAD one hour on  
Saturday, March 10th***

## ***EASTER EGG HUNT***

There will be an Easter Egg Hunt following the 10:00 a.m. service on Easter Sunday.

Special guest appearance by the big rabbit himself!



## ***SOCK COLLECTION***

Dear St. Anselm's Family,

It's that time of year again when deacons collect new white warm socks for our homeless brothers and sisters. I will be collecting new, white sport-type socks for our folks at Trinity Center from February 18th to Palm Sunday, March 25th. There will be a basket in the back of the church designated for socks. Periodically during Lent I will be delivering our socks to the folks at Trinity Center. Your generosity is greatly appreciated.

Many thanks,  
Deacon Naomi



*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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

---

## **The Senior Warden**

Hello. My name is Gerry Starr and I started my term as senior warden in January. I'd like to use the space to introduce myself. I am a lifelong Episcopalian and I was baptized in St. Paul's Episcopal Church in Englewood, New Jersey in 1956. I grew up as an active member of St. Paul's Episcopal Church in Montvale, N.J. By age ten, I had memorized much of the 1928 Book of Common Prayer. Our Rector and regular parishioners had a great influence on me by showing an interest in me and socializing with my parents. My father was the Superintendent of our Sunday School and my mother helped out with lots of the secretarial jobs at church, including mimeographing the Sunday bulletin ( Remember the old rotary mimeograph machines from the 1960s?).

Many of you know that I had a stroke in 2008. This has turned out to be a life-changing and faith challenging experience for me. At that time, I started a healing journey in which I have relied on my faith in many ways to cope with the difficulties of my losses. After the stroke, I had to stop working as Director of Marketing for a small energy technology firm in Livermore, give up driving , stop skiing and sailing my Laser sailboat and start a nearly constant regimen of physical therapy, exercising and various kinds of rehab work. I was forced by my mobility difficulty to curtail my involvement with my two daughters, who were in college at the time and I became quite depressed about these losses and found getting more involved at church was a good way to reinforce my faith and remind me regularly of God's presence in my Life. In 2013, My wife of 13 years and I divorced — an especially painful experience for me while I was recovering from my stroke. I joined a Divorce Support group at Walnut Creek Presbyterian Church that year and found much comfort in the group's prayers and sharing experiences with the group members. Now I feel very thankful for John Sutton's suggestion that I sign up for the Stephen Ministry training program as a way of using my Stroke experience for good- to give back to our community by showing empathy for others and using my unexpected free time for Church activities in the hope that strengthening our Church community will help others in our congregation to enjoy a richer experience at St Anselm's and, hopefully, benefit people in the greater Lafayette community.

I am looking forward to writing this monthly column for Canterbury Tales about my healing journey as it evolves. I hope you find it inspiring and helpful.

---

## **2018 Women's Retreat**

Exciting news about this year's Women's Retreat! The Rev. Lindsay Hills, our former seminarian intern, whom we all became very fond of while she was with us, has agreed to lead our retreat. Right now, we're considering several themes, and I will give you more information on that later.

Meanwhile, here are the dates, location, etc., so you can either put it on your calendar or can start thinking seriously about coming.

**Date:** April 20-22, Friday, 4 pm until 1 pm on Sunday. You can also come Saturday only, if you wish.

**Location:** San Damiano Retreat Center, Danville.

**Cost:** \$266/single room, \$236/double room, \$54 Saturday only. There are scholarship funds available for those of you needing them, so don't make your decision on cost.

For me what I have found the most important about the retreats is the connection that gets created amongst us, leading to lasting friendships and a feeling of really belonging to the community. It is also so renewing to take time to reflect, be still, to open myself to God's work in my life, to be away from the hustle and bustle and often stress of daily life.

If you have questions or wish to talk to me about it, I am available by phone: 925-788-0664, by e-mail: [annehalfantbrown@gmail.com](mailto:annehalfantbrown@gmail.com), or at coffee hour.

Anne Brown

---

## *Upcoming Events in March*

2	Fri	10:00 a.m.	Stephen Minister Meeting
3	Sat	9:00 a.m.	Choir Rehearsal
		5:30 p.m.	<b>CRAB FEED</b>
4	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
5	Mon	11:00 a.m.	Contemporary Bible Study
6	Tue	12:15 p.m.	Grief Support Group
		6:00 p.m.	<b>Lenten Series</b>
7	Wed	9:30 a.m.	Hatha Yoga
10	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
11	Sun		<b>Daylight Savings Time Begins</b>
		9:00 a.m.	Choir Rehearsal
12	Mon	11:00 a.m.	Contemporary Bible Study
13	Tue	6:00 p.m.	<b>Lenten Series</b>
14	Wed	9:30 a.m.	Hatha Yoga
		2:30 p.m.	Property Commission Meeting
15	Thu	6:30 p.m.	Contra Costa Deanery Dinner, St. Stephen's, Orinda
17	Sat	9:00 a.m.	Choir Rehearsal
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
24	Sat	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	<b>Work Party</b>
25	Sun		<b>PALM SUNDAY</b>
		9:00 a.m.	Choir Rehearsal
			<b>Canterbury Tales Deadline</b>
26	Mon	11:00 a.m.	Contemporary Bible Study
		12:15 p.m.	Michael Lane Preschool Board Meeting
28	Wed	9:30 a.m.	Hatha Yoga
29	Thu		<b>MAUNDY THURSDAY</b>
		7:00 p.m.	Evening Service
30	Fri		<b>GOOD FRIDAY</b>
		Noon	Service
		7:00 p.m.	Service with Stations of the Cross
31	Sat	9:00 a.m.	Choir Rehearsal

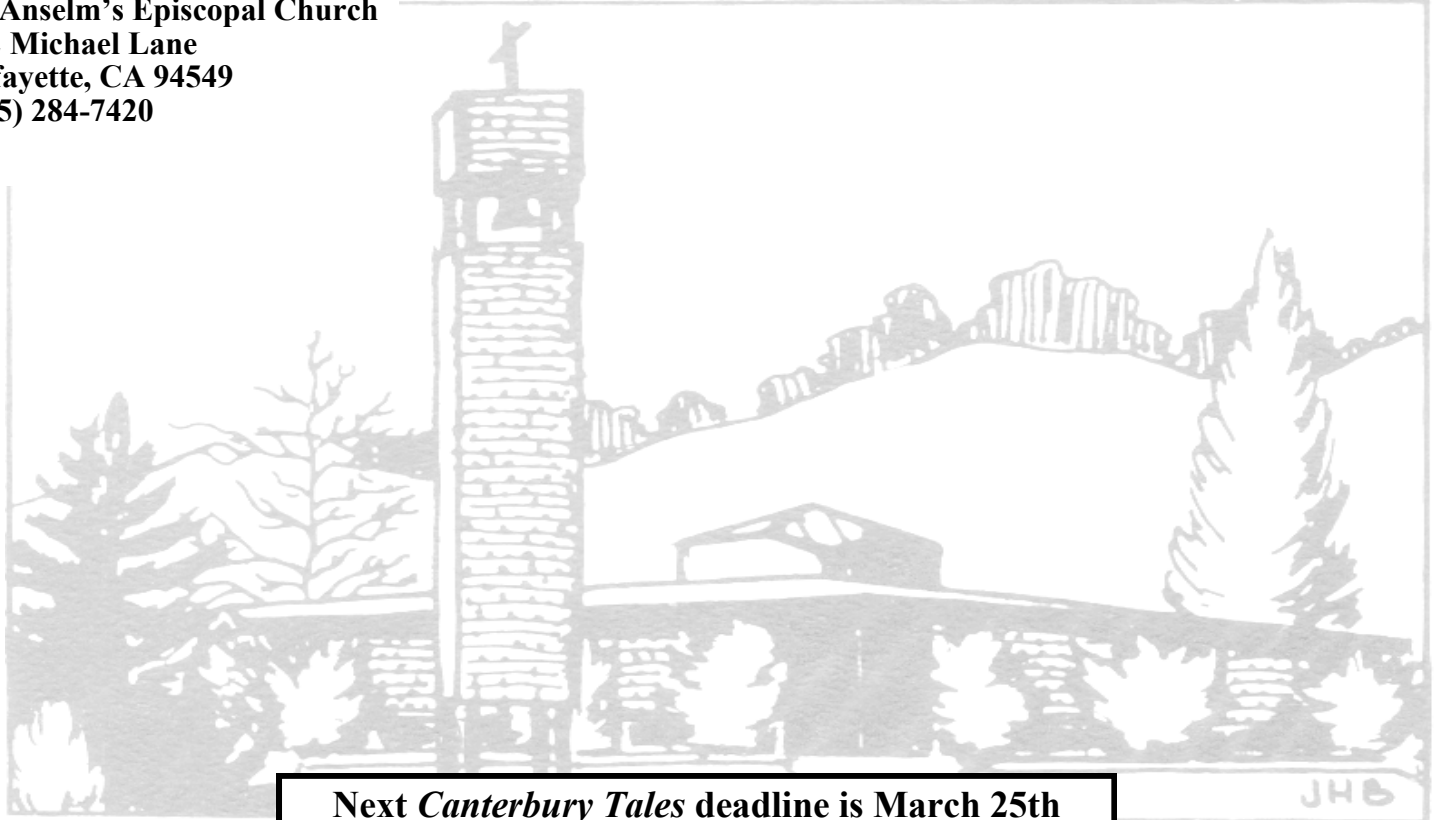
## **APRIL**

1	Sun		<b>EASTER SUNDAY</b>
		9:00 a.m.	Choir Rehearsal
		11:00 a.m.	Easter Egg Hunt





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



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

### **Welcome Spring!**

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

No matter how long the winter, spring is sure to follow. ~ Proverb

Spring is sooner recognized by plants than by men. ~ Chinese Proverb

In the spring, I have counted 136 different kinds of weather inside of 24 hours. ~ Mark Twain

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. ~ Henry Van Dyke

Spring translates earth's happiness into colorful flowers. ~ Terri Guillemets

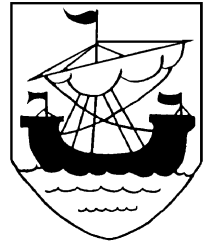
Spring is the time of plans and projects. ~ Leo Tolstoy

Spring is the time of the year, when it is summer in the sun and winter in the shade. ~ Charles Dickens



# Canterbury Tales

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



April, 2018

## *From The Rector*

### **Early Easter?**

Easter can be as early as March 22<sup>nd</sup>, and as late as April 25<sup>th</sup>. April 1<sup>st</sup> this year- on the early side.

I like an early Easter. With respect to the season of Lent, even while Lent is always the same length it seems like a season you want to start early so you can get it over with. Lent is kind of like homework for me, needs to be done, but you are happy when you are finished. That sentiment of duty filters into the entire season.

Last evening, I was at a reception and having a nice talk with a friend and his wife. They are Roman Catholic. She was drinking tea and told me she had given up wine for Lent. Having not visited the buffet or beverage table, I told her I wasn't going to have wine to be in solidarity with her. Of course, she told me I didn't need to. I didn't given up wine for Lent, but while at the event, I felt obliged to support her. (I came home and had a couple of glasses of wine while watching the NCAA Tournament.)

It's that kind of season, Lent. We are thinking about not just what separates us from God, but how what we do might separate others from God. And in some ways it is the broadening of that definition of support for each other, as we live through successive seasons of Lent that is exactly what can make Easter all the more joyous when it dawns, even though we know it is coming every year.

What gave life to Jesus after the crucifixion? We know it as the work of God, as a miracle. But what would it have been like for those first disciples had they not walked with him, struggled to understand him, and loved him with all their hearts? A miracle too, but more than a miracle- a miracle meant just for them.

For centuries, it has been the miracle of God's love to reach across time in Easter to touch our hearts to know what those first disciples knew. We never walked the dusty roads with Jesus as they did, so one might ask what is the greater miracle? Might it be that centuries later we experience that same joy that speaks of God's love just to us from a man we never knew.

And yet we do.

Happy Easter!

John+

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

*The spirit of Easter is all about  
hope, love and joyful living.  
~ Anonymous*

The Crab Feed was a huge success with thanks to the many hands who participated:

**Coordinators: Foster Lipscomb & Michael Hollinger**

And their many helpers: **Bob Eddy; Rand Havens; Preston, Jordan & Lori Lipscomb; Carter Lipscomb; Doug Merrill; Jim Morrison; Sara Nelson; Keith Pearce; Arthur & Evan Powers; Gerry Starr and Sara Swimmer.**

The Lenten Series was very engaging and well-attended again this year. Thank you to the coordinators: **Anne Brown and Marian Mulkey** and to all who prepared the suppers that were enjoyed by all: **Anne Brown; Judy Peak; Avon Wilson; Marian Mulkey; Sara Swimmer; Vicki & Tom Pappas and Dharmini Harichandran.** And thanks also to **Joan Booty & John Sutton** for the set-up and the many others who assisted with clean up.

Thanks to all who graciously assisted at the memorial service for Diana Williams. Ushers: **Doug Merrill and Paul Witkay;** LEM: **Judy Peak** and the members of the **St. Anselm's Choir.**

Our first work party of 2018 was well attended and we really like the newly painted bathrooms! Many thanks to : **Walter Blount; Sheila & Norm Gorsuch; Vula Gutman; Dharmini Harichandran; Michael Hollinger; Doug Merrill; Jim Morrison; Sara Nelson; Dick Orear; Vicki Pappas; John Sutton and David Watson.**

## 2018 WOMEN'S RETREAT

The Rev. Lindsay Hills, our former seminarian intern, whom we all became very fond of while she was with us, has agreed to lead our retreat. Here is what she says about our theme. "We will be exploring *The Book of Joy* by Archbishop Desmond Tutu and the Dalai Lama. Through these wise men, we will explore how we, as women, seek to find and cultivate joy in our everyday lives. How do we live as Easter people in a world full of Good Friday headlines? In the midst of stress, how do we find joy?"

**Date:** Friday, April 20th at 4 PM until Sunday, April 22nd at 1 PM. You can also come Saturday only, if you wish.

**Location:** San Damiano Retreat Center, Danville.

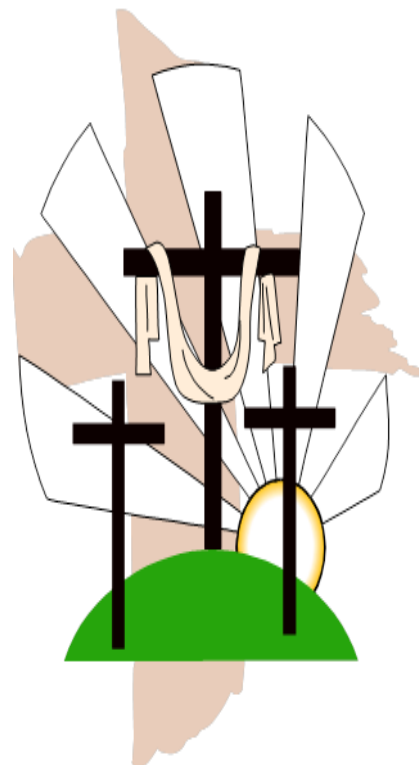
**Cost:** \$266/single room, \$236/double room, \$54 for Saturday only. There are scholarship funds available for those of you needing them, so don't make your decision on cost.

For me what I have found the most important about the retreats is the connection that gets created amongst us, leading to lasting friendships and a feeling of really belonging to the community. For any of you women, new to St. Anselm's, it is an opportunity to get to know other women. I also find it renewing to take time to reflect, be still, to open myself to God's work in my life, and to be away from the hustle, bustle and stresses of daily life.

If you have questions or wish to talk to me about it, I am available by phone: 925-788-0664, by e-mail: [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com), or at coffee hour.

There is a sign-up sheet in Jackson Hall for those of you who want to come.

Anne Brown



## THANKS TO THE ST. ANSELM'S FAMILY

Dear Members of St. Anselm's family,

Many thanks to all of you who contributed new socks for the homeless at Trinity Center. I made two trips to Trinity Center with all of your great contributions and was met both times by the most grateful group of folks. They asked me to give you their blessings and thanks.

Blessings,  
Naomi



*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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

## *The Senior Warden*

### Can I sue God?

Several weeks after my stroke I was moved from Detroit, where it happened, to Berkeley for acute rehab at Alta Bates Herrick Hospital there. One day, Fr. John came to visit me in my hospital room and the first thing I said to him was: "can I sue God for my stroke?" I think that question gave him pause and it made me stop and think for a minute. At least, I was accepting that God had a role in my stroke and that I'd better get busy praying. I thanked God for my being alive and getting back to California, being able to talk to my daughters, Amelia and Susannah as well as my friends.

I saw a neuropsychologist during rehab and he told me that, although I might be depressed and discouraged, I might, someday, come to be thankful for my stroke. I took this as proof that he was totally crazy! His remark got me thinking that there might be some good things that could come out of this horrible experience and with John's help, I started to think of ways I could use my initiative to grow from my misfortune and turn it into a way to do good for others. I joined a stroke support group and found the members to be both comforting and encouraging to each other—in other words, helpful with each other's recovery. I saw that my attendance at the group meetings was particularly important in that I could contribute some comfort and encouragement to the members. Not only did I receive comfort myself, but it helped me to see that I was giving the same to the others. Around this time, I came across a passage from Isaiah that starts off with "Do You not Know, Have You not Heard." Hearing this, gave me the shivers and told me that God understood everything that was going on with me and that He would take care of my recovery. I now read this passage regularly to recharge myself and I highly recommend it for you if you are going through a difficult time. It's Isaiah, book 40, verses 28-31. You might be able to find it online, being read out loud and it's really inspiring about God's power and understanding. Somehow, I don't think God will respond to any lawsuit—He's just taking care of my recovery.

Gerry Starr

---

## *MICHAEL LANE PRESCHOOL*

We have been exploring African animals due to Peg's recent trip to Africa. We talked about the savanna and did research on animals that Peg saw. She even brought in her IPAD a couple of days and showed them some awesome pictures. Simultaneously we have had a group of children who love to pretend that they are cats, domestic cats (we have also discussed the differences between domestic and wild animals). So we decided to explore the similarities and differences between local wildcats. Our new picture book, "I AM a CAT" details exactly in which ways all cats are the same. As a result of all this cat talk I borrowed a mountain lion and bobcat from the Lindsay Wildlife Museum for the children to see. It was amazing to see the reaction on their faces when they arrived at school and saw the cats for the first time. After a few days in the classroom the children now just give the mountain lion, which is not enclosed in a case, a slight pat when they walk by, they do not seem afraid. I can't say the same for some of the parents!

On the business side, we are in the middle of registering children for next year and we are almost full, which is good news for so early in the year.

Happy Easter!

Kim



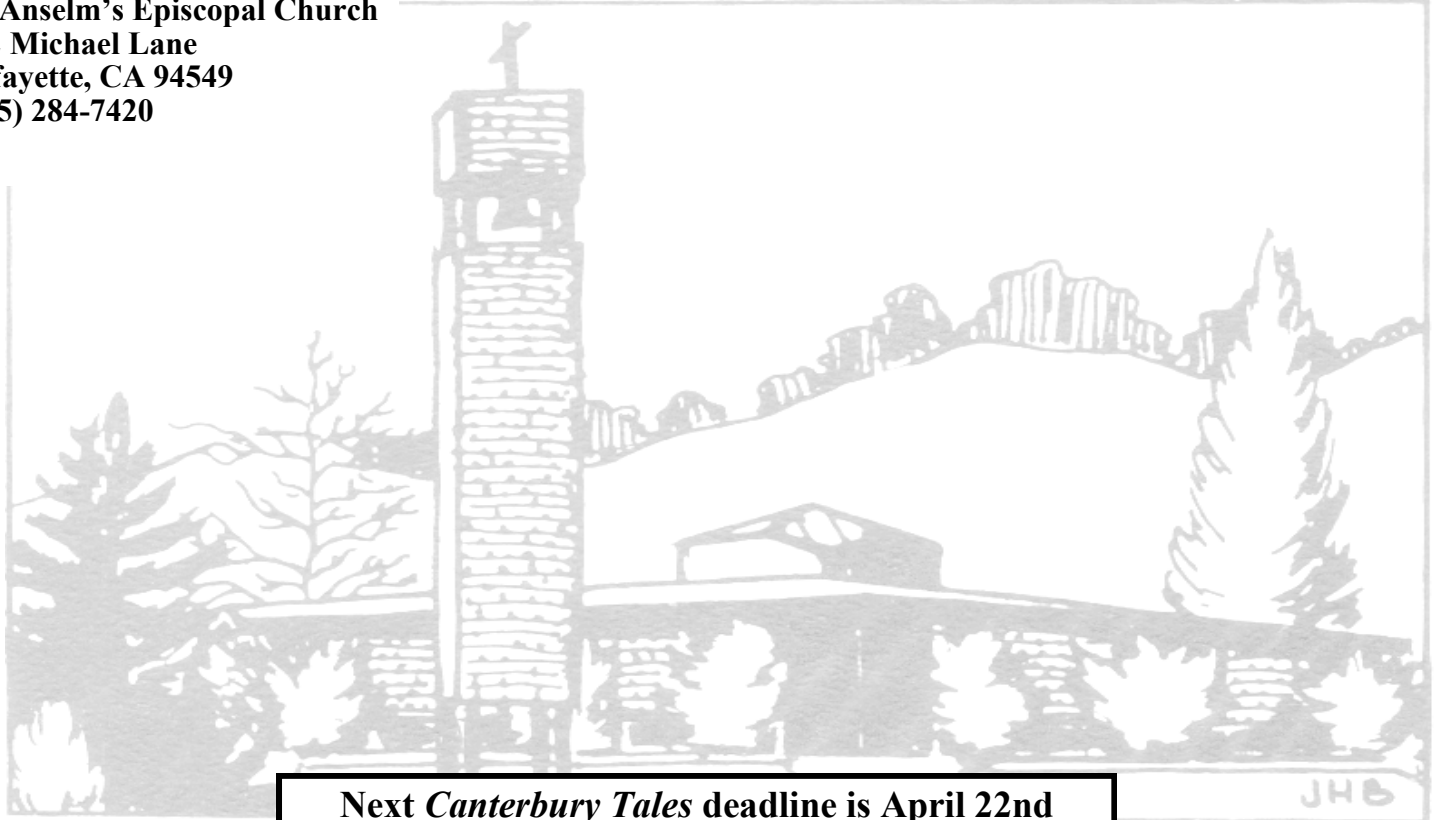
Cuddles, appearing courtesy of the Lindsay Wildlife Museum.

## *Upcoming Events in April*

1	Sun	9:00 a.m.	<b>EASTER SUNDAY</b>
		11:15 a.m.	Choir Rehearsal
2	Mon	11:00 a.m.	Easter Egg Hunt
3	Tue	12:15 p.m.	Contemporary Bible Study
5	Wed	9:30 a.m.	Grief Support Group
6	Fri	10:00 a.m.	Hatha Yoga
7	Sat	9:00 a.m.	Stephen Minister Meeting
		6:00 p.m.	Choir Rehearsal
8	Sun		Bridge Group
		9:00 a.m.	<b>TOOLS OF HOPE SUNDAY</b>
		9:15 a.m.	Choir Rehearsal
		11:30 a.m.	Altar Guild Meeting
9	Mon	11:00 a.m.	Cancer Support Group
11	Wed	9:30 a.m.	Contemporary Bible Study
		2:30 p.m.	Hatha Yoga
14	Sat	9:00 a.m.	Property Commission Meeting
		11:00 a.m.	Choir Rehearsal
15	Sun	9:00 a.m.	Memorial for Wes Thomas
16	Mon	11:00 a.m.	Choir Rehearsal
		7:00 p.m.	Contemporary Bible Study
18	Wed	9:30 a.m.	Vestry Meeting
20-22	Fri-Sun		Hatha Yoga
21	Sat	9:00 a.m.	Women's Retreat at San Damiano
22	Sun	9:00 a.m.	Choir Rehearsal
			Choir Rehearsal
23	Mon	11:00 a.m.	<b>Canterbury Tales Deadline</b>
25	Wed	9:30 a.m.	Contemporary Bible Study
28	Sat	9:00 a.m.	Hatha Yoga
29	Sun		Choir Rehearsal
		9:00 a.m.	<b>Stephen Ministry Commissioning</b>
30	Mon	11:00 a.m.	Choir Rehearsal
		12:15 p.m.	Contemporary Bible Study
			Preschool Board Meeting



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



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

**They're Back! Those wonderful Church Bulletins! Enjoy these sentences that actually appeared in church bulletins or were announced at church services:**

The Fasting & Prayer Conference includes meals.

The church will host an evening of fine dining, super entertainment and gracious hostility.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off - let the Church help.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

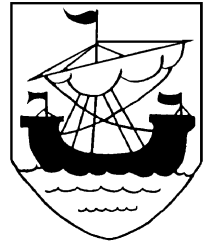
***And this one just about sums them all up:***

The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.'

---

# Canterbury Tales

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



May, 2018

## From The Rector

### How Was The Liturgy Of The Word Formed?

It is pretty interesting history. It goes a LONG way back and has also changed significantly in relatively recent time.

Just as you can't begin to understand Jesus without looking through the lens of Judaism, he was after all a Jew, you can't understand how our Sunday services are organized without understanding how Jews have worshiped for centuries.

According to the Talmud, as far back as Moses, appointed readings were assigned to certain occasions. This continued to the time of Jesus, and beyond. Retired Bishop of the Episcopal church John Shelby Spong wrote a book Liberating The Gospels. In the book he shows how the liturgical seasons of the Christian year were based on their Jewish counterparts and predecessors. The first Christian readings and liturgies alike bore a strong resemblance to elements within Jewish worship of the time. Given that the first original Christians were entirely Jewish, it is not surprising that they exerted a profound influence as the worship of the Christian church developed.

### A Significant Change With Vatican II

Prior to the gathering of the Catholic Church in the 1960s, most churches had a lectionary cycle that had Sunday readings presented on an annual basis. The readings on the first Sunday of Advent in one year would always be the same. After Vatican II, the cycle expanded to three years. (I can't remember if I repeat stories in sermons, and sometimes worry that I do. I can tell you I would worry about this a lot more if the readings were repeated every year, instead of every three years.)

Each of the synoptic gospels, Matthew, Mark and Luke has a year in which readings from its gospel is read, respectively years A, B and C. The fourth gospel, the Gospel of John, is read each year in the Easter season and throughout other seasons where its message jibes with the readings and specific liturgical themes.

### Easter is Different

And now we get to the place where I got the thought to write this article: beside the fact that the Gospel in Easter is almost exclusively from John, another significant reading format is different in the Easter season. Don't

(continued on page 3)

## *Anselm's Angels*

*Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom.* ~ Marcel Proust

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

- The Palm Sunday Passion readers: **8 o'clockers—Bob Eddy; Pam Green; Tom Henry; Foster, Lori, Preston & Jordan Lipscomb and Shanda Young. 10 o'clockers—Sheila Gorsuch; Don Helmholz; Caroline & Andrew Huddart, Jim Morrison; Vicki Pappas and Dick White.**
- Maundy Thursday: Lector—**Vicki Pappas**; Usher—**Doug Merrill**
- Good Friday: Lectors—**Judy Peak and Sheila Gorsuch**; Ushers—**George Wasson and Doug Merrill.**
- Easter Sunday: the **Altar Guild** and **Laura Ho** for the beautiful Easter lilies and flowers, 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. Thanks also to **Allen Zhang** and **Liam Perry** for assisting with setting up the hunt!

Our **TOOLS OF HOPE** collection raised \$175 to support communities in need. Thanks to all who contributed.

Thank you to **Doug Merrill** and **Gordon Repp** for ushering at the memorial service for Wes Thomas.

## Upcoming Events in May

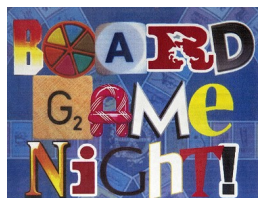
2	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
4	Fri	10:00 a.m.	Stephen Minister Meeting
5	Sat	9:00 a.m.	Choir Rehearsal
6	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
8	Tue	12:15 p.m.	Grief Support Group
9	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
12	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
13	Sun		<b>Mother's Day</b>
		9:00 a.m.	Choir Rehearsal
16	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
19	Sat	9:00 a.m.	Choir Rehearsal
20	Sun		<b>Pentecost Sunday</b>
		9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Baptisms – Linda Yao-Chin, Ian Yao, JP Zhang
21	Mon	12:15 p.m.	Preschool Board Meeting
		7:00 p.m.	Vestry Meeting
23	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
26	Sat	9:00 a.m.	Choir Rehearsal
		5:00 p.m.	Youth Dinner/Game Night
27	Sun		<b>Trinity Sunday</b>
		9:00 a.m.	Choir Rehearsal
			<b>Canterbury Tales Deadline</b>
28	Mon		<b>Memorial Day – The Church Office will be closed</b>
30	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study



## ST. ANSELM'S YOUTH EVENT

St. Anselm's youth aged 10-18 are invited to bring a friend and get to know each other better at Jackson Hall on Saturday, May 26th at 5 pm. They will prepare and eat a meal together. After clean-up, a variety of non-electronic games will be available to play until 8:30 pm. Grandchildren of church members in this age range are also invited to participate and bring a friend.

Please RSVP to Julie Rinkenberger at [jripmaggie@hotmail.com](mailto:jripmaggie@hotmail.com) by May 13th, so we can plan the event. Families that participate will be asked to bring something for the dinner.



*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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

## *The Senior Warden*

The fact that I can't drive has been a great disappointment for me after my stroke. My paralyzed left hand can't hold the steering wheel while I shift gears with my right hand or operate the turn signals and headlight switch. Unfortunately, I have to rely on others for rides to get where I want to go.

I discovered Uber last year while visiting Seattle for a wedding and it turned out to be a great way to get around to meet up with some friends there. As you probably know, Uber is a smartphone app you can use to hail a taxi. The taxis associated with Uber are privately-owned cars, driven by people who want to earn some extra money using their own car. Most Uber drivers earn about \$200-\$400 per week from their driving and they are often people who don't have better alternatives for earning a living. Typically, they are not doctors or stockbrokers and don't own a home here in the Lamorinda area. Many of my Uber drivers are immigrants with poor English skills and don't know their way around our neighborhoods. For example, it doesn't help if I just say "I'd like to go to the Moraga CVS please." By saying things like that, I've had the chance to hear "you will have to direct me" in accents rooted in China, the Middle East, Africa and Central America. Sometimes, I get very frustrated to have a driver who is not as familiar with the area as I am and who can't navigate without the robotic Google Map system on their smartphone.

I usually get into good conversations with my Uber drivers. They sometimes ask about my injury and tell me how they came to America. A couple of weeks ago when I needed a ride home from lunch with a friend in Berkeley, I was dreading the possibility of having to navigate for someone with poor English on the drive home and my driver turned out to be a guy from Afghanistan who had worked there as a translator for the U.S. military. For helping the U.S., he became a target of the Taliban and had received several death threats against himself and members of his family. He was offered a chance to resettle in California and he now feels very grateful for the safety he and his family enjoy here. Since he risked his life for our military, he now gets U.S. Veterans' benefits, for which he is very thankful. With Uber, I've been driven by a guy from Myanmar who came here to escape the violence against civilians by the military there, a Mexican-American who took a gunshot in the leg while fighting with the U.S. Army in Iraq, a Yemeni who came here for better job opportunities to support his family and a safer, less violent society than he had where he originated. When I hear stories like these, I feel proud that our country is seen as a safe place inhabited by honorable people and I tell these folks I'm glad they came here and are now thriving. In other words, I am glad that they have come to be my fellow Americans!

My drivers and I usually part ways with a "Thank God you are safe here" and "God bless you!" It's good that these people from other countries and cultures share some common values that we count on here in our country and I'm happy that we are able to share our good fortune as Americans with them. Doesn't this stuff sound like what we say in Sunday church services?

Gerry Starr

---

*(Continued from page 1)*

### **Rector continued**

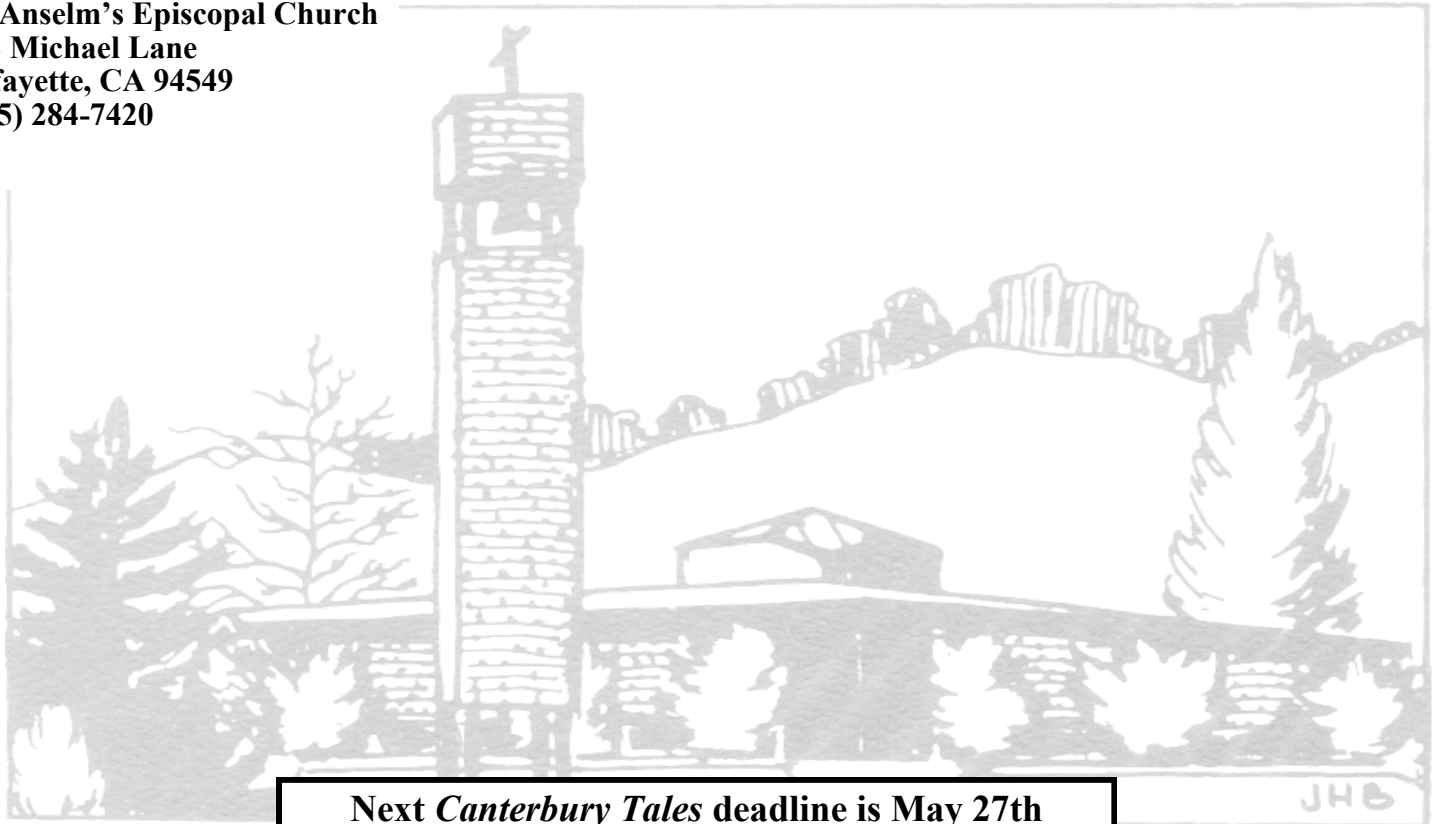
know if you have noticed or not, but in Eastertide, the first reading is from the book of Acts, a new testament book. Usually we get a reading from the old testament as the first lesson, but those organizing the lectionary, in what I think was their great wisdom, felt that it was important to accentuate how Jesus developed into Christ in the changed lives of those who followed him, and the ways in which that message expanded beyond him and his original followers to the world at large. These stories are a profound call to us to recognize that the message of one itinerant, illiterate Jewish peasant is only heard when it moves beyond his words and deeds to others. And when it does, when it becomes incarnate in us, it can be miraculous.

Then and now, that is the message of Easter, that is the meaning of Christ.

John+

---

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



**Next *Canterbury Tales* deadline is May 27th**

**Being a mom has some laugh-out-loud moments. What better way to celebrate moms than with some funny -- or at least very real -- quotes about motherhood?**

"If evolution really works, how come mothers have only two hands?" ~ Milton Berle

"Sweater, n.: garment worn by child when its mother is feeling chilly." ~ Ambrose Bierce

"I love cleaning up messes I didn't make. So I became a Mom." ~ Unknown

"I want my children to have all the things I couldn't afford. Then I want to move in with them." ~ Phyllis Diller

"Nothing is really lost until mom can't find it." ~ Unknown

"Any mother could perform the jobs of several air-traffic controllers with ease" ~ Lisa Alther

"Motherhood is like Albania--you can't trust the descriptions in the books, you have to go there." ~ Marni Jackson

"No matter how old a mother is, she watches her middle-aged children for signs of improvement." ~ Florida Scott-Maxwell

"The phrase 'working mother' is redundant." ~ Jane Sellman

"Being a mom has made me really tired and so happy." ~ Tina Fey

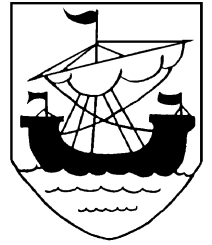
"Life doesn't come with a manual. It comes with a mother." ~ Unknown

"God could not be everywhere, so he created mothers." ~ Jewish Proverb

---



# Canterbury Tales



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

June, 2018

## *From The Rector*

### A Memorial Day Reflection

For several years now, I have provided the Invocation and Benediction at the Memorial Day Observance at Mountain View Cemetery in Oakland. It is a routinely hard job for me.

Saying the words are not hard. Honoring those who have given their lives in service to the ideals we all cherish is not hard. Gathering in humility with others who understand it is important to gather is not hard. It is remembering the sacrifices that so many good and true people have made that is hard.

But even that is not the hardest part for me, a person of faith.

The Air Force Colonel who spoke today told the story of a 20-year old First Class Airman by the name of Eric Barnes. Eric was part of a group of truck drivers tasked with transporting equipment through very dangerous territory between Kuwait and Iraq. Barnes returned to his base in Wyoming after his first tour and could have enjoyed the safety of his stateside assignment. But he felt duty-bound to return to the Iraq theatre, and volunteering, he did.

Shortly after he returned to Iraq, Eric was killed by a remotely detonated Improvised Explosive Device (IED.)

It is hard knowing that through the ages so many good young people have died serving the ideals they believe in. For me what is hardest is knowing that it is exactly their heroism, courage and selflessness that accords the option of war the moral authority it can have. Jesus himself proclaimed the greatness of this love. John 15:13- "*No one has greater love than this, to lay down one's life for one's friends.*" And when the death is in service to a great cause, well you may not have a messiah, but you do have a hero.

What draws us in Jesus to the love of God, can also be that which inspires young boys and girls to follow where the vessel of the greatest love he/she has ever personally witnessed has led, be it an aunt/uncle, mother/father, sister/brother or friend- to die on a battlefield.

I have no intention to disrespect service, quite the opposite. I just recognize that it is exactly the courage of our heroes that has accorded military conflict as a viable way of resolving conflict from age to age to age.

And I wonder, how will it ever change? And when, loving God, will you lead us past this?

John+

## *Anselm's Angels*

*Nothing is impossible.  
The word itself says  
'I'm possible!'  
~ Audrey Hepburn*

A big thank you to all who helped this past month!

- Once again the Women's Retreat was a spiritual respite for all who participated. Thanks to **Anne Brown** and **Marian Mulkey** for coordinating this event.
- Thanks to **Sheila Gorsuch** and **Sara Nelson**, we said farewell and thank you to our frequent guest musician, **Jim Armstrong**. Jim sent his regards to the St. Anselm's community: "It's been a joy to play services at St. Anselm's over the last nine years, and I will miss you all very much."
- **MOTHER'S DAY** was a festive occasion thanks to the efforts of the **Altar Guild** for providing roses for our moms. Thank you to **Steve Masterson** for hosting a special coffee hour featuring mimosas.
- Our "readers in tongues" on Pentecost Sunday: **Annis Gong**, **Dharmini Harichandran**, **Hema Harichandran**, **Andrew Huddart**, **John Sutton**, **Dick White** and **Cathy Witkay**.



## ***FATHER'S DAY CELEBRATION***

To honor the dads on Father's Day, June 17<sup>th</sup>, we are planning something to include the 8 o'clockers AND the 10 o'clockers, after their respective services. If you would like to help, please contact Sara Nelson at [saneson85@hotmail.com](mailto:saneson85@hotmail.com) or 876-9841.

Thanks!

## ***MICHAEL LANE PRESCHOOL***

Michael Lane Preschool has just finished its 15th year ! We have established a secure reputation in the community as one of the only small play- based preschools in the area. We have had families travel from as far as Martinez and Danville to attend our school. Families make the trip as we are unique due to our small, intimate and nurturing environment. I may sound as if I am bragging, but it is really that I am filled with pride. I owe our success to the support of the parents who have joined our school over the years , my staff and the continued support of the St. Anselm's community. And a special thank you to Peg Matson who has been there for the school from the very beginning.

This coming September we will begin again with a new group of children and families. We are already fully enrolled!

Kim



## ***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 24th.

## ***MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS***

Outreach Sunday — September 9th  
Harvest Festival — October 6th  
Bishop's Visit — November 11th

*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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

---

## We Love our Electric Cars. Here's Why.

---

Three of us write about our experiences with our electric cars. Our purchases were all motivated by the cars' potentials for emissions-free performance. While our driving needs are dramatically different, our driving experiences have been uniformly positive. Please consider an electric car when it comes time to replace your current car.

### Father John

**My Purchase Decision.** I have owned my Volt for almost two years now. I was considering both the Chevy Bolt and the Chevy Volt when I made my purchase. Based on my driving patterns, the Volt was definitely the right choice. I needed the gas option after my electric charge runs out.

The Bolt boasts a 238 mile range on batteries, by far the most of any all-electric vehicle out there not named Tesla. But it would not get me up to Tahoe without having to stop for a charge. Where charging technology is right now, that would take a long time. I don't go up to Tahoe that often, but I don't want to wait for hours while my vehicle charges. In the Volt, when I run out of electric power, it automatically, while I am driving, switches to gas power. It is seamless. If I need to drive cross country, I can, filling up an eight gallon gas tank every 370 miles.

Fortunately, when I was deciding on whether to buy a Volt or a Bolt, the Chevrolet website had a place to input the beginning and end of destinations. From my home, my Tahoe destination is less than the advertised range of the Bolt, but because of the climb, the website told me the car would not make it on one charge. Then my decision to buy the Volt was easy. Thank you Chevrolet!

**Charging.** My roundtrip mileage to the church, depending on the route I take, ranges from 32 to 42 miles. This is well within the approximate 60 mile electric range that I get with my Volt. Chevy advertises an estimated 53 mile range, but based on my driving pattern I get better than that. I can go to John Muir Hospital or other locations nearby and still not use the gas-powered engine. As a result, I am driving 93% of my miles on electric power. (There is a cool Chevy app that tells you all this information.)

Installing a Type 2 charger made sense for me. A Type 1 charger, running on 110 volts fully charges the Volt in about 14 hours. A Type 2 charger does so in about 4.5 hours on a 220-volt circuit. As a result, I am using less electricity with the Type 2 charger. Also, if I had a Type 1 charger, even though most of my charging is done at night, I would be going out frequently without fully recharging as there are occasions when I go to the church and elsewhere early and late.

The Type 2 charger, with installation cost me about \$1,000. I had a 220 circuit put in when I put in my solar panels anticipating getting an electric vehicle. Some may have to pay an additional fee for this. (PG&E, at the time I installed it, offered a rebate for installing a Type 2 charger.)

### Doug Merrill

In April Carolyn and I bought a Chevrolet Volt, a plug-in hybrid. Our decision was influenced by John Sutton's positive report about his Volt. The availability of \$9,500 worth of rebates and tax credits was also important. They provided a high-value car for a moderate (mid-\$20,000) price. We feel empowered and exhilarated by our decision. With this step we feel we've made the biggest contribution we can make towards combating climate change. To achieve our goal, we operate our car to minimize gasoline usage. So far (500 miles) we have used none.

The car has exceeded our expectations. It's a handsome vehicle with a smooth ride, tight cornering, and quick acceleration. Its dashboard tells us everything we want to know about its performance.

While we purchased the same model car as John Sutton's, our driving and charging schedules are quite different than John's. Our daily mileage (about 15 miles on average) is much less than John's, so we don't need to charge the battery completely every day. An 8-hour charge every other day from a standard 110-volt household outlet restores 27 miles to the battery. Because we're generally not starting from a depleted battery, the Volt's full electric range (about 60 miles) is usually available to us post charge. By charging from a standard outlet we've avoided the cost of a 220-volt charger and its associated wiring, which can run into the thousands of dollars.

*Continued on page 4*

---

---

**We Love our Electric Cars. Here's Why.** *(continued from page 3)*

To get the cheapest electricity (12.5 cents per kilowatt-hour) we program the car to charge on PGE's EV-A schedule during off-peak hours (11PM to 7AM). Our per-mile electricity cost is 70 to 75 % below the per-mile gasoline cost of a conventionally powered car that gets 30 miles per gallon, assuming gasoline costs \$3.50 per gallon.

### John Powers

At the end of April, we too decided we'd bought enough dinosaur juice, and leased an all-electric Chevy Bolt. We went for a lease because we thought the market for electric vehicles (or EVs) was changing so quickly that new and even better choices would be available soon. We had looked at (and driven) a Bolt back in December, and really liked it, but did not pull the trigger because of all the "other factors" in buying an electric car: What kind of charger should we get? What electrician should install the charger? What PG&E rate should we be on? And so on...

Through my connections with energy entrepreneurs, I came in contact with a startup that wants to simplify the EV buying process, and I decided to try again. I became the first (!) paying customer of EV Complete, an Oakland-based startup that handles everything about buying an EV – they deal with the dealer, deliver the car to your house (including delivering one just for a test drive if you want), let you sign papers at home, help select a charger for your garage or driveway, find a good electrician to install it, manage the PG&E rebate (yes, we got \$500 from PG&E for our decision), help decide on the correct PG&E electric rate, and so on. (See [www.EVComplete.com](http://www.EVComplete.com) if you're interested.) The whole process was quite painless – if you decide to go this route, tell them John sent you!

And -- we're loving the Bolt. We wanted an EV that we could drive at least to Sacramento and back on a single charge, so that narrowed the selection down to a Bolt or a Tesla Model 3 – and as I told everyone, we wanted a car, not a picture of a car! (The Model 3 is still back-ordered for an unknown-but-large number of months...). Marian and I have each driven it to Sacramento in the last couple of weeks, with no "range anxiety" whatsoever – when we got home, we each had at least 60 more miles in the battery pack. So now, the Bolt belongs to whichever one of us has to drive further each day. Yes, we still have a gas-powered car for long trips – but it's spending most days resting in the garage while the Bolt does all the work.

I concur with Doug – the car handles great, accelerates quickly, and is really fun to drive. We have a 220-volt charger that can fill the capacious battery in a few hours (no, we don't need to charge it up every night – we decide that based on our plans for the next day), and we enjoy passing gas stations without stopping... We'll have more info on gas (and money) savings after the first couple of PG&E bills.

### End Note

Unless there is legislation to extend it, the current \$7,500 federal tax credit will be gradually phased out. The phase-out begins the second quarter after a car manufacturer sells 200,000 electric or plug-in hybrid vehicles. Tesla (183,000) and General Motors (180,000) may pass 200,000 soon. For details, click [here](#). Note: The credit is \$7,500 for most models, but not all. Click [here](#) for tax credit information about specific models.



***BY POPULAR REQUEST — DEACON NAOMI'S "A-TO-Z BREAD"***

Deacon Naomi once again brought her "A-to-Z Bread" to a recent coffee hour, resulting in numerous requests for the recipe. So here it is!

**Ingredients:**

1-1/2 cups sugar  
1 cup canola oil  
3 eggs, lightly beaten  
2 cups A to Z ingredients (choose from list below)  
1 tablespoon vanilla extract  
3 cups all-purpose flour  
2 teaspoons ground cinnamon  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup chopped walnuts

**A to Z Ingredients:**

Apples, peeled and shredded  
Applesauce  
Apricots (dried), chopped  
Bananas (ripe), mashed  
Carrots, shredded  
Sweetened shredded coconut  
Dates, pitted and chopped  
Figs (dried), chopped  
Grapes (seedless), chopped  
Oranges, peeled and chopped  
Peaches, peeled and chopped  
Pears, peeled and chopped  
Pineapple (canned), crushed and drained  
Dried plums, pitted and chopped  
Pumpkin, canned  
Raisins  
Raspberries, unsweetened fresh or frozen  
Rhubarb, chopped fresh or frozen  
Strawberries, fresh or frozen  
Sweet potatoes, cooked and mashed  
Zucchini, peeled and grated

**Directions:**

In a bowl, combine the sugar, oil and eggs. Stir in A to Z ingredients of your choice and vanilla. Combine flour, cinnamon, baking powder, baking soda and salt; stir into liquid ingredients just until moistened. Stir in nuts. Pour into two greased 8x4-in. loaf pans.

Bake at 350° for 50-55 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 2 loaves.

*Originally published as "A-to-Z Bread" in Country Woman, May/June 1996, page 19*

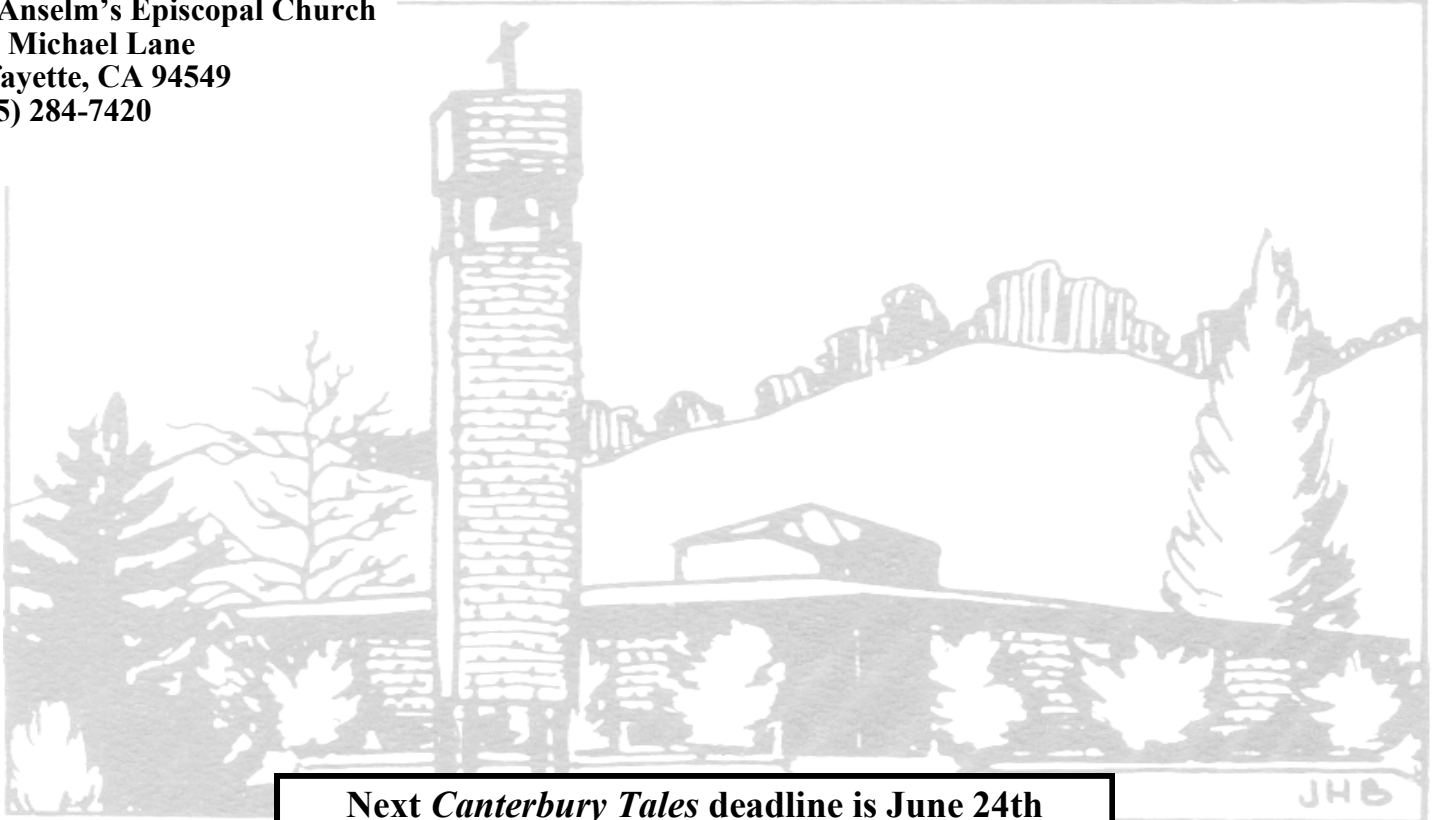
## *Upcoming Events in June*

2	Sat	9:00 a.m.	<b>Work Party</b>
		9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Confirmation, Grace Cathedral
3	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
5	Tue	12:15 p.m.	Grief Support Group
6	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
8	Fri	10:00 a.m.	Stephen Ministry Meeting
9	Sat	9:00 a.m.	Choir Rehearsal
10	Sun	9:00 a.m.	Choir Rehearsal
		11:15 a.m.	Reception for Sally & Jim Morrison
13	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
16	Sat	9:00 a.m.	Choir Rehearsal
17	Sun		<b>Father's Day</b>
		9:00 a.m.	Choir Rehearsal
		9:00 a.m.	Father's Day Celebration
		11:15 a.m.	Father's Day Celebration
18	Mon	7:00 p.m.	Vestry Meeting
20	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
21	Thu	5:00 p.m.	Deanery Meeting @ St. Anselm's
23	Sat	9:00 a.m.	Choir Rehearsal
		2:00 p.m.	Memorial for Anders Swenson
24	Sun	9:00 a.m.	Choir Rehearsal
			<b>Canterbury Tales Deadline</b>
25	Mon	12:15 p.m.	Preschool Board Meeting
27	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
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 June 24th

## **HAPPY FATHER'S DAY. . . . .**

When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. ~ Mark Twain

A father carries pictures where his money used to be. ~ Author Unknown

Just once on Father's Day I wish my kids would give me a #1 Dad mug instead of one with my actual ranking. ~ Andy Borowitz

When my father didn't have my hand, he had my back. ~ Linda Poindexter

The older I get, the smarter my father seems to get. ~ Tim Russert

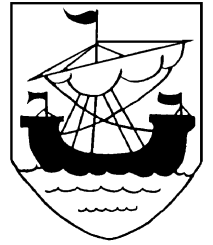
How many Dads does it take to assemble a toy? Just one, but it takes a roll of tape to put the instruction sheet back together. ~ Author Unknown

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. ~ Charles Wadsworth

---

# Canterbury Tales

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



July / August, 2018

## *From The Rector*

### **Fun All Summer Long**

When I was a teenager, at the end of one school year, I bought The Beach Boys Greatest Hits. The album was titled "All Summer Long" and one of the songs on the album had the same name. It quickly became my favorite song, and I played it on my record player over and over and over again. The song was composed by Brian Wilson and Mike Love and captured how much fun they had one carefree summer.

I spent most of that summer bagging groceries at Lucky's. But if I wasn't working nights, my evenings were free to spend as I chose, no studying to think about. A sense of re-creation governed my summers, and like most kids as Labor Day neared, I dreaded going back to the classroom.

Summer school was pretty foreign back then. Not many kids went unless they had to. I did go to summer school at Merritt Junior College one year to avoid taking chemistry from our high school teacher- Mr. Barry-Smith. He had the reputation of giving A students Bs, even Cs. I carpooled into the hills of Oakland with other high school students who had the same strategy and was happy to earn a B.

Something has stayed with me to this day about summertime. It isn't just that the weather is great and the days are longer. It is that it is a time of refreshment and renewal. If there is a sabbath season, summer is it. And church year activities reflect this.

I hope that by the next time you read my Canterbury Tales article in September, you have had a wondrous summer. And I hope that you enter into this season knowing again that feeling you had as the class bell rang for the last time.

John+

## *Anselm's Angels*

"Summertime is always the best of what might be."

~ Charles Bowden

A big thank you to all who helped this past month!

- Many thanks to all who came out to participate in our summer Work Party: **Norm Gorsuch, Sheila Gorsuch, Foster Lipscomb, Michael Hollinger, Doug Merrill, Sara Nelson, Gordon Repp, Julie Rinkenberger, George Wasson and David Watson.**
- **Sara Nelson** was the brains behind the hugely successful idea of having pizza and goodies to help us honor St. Anselm's Dads on **Father's Day**. Thanks also to the team that helped make the event possible **Sally Fischer, Sheila Gorsuch, Julie Rinkenberger, Allen Zhang and Dale Zhang.**
- Thank you to **Doug Merrill** for serving as the usher at the Memorial Service for Anders Swenson.





## CONGRATULATIONS TO THE ST. ANSELM'S 2018 GRADUATES!

Ryan Hart — Monte Vista High School, attending UC Santa Cruz in the fall.

Harris Masterson — Las Lomas High School, attending Duke University in the fall.

Nick Pappas — MS, Energy Systems, UC Davis

Kate Sutton — BS, Applied Math, SMU

### ***MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS***

Youth Sunday — September 9th  
 Outreach Sunday — September 9th  
 Harvest Festival — October 6th  
 Bishop's Visit — November 11th

### ***THE NEXT MEETING WILL BE...***

Altar Guild—September 9th  
 Cancer Support Group— July 8th & August 5th  
 Grief Support Group—August 7th  
 Vestry—August 20th



*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
 Phone: (925) 284-7420  
 e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
 web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
 Cathy S. Witkay

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

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

## *The Senior Warden*

I was very fortunate to go on a week-long vacation in late May that consisted of traveling through Northern Arizona and Southern Utah with three of my good friends from college. We saw Hoover Dam, Walnut Canyon National Monument, near Flagstaff, Arizona and the Grand Canyon from its South and North Rims. Near the South Rim, we saw several ancient Pueblo cliff dwelling ruins, baking in the sun and swept by the nearly constant wind. It was a very inhospitable landscape that must have required great resilience from the ancient people who lived there. We learned that the ancients lived on grains that they were able to grow on the very limited water available from occasional rainstorms. They hunted deer and lizards that also survived in the dry, hot landscape. My friends and I would get out of our vehicle to examine each ruin as it appeared on our route. We were always glad to get back into the shelter of our vehicle and crank up the air conditioning and gulp some of the water we were carrying. On the freeway, we enjoyed classic rock music in our rented SUV - a level of luxury that was unavailable to the ancient people who lived there thousands of years ago. I am reminded that our American southwest landscape is similar to the arid Middle East where the ancient Jews lived and encountered Jesus. I got to live and travel in this country that is so similar to the lands referenced in the Bible, an experience I can use to better understand the environment and living conditions faced by the writers of the Bible in their daily lives.

Now, to change the subject to my first years of living in San Francisco when I did volunteer work for a non-profit organization called The Caregivers Project. This organization was founded on the premise that the AIDS epidemic required that each patient have a caregiver, a relative or a lover, who might live with them and help take care of their daily needs such as meals, errands, transportation and medications. One of the most important jobs done by these caregivers was providing emotional support which could leave the caregiver tired, stressed and less able to take care of their own needs. The Caregivers Project sought to help caregivers of AIDS patients by running support groups, acknowledging their work and publishing helpful articles in their regular newsletter. As shown by our St. Anselm's prayer list, our church includes a number of parishioners with illnesses and difficult life situations. I want to use this space to acknowledge the friends, church members and family members who are caring for people on our prayer list. This is a good opportunity for all of us to help support these caregivers by recognizing their work, saying "Thank You" or praying for them.

If you know a caregiver, or are one yourself, you might want to ask for a Stephen Minister for support. Not only that, we as members of St. Anselm's Church should be praying explicitly for the caregivers in our community.

Gerry Starr





## Celebrate your Harvest. Join the Festival.

After last year's blockbuster fundraising with close to \$50,000 raised for the Trinity Center winter shelter program, our work for 2018 is getting under way. The Annual Harvest Festival will be held on October 6th starting at 5 PM. The Harvest Festival Team is putting together an amazing list of silent and live auction items with more 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 during the cold wet months. 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 the silent and live auctions. If you have such an offering, please contact John Powers.

**If you Can't Attend:** The Harvest Festival is a full congregation event and isn't just for one night and those who attend. It is our single biggest fund raiser each year. So, if you can't attend, please consider making a contribution in advance of the event by writing a check to St. Anselm's with a note "TC Contribution". This can be dropped into the collection any Sunday, mailed to or dropped off at the church office. Let's get 100% congregation involvement.

**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!

**Bring Friends:** The Harvest Festival is a great time to invite a friend or another couple who can afford to help, especially people who are tuned into the homeless issue. They might even share our beliefs and get involved.

**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.

With last year's net gift of close to \$50,000, we have a real challenge...let's beat that in 2018! More on how you can help will follow in the weeks and months ahead.

Marty Fischer  
Chairman, HF Committee

---

## *Upcoming Events in July*

1	Sun	9:00 a.m.	Choir Rehearsal
2	Mon	<b>Office Closed – July 2-6</b>	
4	Wed	<b>Fourth of July</b>	
7	Sat	9:00 a.m.	Choir Rehearsal
8	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
11	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
14	Sat	9:00 a.m.	Choir Rehearsal
15	Sun	9:00 a.m.	Choir Rehearsal
16	Mon	12:15 p.m.	Michael Lane Preschool Board Mtg.
18	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
21	Sat	9:00 a.m.	Choir Rehearsal
22	Sun	9:00 a.m.	Choir Rehearsal
25	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
28	Sat	9:00 a.m.	Choir Rehearsal
29	Sun	9:00 a.m.	Choir Rehearsal

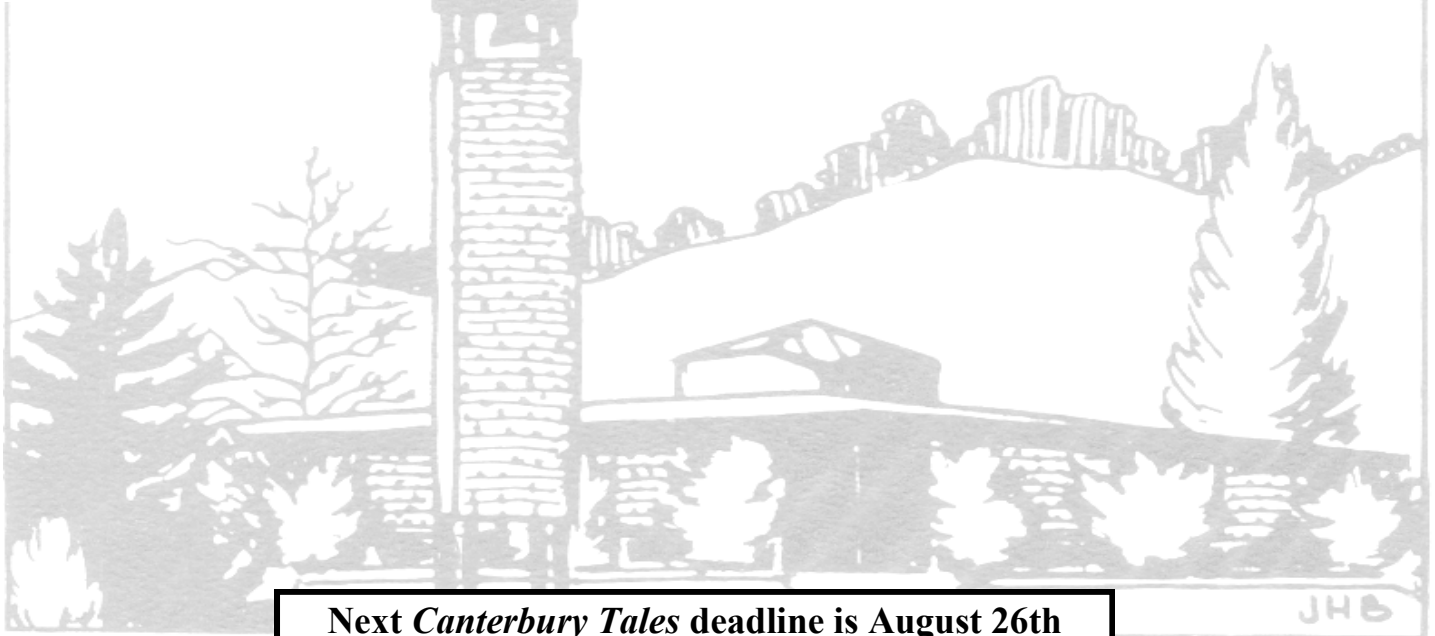
## *Upcoming Events in August*

1	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
5	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Cancer Support Group
7	Tue	12:15 p.m.	Grief Support Group
8	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
11	Sat	9:00 a.m.	Choir Rehearsal
12	Sun	9:00 a.m.	Choir Rehearsal
15	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
18	Sat	9:00 a.m.	Choir Rehearsal
19	Sun	9:00 a.m.	Choir Rehearsal
20	Mon	7:00 p.m.	Vestry Meeting
22	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
25	Sat	9:00 a.m.	Choir Rehearsal
26	Sun	9:00 a.m.	Choir Rehearsal
		<b>Canterbury Tales Deadline</b>	
29	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting





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



**Next *Canterbury Tales* deadline is August 26th**

**Just a few summer thoughts to ponder. . . .**

**"Some of the best memories are made in flip flops." — Kellie Elmore**

**"Salt in the air, sand in my hair." — Unknown**

**"Summertime and the livin' is easy." — Porgy and Bess**

**"It's summer and time for wandering..." — Kellie Elmore**

**"The summer night is like a perfection of thought." — Wallace Stevens**

**"Deep summer is when laziness finds respectability" — Sam Keen**

**"There shall be eternal summer in the grateful heart." — Celia Thaxter**

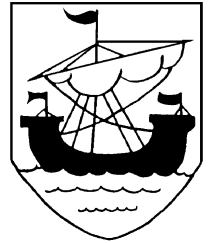
**"The sun does not shine for a few trees and flowers, but for the wide world's joy." — Henry Ward Beecher**

**"My ideal summer day was reading on the porch." — Harold E. Varmus**

**"Because it's summer and the memories are just waiting to happen." — Anonymous**

---

# Canterbury Tales



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

September, 2018

## *From The Rector*

### **Here We Go Again!**

Once again it will be a busy Fall season at St. Anselm's. Some dates to calendars with some comments about the events:

#### **Saturday September 8<sup>th</sup> - Work Party from 9 a.m. to noon**

We hold four work parties annually to maintain the buildings and grounds at the church. Our members on the Property Commission, who mostly turn out for all the work parties, are getting older and we could use some help from younger members. It isn't just 'muscle' we are looking for, though we are looking for that. We could also use some mobile folks to climb ladders. *If you can help out at any point that morning, your help would be greatly appreciated!* Lunch is provided.

#### **Sunday September 9<sup>th</sup> - Youth and Outreach Sunday**

This may be one of the most eventful Sundays ever at St. Anselm's. All members at both services will be given tickets with which to 'vote' for the local charities we support with our designated outreach funds.

In addition, this will be our first Youth Sunday! Our youth members will be ushering, acolyting, bearing oblations, and preaching. If you're looking for a Sunday to bring young neighbors to, this is it. Additionally, Donna Colombo, Executive Director of Trinity Center will be with us to let us know what is going on with our ministry to the homeless in Walnut Creek.

#### **Sunday September 30<sup>th</sup> - Opportunity Fair**

Looking for a way to get involved at the church? Members of guilds, commissions and ministry teams will be present after both services to let you know what they do, and how you can join in.

#### **Saturday October 6<sup>th</sup> - Harvest Festival**

Our signature fund raising event for the year, over the last two years we have raised over \$100,000 for Trinity Center's ministry to the homeless. Last week we opened up sign-ups for the dinner and we are already half full. (If you haven't signed up yet, suggest you do so soon.) Pay attention to the Sunday bulletin as to the many ways we are raising funds. We are ahead of last year's pace at this point, and this year we can break our fundraising record!

#### **Sunday October 21<sup>st</sup> - Acolyte Recognition Sunday**

Our opportunity to thank our acolytes for the service they provide throughout the year.

(Continued on page 4)

## *Anslem's Angels*

*"Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can."*

*~ John Wesley*

A heartfelt thank you to the many angels who contributed a total \$2,250 to assist **Pam Green's** nephew and family who lost their home in the early days of the Carr Fire near Redding.

Pam shared the following: after speaking with her nephew's wife Kallie: "Both children (Hanna age 9 and Cooper age 7) are doing well. Hanna and Cooper did cry when they heard their house had burned, and Hanna thought that maybe the chickens made it (they didn't). Hanna was the one who awoke in the night when the power was out, and she was the superstar getting their 'to go' bags packed so that they could leave. Cooper did bring along a stuffed snake that he got at the Oakland Zoo last August when they visited. They both started school on Wednesday, September 22<sup>nd</sup>. Forty-five students who attend their school lost homes. Cooper has been supportive to another boy in his class who also lost a home and is having a hard time. This weekend Pam's nephew, Jessie, will go over to the home site to sift ashes.

The Stricklin family thanks everyone who contributed.

## OPPORTUNITY FAIR COMING ON SUNDAY, SEPTEMBER 30<sup>TH</sup>

New to St. Anselm's? Want to know about activities that you might participate in?

On a ministry team/guild/commission that could use some new members?

On Sunday September 30<sup>th</sup>, St. Anselm's will be holding an Opportunity Fair. After both services, tables will be set up in Jackson Hall to allow our parishioners to learn more about how they might serve in the church and beyond.

If you would like to reserve a spot for your activity, please contact Cathy Witkay in the office no later than September 24<sup>th</sup> so that we can reserve your ministry team a spot. You should bring a sign that states your activity, and have someone to staff your table location. If you would like to include posters/photos - all the better!

Questions? Contact Father John.

## FOOD BANK

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

## SEEKING ADDITIONAL ACOLYTES

*Parishioner, and adult acolyte Steve Masterson, recently passed along the following announcement he paraphrased/plagiarized from Dick Halsey of St. Stephen's Episcopal Church, Boise, Idaho.*

The St. Anselm's Acolyte Guild is always recruiting new members. The word "acolyte" comes from Greek and Latin roots that include "follower" and "on the way." Acolytes help during the worship service to make sure that things are put in place when and where they need to be. They lead the processional into church, and the recessional afterward. They are the "right hand helpers" ready to assist as needed.

Serving as an acolyte is both an honor and a privilege, and besides that, it's kind of fun. Here are five top reasons to be an acolyte:

5. You always have a seat, even at crowded services.
4. You get to see when the clergy make mistakes.
3. You're allowed to use matches.
2. You're "part of the action," not just an observer.

But the Number One reason:

1. Serving the Church as an Acolyte is serving God.

## YOUTH SUNDAY

Be sure to join us on Sunday, September 9th for our Youth Sunday when our youth members will perform many of the major functions of our worship service typically performed by our lay adult parishioners.

## OUTREACH SUNDAY

Sunday, September 9th is also Outreach Sunday.

Be sure to come by Jackson Hall and indicate your preferences among the charities we support. After both the 8 o'clock and 10 o'clock services that day, you'll get to view the poster boards, created by the charities, and "vote" with tickets to determine what percent of our outreach funds will go to each of the charities.

All individuals will be given tickets to distribute — this means our young people too! Please come and participate.

**Canterbury Tales** is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

### Sunday Services:

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

### St. Anselm's Staff

The Rev. John Sutton, Rector  
The Rev. Naomi Chamberlain-Harris, Deacon  
Cathy Witkay, Office Manager

## *The Senior Warden*

“God works in strange ways. God works in great ways!” ~ *Bishop John Bryson Chane, National Cathedral, Washington, DC*

Throughout my life, I have been pleasantly surprised to meet people who are genuinely kind and generous with their time and willing to help me or advise me. These have been teachers, friends, camp counselors and neighbors. In many cases these people were not formally associated with a church and not intentionally advertising their faith in God.

I first became aware of The Bay Area Outreach and Recreation Program (BORP) when my daughter, Amelia, was on the crew team at Berkeley High School. The Berkeley High crew team shared their boat house at aquatic park with the BORP cycling program. While I was picking up or dropping off Amelia at the boat house, I would see BORP clients, with disabilities, who were being assisted onto special recumbent trikes and hand-powered bikes, that were suitable for their mobility limitations. BORP is a non-profit group dedicated to providing exercise and outdoor recreation to people with mobility difficulties and disabilities. They offer wheelchair basketball, cycling and boating programs for a group of highly motivated and regular participants around the Bay Area. Way back in those days of being a crew team dad, I did not expect that I would have a stroke and become a BORP patron. Once I gave them a try by riding their recumbent trikes on the Bay Trail along the Berkeley waterfront, I got hooked on the exercise and fun of being outdoors and pedaling along the bay shore in Berkeley, Emeryville and Richmond. BORP owns and maintains a fleet of recumbent trikes and hand-powered cycles and organizes occasional group rides on the Bay Trail and, sometimes, on the Bay Bridge pedestrian path. Their staff includes volunteers and paid workers who show amazing dedication to their work and patience in helping disabled clients get on or off their cycles. Just maintaining their fleet of cycles is a greasy, knuckle-scratching and endless effort to fix flat tires, brakes and damaged gears on their well-used cycles. I think the staff and volunteers at BORP are truly manifesting the spirit of Jesus; they help disabled people get much-needed exercise and have fun at the same time. There is a welcome feeling of dignity in getting off your bike/trike after a fun, invigorating ride through beautiful scenery on a nice day. BORP people make this feeling available to others coping with illness and mobility difficulties. Don't you think this is the work of God?

On September 22<sup>nd</sup>, I will be riding my recumbent trike 25 miles in Sonoma County for a BORP fundraising event called the “Revolution Ride.” I'll stand up in church soon to ask people to chip in with donations to BORP to support their Revolution fundraiser. If you feel inclined to donate, you will be supporting a wonderful cause in our community where our neighbors are doing God's work to help others thrive in their time of need.

Thank you,  
Gerry Starr



## WINTER NIGHTS – OCTOBER 8– 15, 2018

As I write this article, I am reviewing the latest stats available to me from the “2017 Point in Time Count: A Snapshot of Homelessness in Contra Costa County,” a report produced by the Contra Costa Council of Homelessness. Did you know that 1,607 persons were counted as experiencing homelessness in 2017? Eighty-four families were counted which included 160 minors. Of these 84 families, 22 of them (which includes 46 minors) slept outside during the count for this report.

Numbers are just that. Just a number, but what does that mean for us at St. Anselm's? One word: Community. Every year, Jackson Hall is home for guests. Providing a home, even if it's just for 2 weeks, means a lot to our guests. Our guests have a safe, clean place to rest every night after a day of job hunting, work or school. Our guests are greeted every day with caring volunteers. The children have a consistent place to relax, play and do homework. Anne Brown and I have been managing this program for more years than we can count with our fingers. Through this program, deeper friendships have formed within our community.

I can't speak for Anne but it has been an amazing experience for me, my family and friends. Some reflections from years past:

The year we had a guest arrive with a bird. So . . . yeah, we housed him as well.

The teenage girl who was so upset to be in a shelter that she stayed in her mother's car until bedtime and to watch her take on a leadership role helping the other young children during the week.

Members of St. Anselm's sharing meals, stories and just simply being there to listen to our guests.

St. Anselm's friends and family who travel from as far as San Luis Obispo every year to cook meals.

My favorite — having my kids raid my closet to provide last minute Halloween costumes, move over power rangers—drag queens rule!

This year, volunteers are needed in the following areas:

Breakfast Duty: 6:00 AM – 7:00 AM, October 9 - 15

Weekend Brunch: 9:00 AM, October 13 & 14

Weekend Lunch Drop Off: Noon, October 13 & 14

Weekend Arts & Crafts: October 13 & 14

Dinners: 5:30 PM - 7:30 PM, October 8 -14

First day set up: unload truck, set up tents, organize supplies: 10:00 AM and 3:30 PM – 5:30 PM, October 8

Last day pack up: load truck, help clean up Jackson Hall: 10:00 AM, October 22

If you have questions or would like to volunteer, please contact Eva Woo: [eva94549@gmail.com](mailto:eva94549@gmail.com) or 925-876-9435

## RECTOR cont.

### Sunday November 4<sup>th</sup> - Loyalty Sunday

Following the witness of members over the previous three Sundays of what St. Anselm's means to them, we will gather on November 4<sup>th</sup> between services for breakfast and to turn in our pledge cards to support the ministry of the church.

### Sunday November 11<sup>th</sup> - Bishop's Visitation

Bishop Marc will be with us at both services, and we will have a catered lunch following the 10 a.m. service. Bishop Marc will inform us what is going on in the Diocese and apprise us of his work to counter climate change.

Hope to see you at several of these events.

John+



Last month I talked about my neighbor Carla Golden who is a pediatric oncologist at Children's Hospital in Oakland. Some of the Oakland A's came by the hospital— this is a photo of Carla and one of her patients.

John+



The Harvest Festival is a dinner and auction event held each year at St. Anselm's to help Trinity Center fund the Winter Shelter Program. The evening starts at 5pm with a fair like atmosphere of meeting friends, socializing and trying your luck at several games of skill and luck including a ring toss, golf putt, bean bag toss and wheel of prizes, offering local dinners and other prizes to winners. This is followed by a dinner and auction event. All net proceeds go to Trinity Center. Here's how you can participate and help fund the Winter Shelter Program.

### **Attend the Event**

Seating is limited and the event fills up quickly. The Cost is \$50 per person and you can sign up after Church services starting September 2 or email Marty Fischer at [mfsford@earthlink.net](mailto:mfsford@earthlink.net). to make reservations.

### **Win a Cruise**

Buy raffle tickets to win a 7-day Holland America Line cruise to Alaska, the Caribbean, Mexico or Canada/New England or many other prizes including dinners, gift certificates and other prizes. Tickets will be sold after Church starting August 26th and cost \$5 each, 12 for \$50 or 25 for \$100. Or you can send or drop off a check at the church office made out the St. Anselm's and noted "Raffle". Winners will be announced at the event or notified by phone.

### **Matching Money Challenge**

One of our generous parishioners at St. Anselm's has put up \$10,000 to be matched by other contributions. Just drop a check made out to St. Anselm's noted "Matching Money" in the offering plate or at the church office.

### **Absentee Bidding for Live Auction Items**

You can ask a friend who is attending to bid for you or contact either Father John or Marty Fischer to discuss how you can bid on these items even though you are not attending the event. On the reverse side of this page, you can see some of the wonderful opportunities to win a great item and help Trinity Center shelter the homeless over the cold, wet winter months.



## **Fabulous Harvest Festival Auction Items**



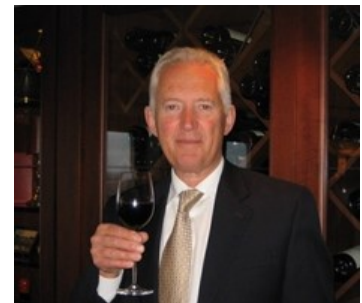
### **Disneyland Trip for 6**

Enjoy the Magic Kingdom with family or Friends.  
Includes resort lodging for 7 nights for up to 6 people,  
minutes from the Park, complementary transfers and  
3 full-day passes for up to 6 people.  
Available only June 8-15 2019.



### **Gourmet Italian Dinner for 8**

A fabulous 7 course dinner served at  
the Orinda Heritage Estate,  
Bien Venida, owned by  
Trinity Center Board Member,  
Dave Stewart and wife Marty.  
This includes matching wines  
described by your evening guest host,  
Philip Goodband, internationally noted  
wine expert and Master of Wine.



### **Sports Memorabilia**



### **Hawaii Paradise Home for 4 for 1 Week**



### **Make "It" Las Vegas 3 days for 4 People**



## **And Many More Great Raffle Items**

**Beautiful Persian Rug from Adib's**  
**Wine Baskets**  
**Original Glass Pendant**  
**Landscape Design Consulting and more**

---

## STEPHEN MINISTRY

How do we care for and offer hope and help to those who are suffering? Shel Silverstein offered this little poem “Helping” that describes two very different kinds of help:

And some kind of help is the kind of help  
That helping's all about  
And some kind of help is the kind of help  
We all can do without!

The founder of Stephen Ministries, Dr. Kenneth C. Haugk, wrote a wonderful book called *Don't Sing Songs to a Heavy Heart*. The title refers to Proverbs 25:20:

Like one who takes away a garment on a cold day  
or like vinegar poured on soda,  
is one who sings songs to a heavy heart.

We want to reach out to help those who are hurting, but our words or actions may unintentionally add to the person's pain. The person could be depressed or ill, have just lost a job or a loved one or have any sort of distress. The proverb refers to the false cheeriness of those who care, but gloss over the hurting person's pain, by speaking in a light-hearted way or offering platitudes. This kind of “care” often makes things worse. The hurting person does not feel understood, because the actual pain is not acknowledged. He may feel that everyone thinks that he should be better, but is not, so what is the matter with him? The hurting person needs to be allowed to experience the depths of his emotions including painful feelings and to be able to express them to a caring individual.

Our Stephen Ministers have been discussing what is helpful and what isn't helpful and may in fact sting and hurt for years such as:

“I know how you feel.”  
“We all have to go some time, don't we?”

Another common offering is: “Just call me if you need something.” (This puts the burden on the hurting person to reach out.) Instead, do something! Call and say, “I just wondered how you are doing.” Let the person know he is wanted and needed; that people are thinking of him. Do something practical for the hurting person: bring a meal, offer childcare, or offer to go shopping for the person. Continue to check in with the hurting person over time, not just at the time of crisis.

On the night my mother was dying last year, the nurse used few words to convey her feelings. From her professional experience she knew that my mother was close to the end even though I didn't quite realize it. She hugged me and was crying for me and with me. That was the greatest compassion I had ever experienced. She was experiencing my pain and sorrow with me.

This is what Christ calls all of us to do. Dr. Haugk says that Christians by definition are people who receive the comfort of God and are empowered to embody God's comfort in their relationships with others. We are called into a community of comforters, the church, at the head of which stands the suffering God, the source of comfort. Christians are called to be Christ to the world showing His love wherever there is pain and suffering.

No one has seen God, but they see God's love through caring and compassion. When people experience God's love through compassion and care, they feel assured of God's presence and know He hasn't abandoned them. In your care they see God.

Stephen Ministers are trained lay Caregivers who have received 50 hours of training to provide high-quality, confidential, one-to-one Christ-centered care to people who are hurting.

If you would like more information about Stephen Ministries please contact Father John or Vicki Pappas (vrpappas@gmail.com).

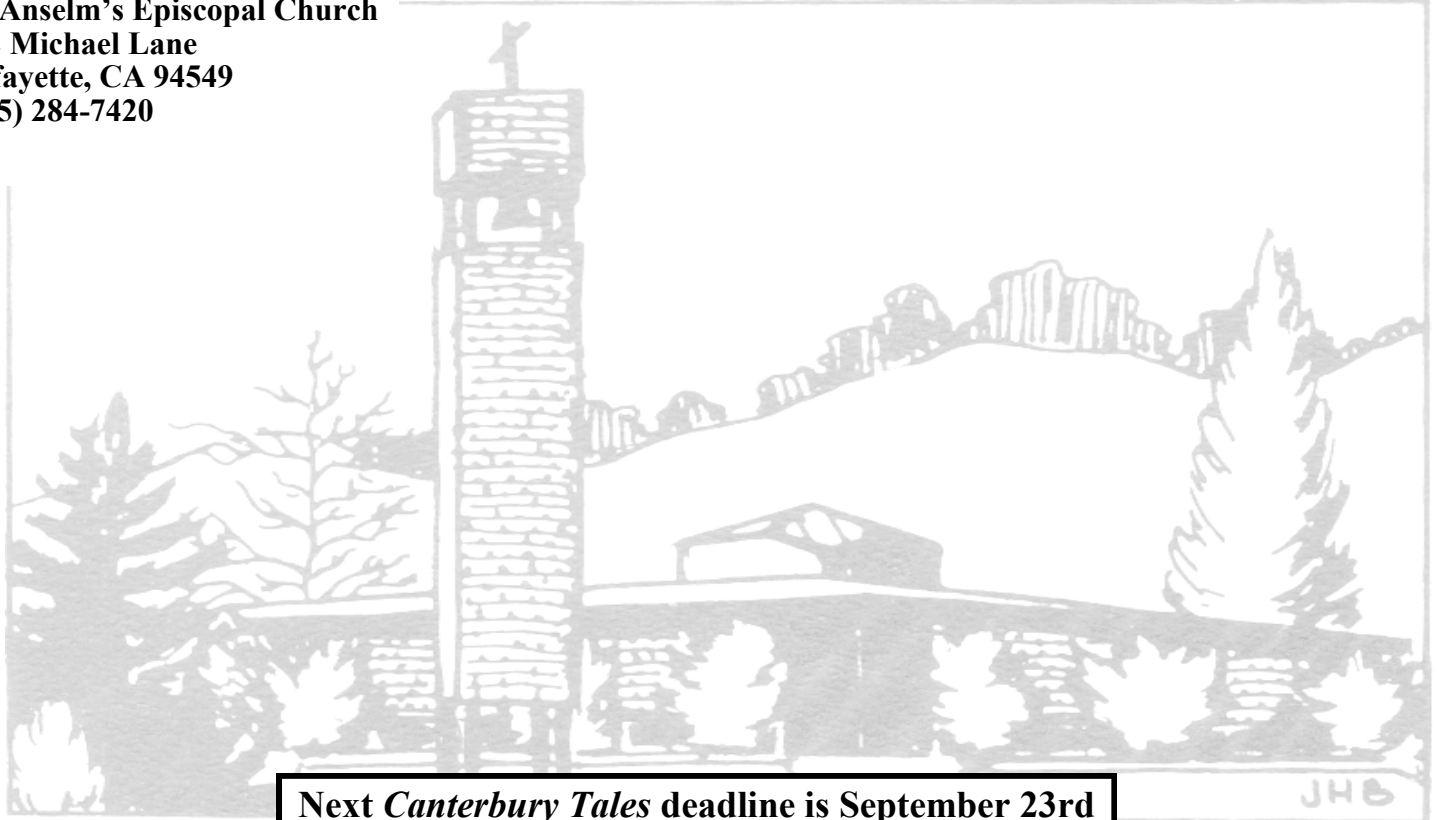
---

## *Upcoming Events in September*

1	Sat	9:00 a.m.	Choir Rehearsal
2	Sun	9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Nursery Meeting
		11:30 a.m.	Cancer Support Group
3	Mon	<b>Labor Day – The Church Office will be closed</b>	
4	Tue	10:00 a.m.	Stephen Ministry Meeting
		12:15 p.m.	Grief Support Group
		7:00 p.m.	Michael Lane Preschool – Parent Orientation
5	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
8	Sat	9:00 a.m.	<b>Work Party</b>
		9:00 a.m.	Choir Rehearsal
9	Sun	<b>YOUTH SUNDAY</b>	
		<b>OUTREACH SUNDAY</b>	
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
10	Mon	12:15 p.m.	Preschool Board Meeting
		7:00 p.m.	Vestry Meeting
12	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
15	Sat	9:00 a.m.	Choir Rehearsal
16	Sun	9:00 a.m.	Choir Rehearsal
19	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
20	Thu	6:30 p.m.	Contra Costa Deanery Dinner – Grace, Martinez
22	Sat	9:00 a.m.	Choir Rehearsal
23	Sun	9:00 a.m.	Choir Rehearsal
		<b>Canterbury Tales Deadline</b>	
26	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
29	Sat	9:00 a.m.	Choir Rehearsal
30	Sun	<b>OPPORTUNITY FAIR SUNDAY</b>	
		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 September 23rd**

### **Just a few back-to-school thoughts to ponder. . . .**

"Education is what remains after one has forgotten what one has learned in school." — Albert Einstein

"Let us remember: one book, one pen, one child, and one teacher can change the world." — Malala Yousafzai

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." — Dr. Seuss

"You learn something every day if you pay attention." — Ray LeBlond

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." — Brian Herbert

"Education is the key to unlocking the world, a passport to freedom." — Oprah Winfrey

"You must do the things you think you cannot do." — Eleanor Roosevelt

"Change is the end result of all true learning." — Leo Buscaglia

"It is never too late to be what you might have been." — George Eliot

"Tell me and I forget. Teach me and I remember. Involve me and I learn" — Benjamin Franklin

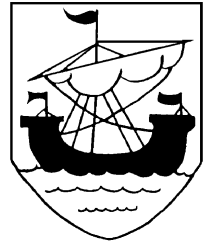
"You can never be overdressed or overeducated." — Oscar Wilde



*Happy Back-To-School!*

---

# Canterbury Tales



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

October, 2018

## *From The Rector*

*If we could listen as children listen, we might speak what they can hear.*

Perhaps the longest running children's show ever was Mr. Roger's Neighborhood. It aired on public television from 1968 to 2001. Earlier this year a documentary film about the show was released. In Won't You Be My Neighbor? there was a story Mr. Rogers told which showed his extraordinary ability to understand young children.

He told of a time where he was with some children, and one of them told him how his stuffed animal lost its ear in the washer. Mr. Rogers said he realized in the moment that it was a test. I didn't understand what he meant until I thought about it after watching the film.

Mr. Rogers said he responded to the boy words to the affect 'Well that doesn't happen to us, does it? We don't lose our arms? We don't lose our eyes or our legs, do we?' Then the kids began to talk about their fears. His questions filled with reassurance cleared the path for them to do so.

My take on what Mr. Rogers was saying about this interaction being a test is this: as we develop into adults, we forget how we invested life into our toys. Our sense of boundaries develops over time, but as children, a stuffed animal losing an ear can be terrifying. It can make a child wonder if his ear will fall off too. Mr. Rogers recognized this, and with his questions was able to open a dialog which eased the fears of children who did not know how to express them.

Young children don't listen with their ears alone. As they are taking in the world their ears are an unimpeded throughway to their souls; no filter. We learn to limit our listening as we grow older, it is arguably necessary. But we may forget that in so doing we are limiting what we can hear. To what do we no longer listen, that could limit what in the world we are called to hear?

Maybe what we miss is the message behind the statement of a child, only heard by a man like Mr. Rogers who knows that young children do not have the words to convey their fears. But we can also miss the unvoiced pain that comes through the words of a friend who is carrying a burden they will not voice. The signals can be in the form of gesture, intonation, body language, and even in the selection of the words themselves. These signals won't be recognized when we are filtering, but they ARE recognized when we listen with the same abandon with which children listen. And we know how to voice our concerns, and recognize the concerns of others where they may not. We have the ability to empathize, because in so many cases we have been there ourselves. If we are willing to be guided, this knowledge can direct how we interact with the burdened, that they too might find rest.

John+

## *Anselm's Angels*

*"Autumn is the season to find contentment at home by paying attention to what we already have."*

~ Unknown

- Many thanks to all who came out to participate in our summer Work Party: **Walter Blount, Anne Brown, Sheila Gorsuch, Michael Hollinger, Foster Lipscomb, Preston Lipscomb, Sara Nelson, Chris Stone, John Sutton, Al Swimmer, Sara Swimmer, George Wasson, David Watson, Allen Zhang, and JP Zhang.**
- Our first youth Sunday was a big success thanks to our wonderful St. Anselm's youth: Preacher, **Dale Zhang**; Ushers: **Liam Perry, Palmer Hightower, Allen Zhang**; Lector: **Katheryn Dunn**; Prayer Leader: **Hallie Orear**; Soloist: **Annis Gong**; Acolytes: **JD & Hallie Orear**; Coffee Hosts: **Liam Perry, Dale & Allen Zhang, Palmer Hightower, and Katheryn Dunn.**
- Thanks to **Andrew Yao, Linda Yao-Chin, Dimitri & Leta Seletzky, and Heather Alexander** for staffing the nursery during the 10 o'clock services.
- Thanks to **Yvonne Grace and Joan Martin** for organizing a successful Outreach Sunday.
- A big thank you to **Michael Hollinger** for setting up Jackson Hall for Opportunity Sunday and everyone who staffed an information table: **Anne Brown, Kelvin Booty, Sally Fischer, Caroline Huddart, Michael Hollinger, Doug Merrill, Sara Nelson, Vicki Pappas and Eva Woo.**



## OUTREACH SUNDAY RESULTS

Thank you to everyone who participated in the Outreach Sunday "voting" to determine the distribution of our \$18,000 of designated outreach funds. The following contributions were made on September 20th:

Bay Area Crisis Nursery — \$2,700  
 Contra Costa/Solano Food Bank — \$3,960  
 Interfaith Council of Contra Costa — \$1,260  
 Loaves & Fishes — \$2,700  
 Mobility Matters — \$1,980  
 St. Dorothy's Rest — \$1,980  
 STAND — \$1,440  
 VESTIA — \$1980

And a big thank you to Yvonne Grace and Joan Martin who set up the displays and tallied the results!

## MEMORIAL SERVICE PLANNING WORKSHOP

On Sunday, October 28th from 11:30-12:30 p.m. in the conference room, I will be facilitating a conversation about pre- planning what your preferences might be for your memorial service.

We had a similar workshop about 2 years ago. St. Anselm's has a form to help us do the planning..

Please consider joining us if you have any questions or concerns.

Blessings,

Deacon Naomi



### *Blessing of Animals*

*The annual Blessing of Animals  
 will be on October 7th  
 during both the  
 8:00 a.m. and 10:00 a.m.  
 services.*

*All companion animals are  
 welcome!*

**Canterbury Tales** is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
 Phone: (925) 284-7420  
 e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
 web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
 Cathy S. Witkay

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

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



## WINTER NIGHTS VOLUNTEER OPPORTUNITIES

St. Anselm's will be hosting Winter Nights from October 8-14, 2018. During this time, we will provide shelter for homeless families and seniors in Jackson Hall.

Help is still needed on the following:

**October 7, 1:00 - 3:30** - Help Eva Woo with Costco shopping and set up our kitchen and pantry (great youth activity, but an additional driver is needed).

**October 8, 3:30 - 5:30** - Help us set up tents, organize supplies, clean equipment

**October 8, 5:30 - 8:00** - Serve and share dinner (provided by Eva) with our newly arrived guests.

**October 12, 5:30 - 8:00** - We still need someone to provide a main dish and side dish for dinner.

**October 13, Lunch** - Volunteer needed to drop off lunch for our guests.

**October 14, Lunch** - Volunteer needed to drop off lunch for our guests.

**October 14, 5:30 - 8:00** - We still need dinner volunteers for that evening. main dish, side dish, salad and dessert.

Questions, please contact Eva Woo at [eva94549@gmail.com](mailto:eva94549@gmail.com) or 925-876-9435. Thank you!!

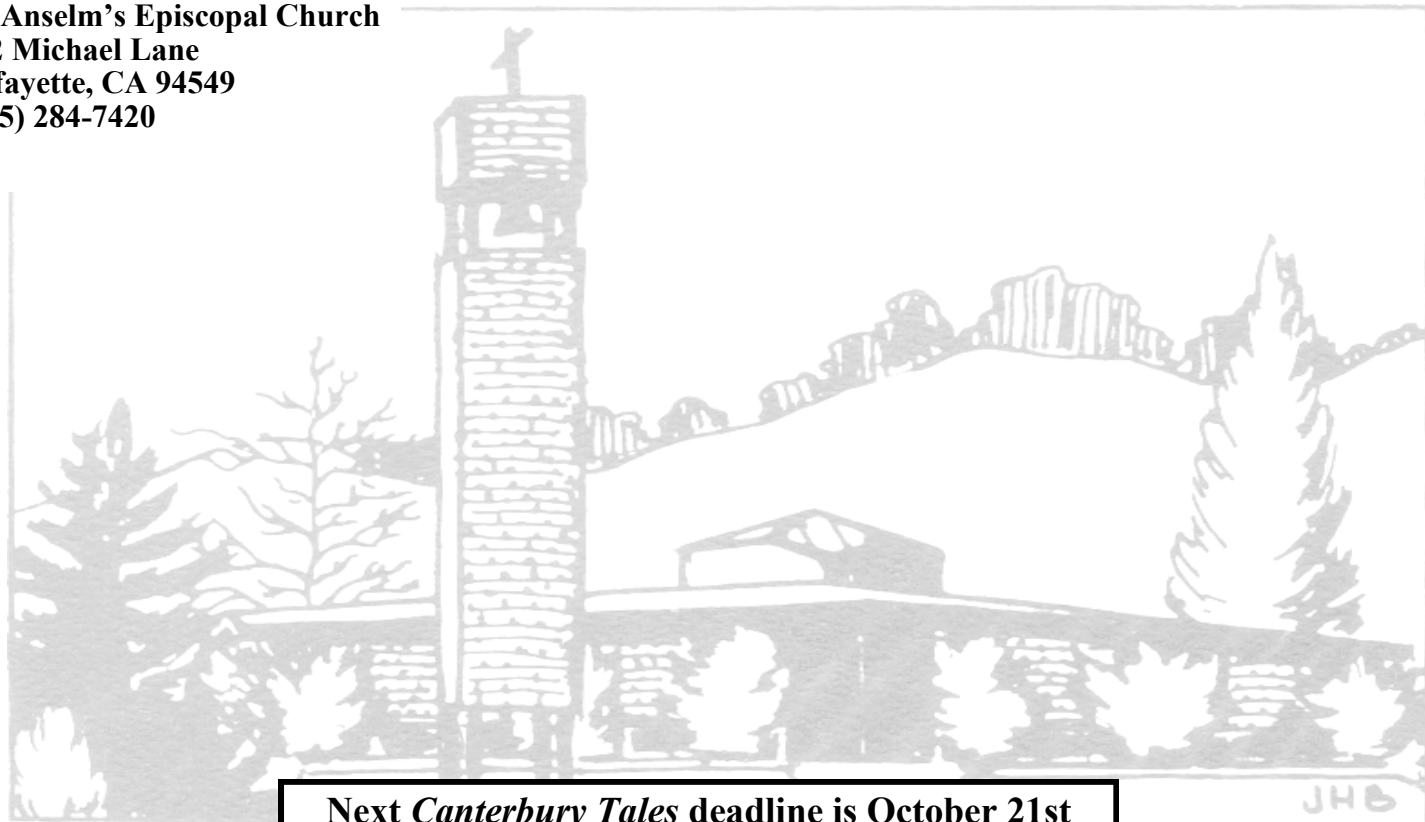


## *Upcoming Events in October*

- |      |     |            |                                       |
|------|-----|------------|---------------------------------------|
| 1    | Mon | 5:00 p.m.  | Harvest Festival Committee Meeting    |
| 2    | Tue | 10:00 a.m. | Stephen Ministry Meeting              |
|      |     | 12:15 p.m. | Grief Support Group                   |
| 3    | Wed | 9:30 a.m.  | Hatha Yoga                            |
|      |     | 10:45 a.m. | Contemporary Bible Study              |
| 6    | Sat | 5:00 p.m.  | <b>HARVEST FESTIVAL</b>               |
| 7    | Sun |            | <b>Blessing of the Animals Sunday</b> |
|      |     | 9:00 a.m.  | Choir Rehearsal                       |
|      |     | 9:15 a.m.  | Altar Guild Meeting                   |
|      |     | 11:30 a.m. | Cancer Support Group                  |
| 8-22 | M-M |            | <b>WINTER NIGHTS</b>                  |
| 10   | Wed | 9:30 a.m.  | Hatha Yoga                            |
|      |     | 10:45 a.m. | Contemporary Bible Study              |
| 13   | Sat | 6:00 p.m.  | Bridge Group                          |
| 14   | Sun | 9:00 a.m.  | Choir Rehearsal                       |
| 15   | Mon | 12:15 p.m. | Michael Lane Preschool Board Meeting  |
|      |     | 7:00 p.m.  | Vestry Meeting                        |
| 17   | Wed | 9:30 a.m.  | Hatha Yoga                            |
|      |     | 10:45 a.m. | Contemporary Bible Study              |
| 21   | Sun | 9:00 a.m.  | Choir Rehearsal                       |
|      |     | 10:00 a.m. | Acolyte Commissioning                 |
|      |     |            | <b>Canterbury Tales Deadline</b>      |
| 24   | Wed | 9:30 a.m.  | Hatha Yoga                            |
|      |     | 10:45 a.m. | Contemporary Bible Study              |
|      |     | 2:30 p.m.  | Property Commission Meeting           |
| 27   | Sat | 9:00 a.m.  | Choir Rehearsal                       |
| 28   | Sun |            | <b>Blanket Sunday</b>                 |
|      |     | 9:00 a.m.  | Choir Rehearsal                       |
|      |     | 11:30 a.m. | Memorial Service Planning Workshop    |
| 31   | Wed |            | <b>ALL HALLOWS * EVE</b>              |
|      |     | 9:30 a.m.  | Hatha Yoga                            |
|      |     | 10:45 a.m. | Contemporary Bible Study              |



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



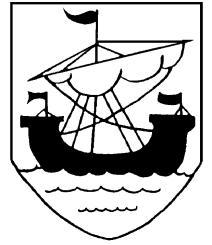
**Next Canterbury Tales deadline is October 21st**

### ***Just a bit of Halloween Trivia. . . .***

- *Halloween can be traced back more than 2,000 years to a pre-Christian Celtic festival called Samhain (which means "summer's end") held around the first of November.*
- *Trick-or-treating has existed since medieval times when poor adults and children dressed up in costumes and asked for food and money in exchange for songs, dances, and prayer.*
- *Halloween used to be about finding a husband for ladies who lived during the 1700s and 1800s. Prospective brides would throw apple peels over their shoulder hoping to see their future husband's initials or bob for apples at parties because the winner would be the first to get married.*
- *Sugar rationing during WWII halted trick-or-treating.*
- *Halloween is the #2 commercial holiday in the country, second only to Christmas. Surveys from 2017 show consumers were expected to spend over \$9 billion on Halloween candy, costumes and décor.*
- *The most popular children's costumes are superheroes, while adults are most likely to dress as witches. As for our pets, the most popular costume for dogs in 2017 was a pumpkin.*
- *Reese's Peanut Butter Cups are the top Halloween candy. A survey by CandyStore also found that candy corn isn't popular anywhere .*
- *Shelters used to suspend black cat adoptions because they feared that the animals were in danger of satanic cults in the days leading up to Halloween.*
- *In October 2013 Keene, New Hampshire set the Guinness World Record for the most jack-o'-lanterns on display with 30,581 lit jack-o'-lanterns around town.*

# Canterbury Tales

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



November, 2018

## *From The Rector*

### **In Memoriam- Katherine Ward**

Yesterday I went to Grace Cathedral to gather with friends to celebrate Katherine's life. In the event that you didn't know Katherine - most of you did, she was a role model and an iconoclast. She filled in for me on Sundays when I was away from St. Anselm's for years.

Katherine grew up in Louisiana at a time when not many black girls went to college. Katherine went to college and then some. She got her doctorate in education and her masters in theology. She served for years with the Oakland school district as a teacher, principal and administrator.

I met Katherine in seminary, as she prepared for her second full-time vocation. I liked her the first time I met her, and that like evolved into love. I was Katherine's "son." As with other younger male seminarians, this was how she referred to me. One Sunday when I was away from St. Anselm's and she was greeting folks at the door, she met my father and told him she was my mother. He looked at her with a quizzical expression until she explained, and he understood they had something in common. Well, not that common - they had a good laugh.

I don't think I have ever known a priest who so tangibly manifested the power of the Gospel. You just knew God was around when you were near Katherine.

I was so grateful that after she retired from full-time ministry that she agreed to fill in for me as preacher and celebrant. Because I knew I was sharing a great gift with you. Not surprisingly, you all told me that time and again. Her creative, outside-the-box preaching, singing and musicianship showed a woman completely comfortable in her own skin, clothed in the power of God's all-embracing love.

She was a simple, strong and remarkably good soul, she will be missed. God speed Katherine.

John+

## *Anselm's Angels*

*A huge thank you to the many angels among us this month.*

### **Harvest Festival**

A "cast of thousands," led by Marty Fischer helped make this year's Harvest Festival our most successful ever with just under \$55,000 raised.

### **Winter Nights**

#### **From St. Anselm's Congregation:**

Eva Woo, Anne Brown, Barbara Thornton, Sally Roberts, Michael Hollinger, Doug Merrill, Julie Rinkenberger, JP Zhang, Dale Zhang, Allen Zhang, Vicki Pappas, Tom Pappas, Marian Mulkey, Peg Matson, Maureen Nelson, Arthur Powers, Sara Nelson, Susan Barnes and the Girl Scouts, Naomi Chamberlain-Harris, Sheila Gorsuch, Jill Schon, Paul Witkay, David Watson, Trevor Holoch and Howard Slavitt.

### **From the Community:**

Girl Scout Troop #33143, Boy Scout Troop #243, Greg Brown, Greg Rodolari, Karen Ng, Thuy Le, Toni Bozym, Barbara Bevilacqua, Tamra Brown, Angela Lucas, Elizabeth Newton, Rebecca MacDonald Cheryl, Dwight Jackson - LDS Team Leader and volunteer teams from the following LDS congregations: Lafayette Ward; San Ramon, 1st Ward; San Ramon, 2nd Ward; Tassajara Ward, Danville, 1st Ward; Danville, 2nd Ward; and Alamo Ward.

**Blessing of the Animals:** We were pleased to welcome many fur babies on October 7th. Thank you to those who contributed to the \$772.26 contribution made to ARF.

## 10 O'CLOCKERS: COFFEE HOSTS NEEDED

The 2019 Coffee Host roster is under construction already.

If any 10 o'clockers haven't yet had a chance to participate in this St. Anselm's volunteer program and would like to participate next year, please see Sheila Gorsuch during coffee hour for details.



## CHRISTMAS CARD COLLECTION



Deacon Naomi is once again collecting Christmas cards for the folks at Crestwood. You can either donate blank cards or write a simple "Thinking of you. Happy Holidays. From FIRST NAME only or from your friends at St. Anselm's."

If you have questions, please contact Deacon Naomi at

## 2018 HARVEST FESTIVAL

This year's Harvest Festival set a new standard for St. Anselm's efforts to support Trinity Center.

Key to our success were the many volunteers who made everything possible. Sara Nelson assumed responsibility for decorations, set up, dessert pick up and accounting and was assisted by Marian Mulkey, Joan Martin, Julie Rinkenberger, Vicki Pappas, Vula Gutman, Maureen Nelson, Lindsay Brown and Jill Schon. John Powers headed up the gift gathering with help from Anne Brown and Sara Swimmer, and sold raffle and game tickets along with Marian Mulkey. Sally Fischer helped out in just about every capacity and Laura McInerney created the graphics and signage. Michael Hollinger set up the tables in Jackson Hall, Father John helped in all things including buying beverages, and Cathy Witkay provided accounting, assistance. Prior to the event, Julie Rickenberger made and sold lavender sachets. During the event, Anne Brown helped at the check in desk, Foster Lipscomb headed the "Fun & Games," Paul Witkay managed the bar and Arthur Powers filled in wherever he was needed, Shanda Young was once again our incredible MC and auctioneer. Dale & Allen Zhang, Harry & Frances Barnato, Liam Perry and Jordan Lipscomb representing our St. Anselm's youth helped out running games, drew raffle prize winner names and helped clean up. And of course, the team at Trinity Center including Donna Colombo, Sandy Hathaway, Carol Lombard and Jenny Quijada helped out along the way.

Most importantly, thank you to all who gave generously, bought raffle tickets, funded needs, bid aggressively, provided items big and small and helped us raise a great deal of money for a much needed cause.

Marty Fischer, Harvest Festival Chairman



## VETERAN'S RECOGNITION SUNDAY

We will be honoring our veteran's on Sunday, November 11<sup>th</sup>. If you would like to be included please provide your name, rank, branch of service and when/where you served to Cathy in the office by Tuesday, November 6<sup>th</sup>. (If you've been previously listed you don't need to call in again).



## VOLUNTEER OPPORTUNITY

Thanks to Andrew Yao, Linda Yao-Chin, Dimitri & Leta Seletzky, and Heather Alexander St. Anselm's is able to offer nursery care during the 10 o'clock services on the first, second and third Sundays each month. We are looking for a volunteer (or two) to take on the week four duties.

If you are interested, please contact Father John.



**Canterbury Tales** is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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



## *The Senior Warden*

Since I am divorced, I signed up with Match.com in hope of meeting women. There, I wrote in my profile statement that "my faith has helped me cope with my stroke and subsequent divorce." This week, I struck gold when I had a coffee date with a woman whom I contacted through Match. We found a good table outside the coffee shop in the sun and started chatting. She said: "I'd like to hear about your faith." "Yikes!," I thought, "I put that in my profile and I should have been prepared for this question." "Better come up with something good to say pretty quick!" Thankfully, with my stroke-addled brain, I was able to stammer out: "I think God is love and can be found in the ways we relate to each other and the rest of His creations." "If I can smile at a coffee shop worker and wish them a good day, that might cheer them up, then that would be God working through me." I like to think of myself as carrying around a signboard with a mirror on it which I can use to reflect God's love to other people. Each of us has this signboard and we have the same opportunity to use it every day. Better yet, when we let God work through us, His love comes back to us like a boomerang!

*Thanks to J.T. for inspiring this column.*

Gerry Starr

---

## WINTER NIGHTS

Jackson Hall was once again at capacity this year by the time our two weeks ended. We started with 3 families, 5 adults and 7 children and added more as the weeks went on, until there were 6 families, with 4 adults and 4 children, bringing us to 20. One of the guests had a service dog! Three of the boys were 6 and another 7, so the energy was often high. Happy to say that for the most part, they got along well. They loved going out to the parking lot to shoot hoops. The oldest girl, age 13, was very kind. She played with the younger kids. I watched her draw out an 8 year-old girl, who was very shy, encouraging her to play a game with the other girls. By the end of the time, the shy girl was organizing others to play her favorite game!



Of the 6 families, 4 had a working parent. Two of the mothers are care-givers, one father is a mechanic and another installs sprinkler systems in buildings. Last week the person who works with the parents to help them get jobs, helped another of the dads get a job. The fact that a majority of the parents are working, simply underlines the fact that the rents in this area are very high, often prohibitively so. Given that, for the second year in a row, we were at capacity, despite the weather still being good, I think shows there is a true need for this program.

Eva Woo worked her magic again this year, enrolling volunteers to help with the initial unpacking of tents, bringing meals, not only from St. Anselm's, but also from among her friends, who now are regulars on volunteer teams. She and her family did their traditional Saturday dinner menu of won-ton soup and Chinese chicken salad. Her mother gave other volunteers a lesson in how to make won-ton soup. Thank you, Eva, and thank you to all our volunteers, who welcomed our guests, provided delicious meals, and connected with them. The Scout troops were all wonderful, playing with the kids. Be sure to read the list of Anselm's Angels to get a sense of who all was volunteering.

During the second week, volunteers from LDS congregations in 7 wards (their word for church) took over. They were enthusiastic and engaged, connecting well with the families. Most of them were young, with pre-teen and teenage children, who added a lot of energy and fun for the guests. Many of them had never heard of Winter Nights until the call came out for volunteers. A lot of them said that they would like to volunteer again next year. I am happy to see the word spreading about this valuable program.

Sad to say, during the second weekend, one of the 6 year-old boys started acting out in some potentially destructive ways, so that family was asked to leave.

Thank you to all of you who volunteered. All of us, whether or not we volunteered, contributed by willingly and generously giving up our access to Jackson Hall and our coffee hour, so thank you!

Anne Brown

---



## *Upcoming Events in November*

3	Sat	9:00 a.m.	Choir Rehearsal
4	Sun		<b>End Daylight Savings Time</b>
			<b>Loyalty Sunday</b>
			<b>All Saints' Sunday</b>
		9:00 a.m.	Choir Rehearsal
		9:00 a.m.	<b>Stewardship Breakfast</b>
		11:30 a.m.	Cancer Support Group
7	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
10	Sat	9:00 a.m.	Work Party
		9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
11	Sun		<b>Bishop's Visit</b>
			<b>Veteran's Recognition Sunday</b>
		9:00 a.m.	Choir Rehearsal
		11:30 a.m.	Lunch with Bishop Marc
13	Tue	10:00 a.m.	Stephen Ministry Meeting
14	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		2:00 p.m.	Property Commission Meeting
15	Thu	6:30 p.m.	Deanery Meeting – St. Timothy's, Danville
17	Sat	9:00 a.m.	Choir Rehearsal
18	Sun	9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
19	Mon	7:00 p.m.	Vestry Meeting
20	Tue	12:15 p.m.	Grief Support Group
21	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
22	Thu		<b>Thanksgiving Day – Office Closed</b>
23	Fri	10:30 a.m.	Baptism – William Sproul
25	Sun	9:00 a.m.	Choir Rehearsal
			<b>Canterbury Tales Deadline</b>
26	Mon	11:00 a.m.	Preschool Board Meeting
28	Wed	9:30 a.m.	Hatha Yoga

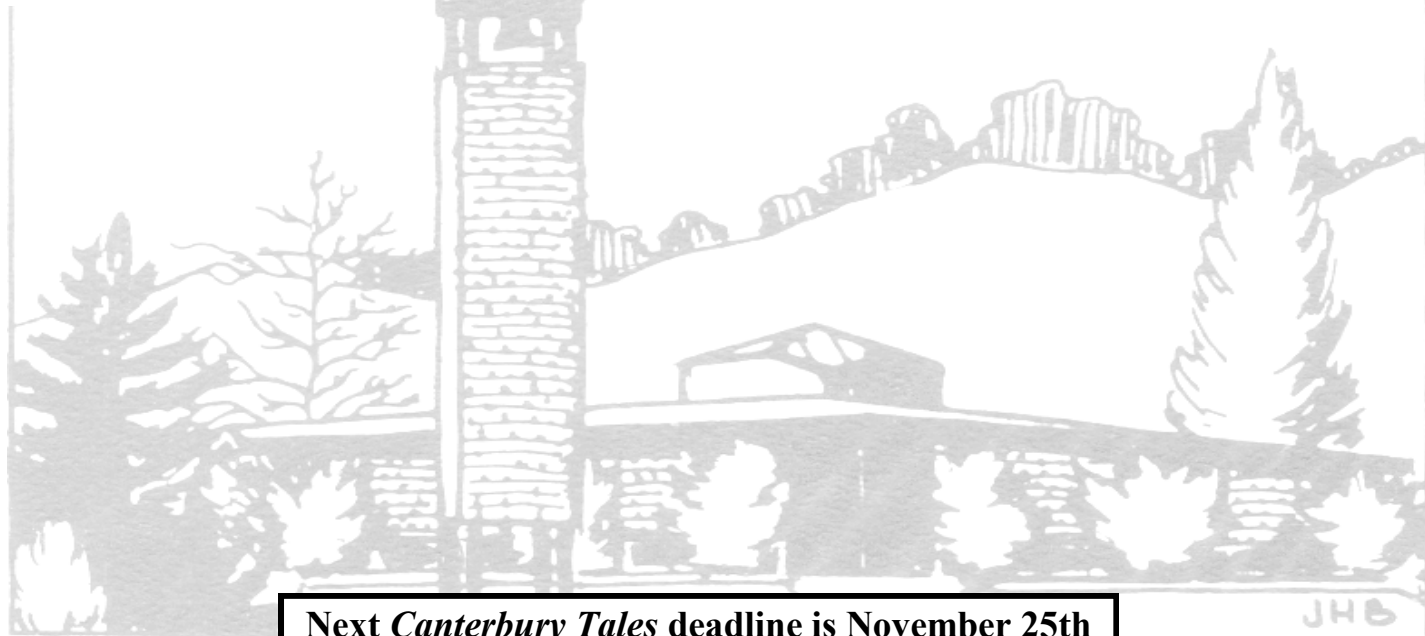
## **MICHAEL LANE PRESCHOOL**

We began the year with a fingerplay about Billy and Susie. The general gist of the story is that Billy and Susie are neighbors and decide to play together when they meet for the first time. Just as they are about to play Billy's dad calls Billy to get in the car and go to school. Sadly, Billy informs Susie that he cannot play because he has to go to school, Michael Lane Preschool. Susie excitedly responds that she goes to Michael Lane Preschool as well, so off they go to play together at school. Anyway, the story was first presented to the children during Group Time as a fingerplay. Then Peg and Rebecca acted it out with Kim as a narrator. Now the children are having turns acting it out at Group Time. Pretty darn cute. Not to mention how it is good practice at sequencing a story which is a pre-literacy skill and it also gives the children an opportunity to speak in front of a group.

Kim Olson  
Director



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



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

## A MESSAGE ON STEWARDSHIP

"Onward Christian Pilgrims;" "O Come All Ye Faithful," "All Things Wise and Wonderful," "Praise God From Whom All Blessings Flow," "Amazing Grace," the Lord's Prayer, passing the peace: these are my favorite hymns, songs and prayers that I've had memorized since I was about ten years old and they make our Sunday morning worship services a comfortable place for me to get re-charged every week. I especially love coffee hour when I get to catch up with my church friends and bother John about my latest ideas for the vestry or the status of various projects we have going on.

We've come around to Stewardship time in our church year and that means it's time to plan our financial support for St. Anselm's in 2019. Whatever each of us chooses to give for next year, it's a bargain! Think of getting so much comfort companionship and spiritual guidance all for one convenient price! And free coffee and pastries to boot!

Gerry Starr, Senior Warden

### ***STEWARDSHIP BREAKFAST***

***9:00 a.m., Sunday, November 4th***

***Jackson Hall***

This is an opportunity for parishioners from both the 8:00 a.m. and 10:00 a.m. 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***

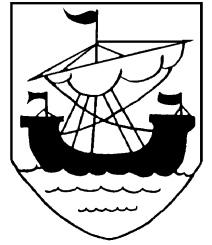
Daylight Savings Time ends on  
Sunday, November 4th at 2:00 a.m.

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



# Canterbury Tales

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



December, 2018

## *From The Rector*

Just short of 40 years ago, a young waitress in San Anselmo was preparing for her shift. It was the late afternoon, and as she often did, she set out a pitcher of ice water and glasses for some friends she had made. Their bus ride home dropped them off down the street from the restaurant, and as they walked to their group home they passed by the restaurant. As they would cool off under the shade of the umbrellas, she would take a break from her prep work and they would chat.

She had recently completed her teaching credential, and she told the group that she was looking for a teaching position. One of them told her that their employer, Marin Community Workshop (MCW) was expanding and hiring teachers. The Lanterman Act, passed in 1977 provided public funding in California which enabled the disabled to live much fuller lives. MCW was at the forefront of doing just that. MCW's successor, North Bay Industries (NBI) is still around today, continuing to serve the needs of the disabled throughout the greater Bay Area and beyond.

The waitress interviewed and was hired by MCW. Initially she worked finding employment in the community for the disabled and their job coaches. She moved up in the Company and will retire from her senior management position at the end of this month. She became the face of the company and the North Bay's strongest advocate for the disabled. In October she was awarded a Life Time Achievement Award by the Mayors of Sonoma County for her work.

For 39+ years she has brightened the lives of generations of disabled and their families. She has provided hope to the desolate, and lightened the load of the heavily burdened. And always, with an ease, focus and selflessness that has been my blessing to witness for over 30 of those years.

Liz, you cannot know how proud I am of you.

John+



## *Anselm's Angels*

*"Kindness is like snow — it beautifies everything it covers"*

*~ Kahlil Gibran*

Thanks to **Doug Merrill & Steve Masterson** for sharing their personal stories during our services. Thanks also to **Peter Grace**, who served as master chef for our Loyalty Sunday Breakfast, and to **Yvonne Grace, Doug Merrill Foster Lipscomb, Eva Woo and Paul Witkay** who so ably assisted Peter.

Our final work party of 2018 was well attended! Many thanks to : **Walter Blount; Anne Brown; Cindy & Harry Eisenberg; Sheila & Norm Gorsuch; Vula Gutman; Michael Hollinger; Martin Jones; Foster, Jordan & Preston Lipscomb; Joan Martin; Doug Merrill; Sara Nelson; Arthur & Evan Powers; Sheila Riedy; Julie Rinkenberger; John Sutton, Al & Sara Swimmer; and George Wasson.**

Bishop Marc enjoyed his visit to St. Anselm's. Thank you to **Sara Nelson & Sheila Gorsuch** for coordinating the luncheon. And to **Julie Rinkenberger, Dale Zhang, Liz Sutton, and Cathy Witkay** who assisted with the lunch and baked goodies for dessert.

Thank you to all who contributed to our Blanket Sunday collection. We sent \$260 to Church World Service to aid in their on-going relief efforts!

## HOLIDAY HELPERS

Struggling families in Contra Costa County trying to make ends meet often don't have enough during the holidays. Through your kindness, you can be part of helping to put a smile on a child's face and help ease the financial burden on the family this Christmas season. Please bring your **new, unwrapped, non-seasonal gift for children or teens** to St. Anselm's no later than **Monday, December 3rd** and place them in the bin in Jackson Hall. Suggested gifts are listed on the flyer posted on the bulletin board in the breezeway. Please no books, toy guns, knives, bow/arrows! Any questions may be directed to Yvonne Grace at [sfgraces@yahoo.com](mailto:sfgraces@yahoo.com).

## WINTER NIGHTS PARKING LOT PROGRAM

We recently received this notice from Judy Stillman, Executive Director of the Winter Nights Family Shelter Program:

Our Parking Lot Program will start in January and continue for at least two months. If enough funding is provided more time will be added. The Parking Lot Program is for persons sleeping in their cars to be able to park safely. It is for anyone, not just families. They are given access to restrooms and some breakfast items. They also have access to the Oasis where they can shower and are entered into the county data base so they can be referred for services. We will need staff to help organize and to supervise at night. If you have an interest in helping in any way, please let us know.

Donations can be sent to Winter Nights at 1543 Sunnyvale Avenue, Walnut Creek, 94597. Be sure to mark "Parking Lot Program" or "PLP" on the memo line.

## 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. Please contact Cathy Witkay [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws) if you have questions or want to reserve a specific role!

## ADVENT FESTIVAL SUNDAY BREAKFAST

Breakfast will be served following the 8:00 a.m. and 10:00 a.m. services on December 16th. If you would like to help by making an egg casserole, biscuits, muffins, or fruit salad, please contact Sara Nelson at [sanelson85@gmail.com](mailto:sanelson85@gmail.com). Signup sheets are in Jackson Hall.

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

## ANNUAL REPORTS

**Attention: 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.  
*Cathy Witkay*

## ALTAR FLOWERS

The 2019 Altar Flower donation chart is now available. Each week the Altar Guild provides beautiful flowers for our church. By making a donation you can have these flowers dedicated to the memory of a loved one, in honor of a family member or simply to the glory of God. The signup chart and donation cards are located at the side door of the church (nearest the memorial garden).



*Canterbury Tales* is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
Phone: (925) 284-7420  
e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor:  
Cathy S. Witkay

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

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



## VIGILANCE REQUIRED!

Last month the office was broken into. Fortunately it appears nothing was stolen, but the door between the copy room and the office was kicked in, and required replacement.

There was no damage to the door into the copy room. (This is where the counters count, and across from the outside bathrooms.) This would indicate one of the following:

- The vandal had a key to the copy room
- The copy room was left unlocked/open

In addition, a number of staples were placed in the deadbolt lock on the storage shed. So it looks like we are dealing with some vandalism.

The Property Commission will discuss putting in cameras at our next meeting, but in the meantime, please ensure that you are vigilant in locking doors behind you.

John+

## CONTEST!

In our memorial garden there are mounted plaques with names of parishioners who have died. Above the names are the words from Revelations 21:5 “*And behold I make all things new.*” As we are running out of space on the plaques, we are contracting with an ironworker from Sonoma County to forge ironwork to match what we have, on the other side of the breezeway. With space for three more plaques, we will have ample room for years.

So here is the contest: Above the new set of plaques, we are looking to put appropriate words. If you have a submittal, send it to Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws). The Vestry will vote on the submissions, and the winner will be announced in Canterbury Tales. The winner **GETS** free communion for life!



---

## BIG 5 ACTIONS TO GO CARBON FREE

---

### #1 Choose Green (Carbon Free) Electricity (10-20%)

Choosing Green Electricity is one of the most important actions you can take. It will help make it easier to Go Carbon Free. Once your electricity is power by clean, safe, carbon free renewable energy, then you can use it to make other areas of your energy use carbon free. There are two options for Green Electricity:

- 1) Choose Green Electricity through your utility or other energy provider **Cost: Average \$10/month**
- 2) Install Solar Panels **Savings: Ranges from \$10-100/month on utility bill**

Choosing Green Electricity is easy - if you have a utility account, you can make the switch. This may have a small charge of a few extra dollars a month, but will reduce your impact 10-20%. Take one or two energy efficiency actions, like installing smart power strips or smart thermostat, and you can make this difference back on your bill! If you own your home, you can also consider installing solar panels. This can save you money on your monthly bills, especially if you choose an electric car. The best news - choosing green electricity creates jobs, reduces air pollution and over time will lower our energy costs.

### #2 Choose an Electric Vehicle or Alternative Transportation (40-50%)

If you need to drive a car, choose an electric vehicle. If your home electricity is Green (renewable), then when you charge your car at home, you will be driving on carbon free miles! **Savings: up to \$1,000 or more per year** on fuel and maintenance costs per car. And the best part - they are fun to drive! New EV options are coming out now that offer affordable options with longer ranges (200+ miles on a charge). Learn more on the Electric Vehicle action page! If you're not ready for a 100% EV, consider an EV model with a gas range extender. The best news - switching to EVs dramatically lowers air pollution. Imagine a world without smog!

If alternative transportation is an option, this is another great way to lower your transportation impact. Taking the subway, rail or bus can lower your impact up to 80% or more. Riding your bike is completely carbon free! If you have a choice, choose electric powered alternative transportation like the subway or electric buses for the lowest impact.

### #3 Choose Electric Heat Pump Water & Space Heating and Electric Appliances (10-15%)

The next time you are ready to replace your water heater or central heating, choose Electric Heat Pump technology. With Green Electricity, using Electric Heat Pump technology for heating makes your heating carbon free. Electric Heat Pump heaters are much more efficient than traditional electric heating. They are similar to natural gas in operating costs and far less expensive than traditional electric or fuel oil heating. Electric Heat Pump water heaters look and work just like traditional tank water heaters and are just as easy to install. There may be a one time upgrade cost to provide an electric outlet if you do not currently have one available.

**Cost ranges from Savings of \$30-\$50+/month to Cost of \$10-30+/month per item depending on your current technology**

With Green Electricity, if you transition your appliances to electric, they will also run on carbon free energy. The next time you are ready to replace your clothes dryer or stove, if they are gas, consider switching to electric. There are highly efficient electric clothes dryers that can keep operating costs low and induction electric ranges that work just as well as gas for the home chef. With Green Electricity and Electric heating and appliances, you can have a carbon free home! If you rent, ask your landlord about electric heating and appliances and suggest they consider switching the next time equipment is up for replacement.

### #4 Reduce or Offset Air Travel (10-15%)

Airline travel is the one area where we do not yet have good alternatives. Bright minds are working on it! In the interim, until we have a good solution, consider flying less. Explore locally for vacation once in a while or consider alternating years for family visits. **Savings for Reduced Travel: \$200+ for every 1,000 miles**

If you need to fly, consider purchasing offsets to balance your carbon emissions. You can invest a small amount in solar panels or other renewable energy solutions that will help to offset your travel impact. This does not cost much! Often less than a movie ticket per flight. **Cost for Offsets: around \$4 for every 1,000 miles**

### #5 Eat Lower Down the Carbon Chain (10-15%)

Some animals, including cows and sheep, produce a powerful Greenhouse Gas called Methane as part of their digestive process. When we eat beef and lamb, there is an impact to climate change. Eating just a few meals less of red meat a week can significantly lower your impact on climate. It can also improve your health. **Savings: \$3-5/meal**

**These five actions cover nearly all of our direct impact on climate change from our daily activities. Most people can make a plan and accomplish these actions in 5-10 years or less. See how low you can go!**

(continued on page 5)

---



---

## BIG 5 ACTIONS TO GO CARBON FREE—CONTINUED

### Honorable Mention - Energy Efficiency

Energy efficiency actions are also important! They help to lower our impact as we transition to carbon free energy sources. If you have a gas heater, appliance or car, or regular electricity (not carbon free), efficiency actions can help you to use less energy - lowering your impact and reducing the overall energy we need to produce - until you are ready to switch to carbon free options. And they save money!

### This is Your Direct Impact

These actions are your direct impact on emissions. There is also an impact from the things we purchase and the services we use. For example, when you buy a new pair of shoes or go to get a haircut, the energy used to make the shoes or power the electricity in the hair salon can also create emissions. Since we can't directly control this, the best way to reduce your impact is to vote with your dollar and choose products and services that have a lower impact. However, it is often difficult to know which ones to choose. Green certification or other rating information can be hard to find, but as it becomes available, we will provide the information on our site. You can also use your voice and your vote to encourage your elected officials to consider options for policies to lower business emissions.

---

## WINTER NIGHTS DONATION NEEDS

This is the season of giving, and as you consider your year-end gifts, I hope that you will add Winter Nights to your list.

There are two ways of giving. One is through a direct, tax-deductible cash gift. The other is through donation of a needed item or items.

Because we and other churches/synagogues are providing food and shelter, I naively didn't think further about how other expenses are being paid for. I recently learned that it costs \$952. a night to provide services and shelter for 30 people at a time, or typically 7-9 families. That \$952. goes to pay 8 professional staff—the managing director, the head tutor that works with the kids and coordinates volunteer tutors, the person who works with parents to help them find jobs and housing, the staff that are always on site when the families are there, the van driver and van that takes kids to school, parents to jobs or to the day center. They are also hoping to stay open for two more weeks, into June, so that the children can finish the school year while still in the program.

Any cash donation will go to the above needs. If you wish to make a cash donation, please make out the check to **Winter Nights** and put **One Winter Night** on the memo line and send to: Winter Nights Family Shelter, 1543 Sunnyvale Avenue, Walnut Creek, CA 94597.

They also have a wish list, as follows:

Tents (10 x 10, 14 x 8,9,or 7) new or gently used  
Flash lights  
Batteries  
Automobiles  
Gas, BART, and bus cards  
Packing or duct tape  
Industrial dispenser for packing tape  
Sleeping bags  
Umbrella strollers (single and double)

Twin-size fitted single sheets  
Towels  
Pillows  
Twin-size plastic mattress covers  
Target/Walmart cards  
Movies gift certificates  
Disinfectant wipes  
Wardrobe boxes (24 x 21 x 48)

You can give me the item or items to give to them or you can go to their website to purchase. It's [www.cccwinternights.org](http://www.cccwinternights.org)

Thank you so much!!

Anne Brown  
Phone: 925-788-0664  
E-mail: [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com)

---

## *Upcoming Events in December*

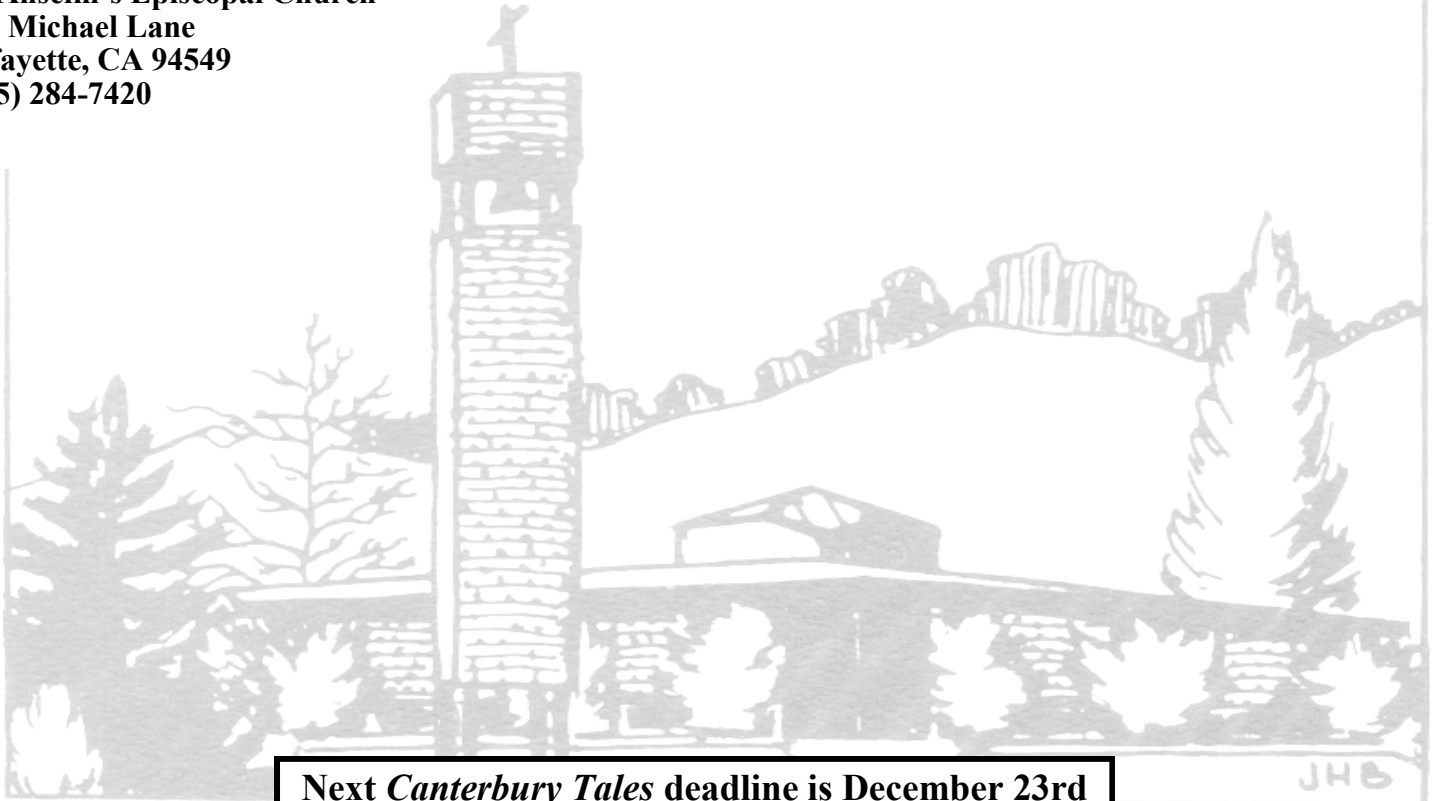
1	Sat	9:00 a.m.	Choir Rehearsal
2	Sun		<b>Youth Sunday</b>
		9:00 a.m.	Choir Rehearsal
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
3	Mon	1:00 p.m.	<b>Holiday Helper Donation Deadline</b>
4	Tue	10:00 a.m.	Stephen Minister Meeting @ Moraga CC
5	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
8	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
9	Sun	9:00 a.m.	Choir Rehearsal
10	Mon	7:00 p.m.	Vestry (2019 Budget)
11	Tue	12:15 p.m.	Grief Support Group
12	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		2:30 p.m.	Property Commission Meeting
15	Sat	9:00 a.m.	Choir Rehearsal
16	Sun		<b>Advent Festival Sunday</b>
		9:00 a.m.	Choir Rehearsal
		10:00 a.m.	Lessons & Carols
17	Mon	7:00 p.m.	Vestry Meeting (tentative)
19	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
23	Sun	9:00 a.m.	Choir Rehearsal
			<b>Canterbury Tales Deadline</b>
24	Mon		<b>CHRISTMAS EVE</b>
		5:00 p.m.	Christmas Pageant
		10:30 p.m.	Christmas Carols
		11:00 p.m.	Midnight Mass
25	Tue		<b>CHRISTMAS DAY – Office Closed</b>
26	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
30	Sun	9:00 a.m.	Choir Rehearsal

## **JANUARY**

1 Tue **NEW YEAR'S DAY – Office Closed**



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



Next *Canterbury Tales* deadline is December 23rd

## Christmas Services

Lessons & Carols	December 16th	10:00 a.m.
Advent Breakfast		9:15 a.m. & 11:15 a.m.
Christmas Pageant	December 24th	5:00 p.m.
Midnight Mass	December 24th	11:00 p.m.
Caroling		10:30 p.m.

