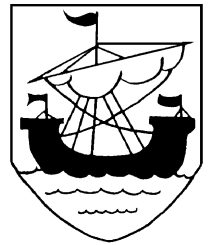


# Canterbury Tales

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



January, 2020

## *From The Rector*

*Garrison Keillor wrote this and I thought you might enjoy it:*

If you were to ask an audience in Des Moines, a relatively Episcopalianless place, to sing along on the chorus of "Michael Row the Boat Ashore," they will look daggers at you as if you had asked them to strip to their underwear. But if you do this among Episcopalians, they'd smile and row that boat ashore and up on the beach!...And down the road!

Many Episcopalians are bred from childhood to sing in four-part harmony, a talent that comes from sitting on the lap of someone singing alto or tenor or bass and hearing the harmonic intervals by putting your little head against that person's rib cage. It's natural for Episcopalians to sing in harmony. We are too modest to be soloists, too worldly to sing in unison.

When you're singing in the key of C and you slide into the A7th and D7th chords, all two hundred of you, it's an emotionally fulfilling moment. By our joining in harmony, we somehow promise that we will not forsake each other.

I do believe this, people: Episcopalians, who love to sing in four-part harmony, are the sort of people you could call up when you're in deep distress. If you are dying, they will comfort you. If you are lonely, they'll talk to you. When you watch a *Star Wars* movie and they say, "May the Force be with you," and you respond, "and also with you." And lastly, it takes ten minutes to say good-bye.

John+



## *Anselm's Angels*

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

Thank you to **Eva Woo, Vula Gutman** and **Sara Nelson** for coordinating the Advent Festival Breakfasts and all the wonderful people who helped: **Zoe Hekmaty, Gene Bozorth, Wynne Bacon, Cindy Eisenberg, George Wasson & daughter Judy Andersen, Naomi Chamberlain-Harris, Liz Sutton, Anne Brown, Ann Burns, Sara Swimmer, Elisabeth Ward, Cathy Witkay, Maureen Nelson, Sylvia Williams, Kay Covert and Susan Barnes.**

Special thanks to **Sara Nelson, Evan Powers, Edee Allison, and Dharmini Harichandran** for preparing the sanctuary and Jackson Hall for the marriage celebration of **Martin Guadarrama and Genevieve Silva.**

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

The choir for the joyous music during Lesson & Carols—**Andrew & Caroline Huddart, Vicki Pappas, Cathy Witkay, Barbara Thornton, Avon Wilson, Don Helmholtz, Tom Pappas.**

*continued on page 2*

## Upcoming Events in January

1	Wed		<b>NEW YEAR'S DAY</b>
3	Fri	10:00 a.m.	Stephen Minister Meeting
5	Sun	9:15 a.m.	Altar Guild Meeting
		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
		1:30 p.m.	Property Commission Meeting
11	Sat	9:00 a.m.	Choir Rehearsal
		5:00 p.m.	<b>Epiphany Party</b>
12	Sun		<b>YOUTH SUNDAY</b>
		9:00 a.m.	Choir Rehearsal
13	Mon	7:00 p.m.	Vestry Meeting
15	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
18	Sat	9:00 a.m.	Choir Rehearsal
		6:00 p.m.	Bridge Group
19	Sun	9:00 a.m.	Choir Rehearsal
20	Mon		<b>MLK DAY – Church Office Closed</b>
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
		11:30 a.m.	<b>PARISH-WIDE ANNUAL MTG.</b>
			<b>Canterbury Tales Deadline</b>
27	Mon	12:15 p.m.	Michael Lane Preschool Board
29	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study

## ANNUAL PARISH MEETING

**Sunday, January 26th  
following the 10:00 a.m.  
service**

- 2019—A Year In Review
- Elections:
  - \* Vestry Class of 2023
  - \* Diocesan Deanery Delegates
  - \* Deanery Alternates

***All are encouraged to  
attend!***

***Your participation is  
important!***

## ANNUAL REPORTS

If you are the Chair of a commission, committee, guild or group, and have something new and exciting to report, please have your Annual Report to Cathy Witkay (in the office) January 20th. Thank you!



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

To all who helped enhance our Christmas services:

- **The Altar Guild**, with assistance from **Allen Zhang, Julie Rinkenberger, JP Zhang, Liam Perry Naomi Chamberlain-Harris and Jon Martin**, for the beautiful decorations in the Sanctuary.
- At the Altar: **John Sutton, Naomi Chamberlain-Harris, Liz Sutton, Judy Peak, Eva Woo, Katheryn Dunn, Palmer Hightower**
- Lector: **Palmer Hightower**
- Ushers: **Sylvia Williams, Paul Witkay, Doug Merrill**
- Musician: **Gail Burnett**
- Pageant Coordinators: **Courtney and Kelsey Witkay**
- The many children and parents who participated in the annual Christmas Pageant.



*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

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## ***The Senior Warden***

In one of Father John's sermons a few years ago he used an analogy that has remained with me and I always find it reassuring. He compared the feature of a GPS re-calculating a route when one makes a wrong turn with being able to re-set in life after a mistake or misjudgment. We receive guidance from technology (God) to help us, but the ultimate decision to follow it is our own.

I love the idea of new beginnings and the chance to re-set. Many people use the start of the calendar year as an opportunity to review the way their lives are going and to "recalculate their route" with New Year's resolutions. When we are - or have - children, the beginning of the school year is another chance for review and re-set. With the Christian liturgical year, we also have the seasons of Advent and Lent to reflect on our lives and the paths we are taking. For me, one of the joys of being an Episcopalian is our belief in a forgiving God who gives us infinite opportunities to change direction whenever we need to.

At the beginning of this calendar year I hope that wherever 2020 leads you, you find fulfillment in the journey and arrive at your desired destination - taking as many detours as you need along the way!

Caroline Huddart

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### **From the Diocese: Climate Change – the “Long Emergency” that Calls Episcopalians to Action for a Sustainable Life**

Climate Change was described by the scientist and climate change activist James Hansen as the “long emergency” due to buildup in the atmosphere of heat trapping, or “greenhouse” gases, such as methane, nitrous oxide, carbon dioxide, and ozone. The release of these gases has been driven by human choices over time, especially over the last 50 years – choices that include “...fossil fuel extraction and burning, deforestation and forest degradation, intensive and animal agriculture, industry, transport, buildings and hydrofluorocarbons”.

As a result, Earth has warmed 1.8<sup>0</sup>F (1<sup>0</sup>C) since 1880, and if trends in worldwide greenhouse gas emissions and global warming are not reversed, the resiliency and sustainability of all life on Earth is ultimately threatened. Even now, catastrophic fires, coastal flooding, melting of Arctic permafrost and sea ice, extreme drought, and ocean acidification, among other impacts, are being experienced.

The “long emergency” sets the challenge of reversing climate change in the context of history – humankind's past choices have brought us to this moment of serious climate change impacts, and we must change our habits today if we are to support life for future generations. Former UN Secretary General Ban Ki-Moon said in 2015, “Protecting our environment is an urgent moral imperative and a sacred duty for all people of faith and people of conscience”.

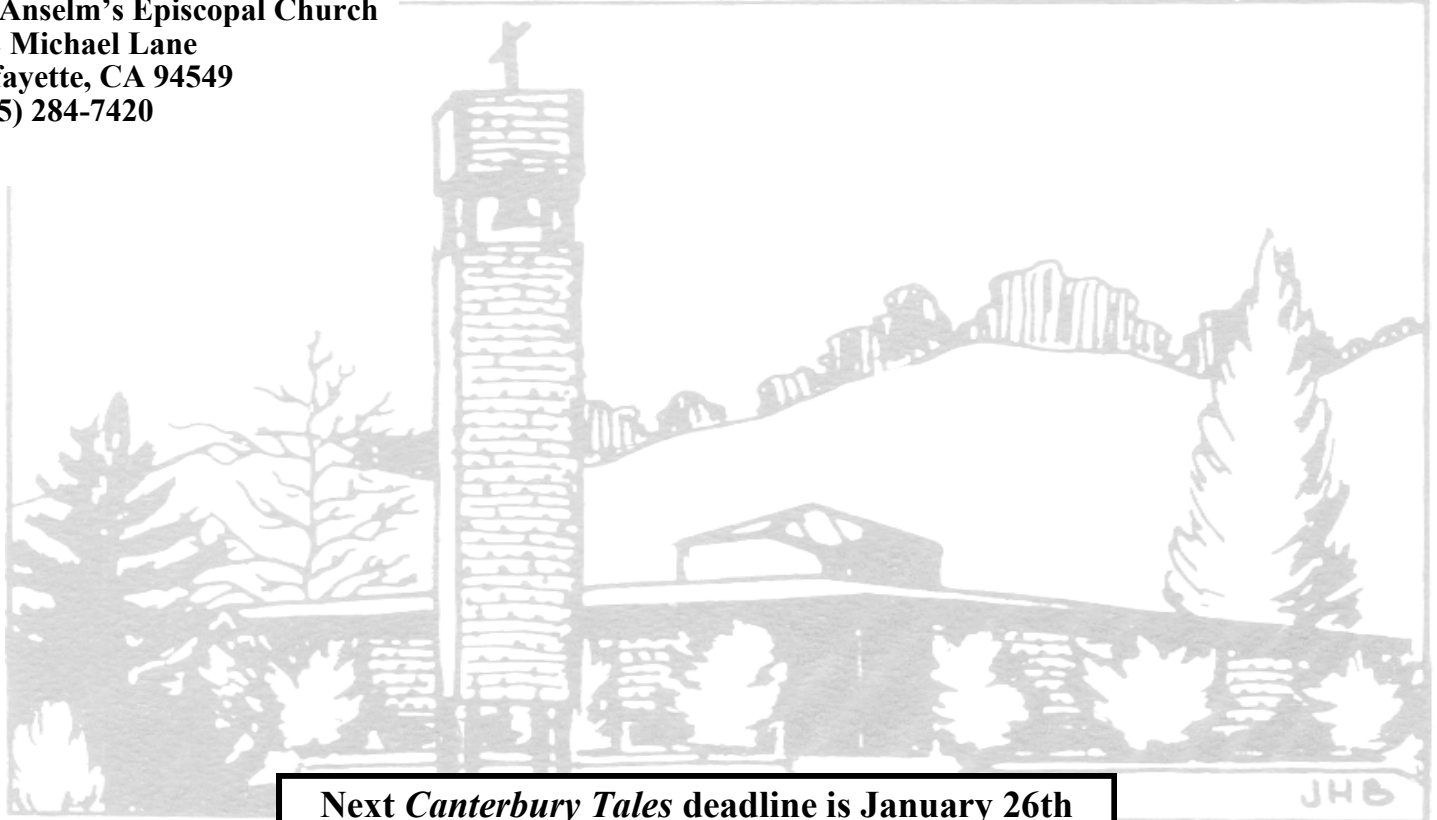
Our own Presiding Bishop Michael Curry proclaimed at the 79th General Convention (2018) “The work of saving this creation, on one level, it is saving our own lives, and on another level, it is saving the world that God has made and God has created, and we dare not deface what God has made.” He further proclaimed “All of God's creation is interconnected. The love that thrust the stars into the heavens themselves is the same love that gave birth and created the earth itself and all of the earth's children, wherever they may be.”

By Summer 2019, Presiding Bishop Curry, along with the Episcopal Task Force for Care of Creation (2019-2021) and bishops in dioceses that include the Dioceses of California, Western Massachusetts and Olympia will be taking a [“Care of Creation” pledge](#) for personal actions that can protect and renew the earth and all who call it home. Their choice of actions will reflect a suite of inspiring environmental and social justice resolutions from the 79th General Convention, and among the actions available is engaging with [sustainislandhome.org](https://sustainislandhome.org) in your household!

Although each pledge is personal, and relevant locally, it is the hope of our early pledgers that all Episcopalians will consider how they, too, can live into the loving, liberating, and life-giving Way of Love in our Episcopal branch of the Jesus Movement.

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



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

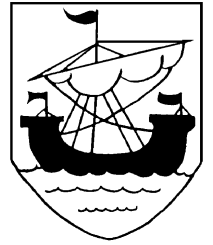
**Just a little bit of New Year's trivia:**

- The Time Square New Year's Eve Ball came about as a result of a ban on fireworks. The first ball, in 1907, was an illuminated 700-pound iron and wood ball adorned with one hundred 25-watt light bulbs. Today, the ball weighs 11,875-pounds, is 12 feet in diameter and is bedazzled with 2,668 Waterford crystals.
- Throughout the year, visitors to Times Square in New York City write their New Year's wishes on pieces of official Times Square New Year's Eve confetti. At the end of the year, the wishes are collected and added to the one ton of confetti that showers the crowd gathered in Times Square in celebration of the New Year.
- The top three US destinations to ring in the New Year are Las Vegas, Disney World and New York City.
- According to one survey, 40 to 45 percent of American adults make one or more resolutions each year. The top ones include weight loss, exercise, quitting smoking and better money management. By the second week of January, 25 percent of people have abandoned their resolutions.
- Food plays a big role in New Year's traditions. Eating black-eyed peas, ham or cabbage are thought to bring prosperity. However, stay away from bad luck foods like lobsters, because they move backwards, and chicken, because they scratch in reverse. It is believed that eating these on New Year's day might cause a reversal of fortune.
- In Colombia, Cuba and Puerto Rico families stuff a life-size male doll called Mr. Old Year with memories of the outgoing year and dress him in old clothes from each family member. At midnight he is set on fire - thus burning away the bad memories of the year.
- In Italy, people wear red underwear on New Year's Day as a symbol of good luck for the upcoming year.



# Canterbury Tales

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



February, 2020

## *From The Rector*

### The Importance of Liturgy

If you look up St. Valentine, you will find that we don't know much about him. He was one of two men, likely a priest or bishop who ministered to persecuted Christians in the third century and was martyred. When you try to figure out how we began exchanging gifts and love notes on 'Valentine's Day,' you will find even less consistent views. But it is in the exchanging of gifts that St. Valentine is remembered, even though we know virtually nothing about him.

Would Christmas be as meaningful without the gifts that are exchanged? How about Easter- would we get it without the Easter bunny and children carrying baskets filled with eggs? In some ways, these rituals mask the deeper message, but in other ways they bring us to recognize that there is something going on here that is meaningful. As we mature, we search for the deeper meaning.

Would you come to church without coffee hour? I am sure a lot of you would, but a nice snack and a warm beverage provide incentive for us to detour from our task-oriented lives to just enjoy the companionship of others. We worship God in church and with fellowship. And if we treat it as sacred, sometimes the sacred can emerge. Acquaintances become friends who can gather in table fellowship in and outside of church. This is what 'sabbath' is all about.

From the earliest days of our faith, some have understood that for us to get the 'holy' message, it must relate to our lives outside of church. Hence, liturgies start with where we are. In 1996, retired Episcopal bishop John Spong wrote a book entitled "Liberating the Gospels: Reading the Bible with Jewish Eyes." In it, he makes the case that the first Christians, who were all Jews, stretched their liturgies over the fabric of existing Jewish worship.

The synoptic gospels (Matthew, Mark and Luke) all have the words of institution, ("This is my body..." This is my blood...") spoken by Jesus in the Last Supper. So too does Paul (likely the earliest reference) in First Corinthians. It was intended as a contrast with the liturgy of animal sacrifices.

For us, eating someone else's body and blood, if taken literally could spark visions of zombies and vampires. Of course we don't take it literally. But for the first Christians who were formed in an environment of animal sacrifice and may have been close to animals whose lives provided their livelihood, many who cared for animals would have made the connection of a living being sacrificing their life, not to God, but to literally feed humans. Loving their animals, they may have found animal sacrifices for any other purpose repugnant. Given this dynamic, the words of institution in the

(Continued on page 3)

## *Anselm's Angels*

The Epiphany Party was, again, a fun-filled event. Many thanks to all who helped: Coordinators—**Jane House & Chris Stone**, "Wise Woman" - **Shanda Young**, Wynne & Gary Bacon, Naomi Chamberlain-Harris, Sheila Gorsuh, Susan Moxley, Sara Nelson, Vicki Pappas, Evan Powers, John Sutton and Rinkenberg-Zhang family. And thanks to all who attended with yummy treats and interesting "white elephants."

Another Youth Sunday service was amazing due to our wonderful St. Anselm's youth: Preacher, **Katheryn Dunn**; Ushers: **Liam Perry, Barbara Donovan**; Lector: **Dale Zhang**; Prayer Leader: **Palmer Hightower**; Oblation Bearers: **Lee Seletzky, Dale Zhang**; Acolytes: **Palmer Hightower, Nelson Seletzky**; Guitarist: **Allen Zhang**; Coffee Hosts: **Susan Barnes, Katheryn Dunn, Barbara Donovan, Allen & Dale Zhang, Liam Perry**.

Welcome to our new class of 2023 Vestry members: **Sara Nelson, Abby Perry and Dimitri Seletzky**. Congratulations to our new Senior Warden, **Shanda Young** and new Junior Warden **Eva Woo**.

Congratulations to our new Deanery Delegates: **Jane House, Sara Nelson, Chris Stone and Liz Sutton** and to our new Deanery Alternate: **Gerry Starr**.

Thanks to those who assisted at the memorial service for **John McGraw**. Usher: **Doug Merrill**; Lectors: **Julie Rinkenger, Eva Woo**; Remembrance: **Anne Brown**; Altar Guild: **Sally Fischer, Peter Grace, Shanda Young, Abby Perry and Jackson Hall** set-up **Evan Powers and Sara Nelson**.

Thank you to **Bob Eddy** for agreeing to help reconcile the monthly bank statements.

## **SAVE THE DATES: 2020 Lenten Series**

### ***One Body: Understanding and Overcoming Divides Related to Race and Ethnicity***

Race and ethnicity are core features of the American experience, both historically and in the present moment. This year's Lenten Series (**March 3, 10, 17, 24**) will be an opportunity to explore issues of race and ethnicity in the lives of St. Anselm's members and members of our broader community. Personal stories and lived experience will be our primary focus, with opportunities for self-reflection and small group sharing as well. Each Tuesday in March we will begin with a simple soup and salad supper at 6 p.m., followed by a program that starts promptly at 7 and ends at 8:30. More details and sign-ups will be available soon. More information: Marian Mulkey at [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or Anne Brown at [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com).

## **SOUPER BOWL SUNDAY !**

Thank you to everyone who contributed to this year's Souper Bowl Sunday collection. Including Father John's match from his discretionary fund, St. Anselm's will be sending a check for \$2,184 to the Food Bank of Contra Costa and Solano County.

A special thank you to **Avery Zwakman, Liam Perry and Palmer Hightower** for representing our youth and collecting the donations in soup pots following both services on February 2nd!



## **SHROVE TUESDAY PANCAKE SUPPER**

The youth of St. Anselm's will be serving pancakes, sausage and orange juice on Shrove Tuesday, February 25th in Jackson Hall. The supper will begin at 5:00 p.m. The cost is \$5 and all proceeds will go to the Food Bank of Contra Costa & Solano Counties.

## ***SOCK COLLECTION***

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

Your generosity is greatly appreciated.

Many thanks,  
Deacon Naomi

## **THANK YOU!**

To All at St. Anselm's,

Michael and I would like to thank everyone for the most thoughtful gift of DoorDash gift cards.

It is so welcome, especially at this time, when my preparation of creative food options has about dried up.

We will use them and think about your generosity each and every time.

Many thanks!

Sally Roberts & Michael Hollinger



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Editor:  
Cathy S. Witkay

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

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

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## *The Senior Warden*

Welcome to our new Senior Warden Shanda Young. Since she just assumed this role last week, we've given her this first month off from her *Canterbury Tales* article. So watch for her introductory message in March!

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### *From the Rector* (continued from page 1)

Eucharist was a liturgical stroke of genius to move believers from a belief in an other-worldly God, to an imminent presence of God on earth, in the form not of an animal but a human. The profound meaning of the Eucharist is found in this deliberate act of sacrifice\*.

Remember when you were a kid and you got those heart-shaped candies with words imprinted on them? Remember the one that said "Oh you kid?" (I never got what that one had to do with Valentine's Day. Still don't.) But in a broader sense, the liturgy of Valentine's Day, however it developed does in fact point to the life St. Valentine lived in caring for the oppressed. And when a spirit-filled little girl makes it a point to give a special valentine to the kid who is the out-cast, the life of St. Valentine, whoever he actually was, is being remembered to this day.

John+

*\*While the writer of the Gospel of John does not include the words of institution, he makes the same point in John 3:16. It is likely the most quoted Christian verse in Scripture and tersely captures the point.*

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## MICHAEL LANE PRESCHOOL

We returned to school after the break ready to play "air travel." This came up due to some play we noticed among the children just before our winter break. We set up an airport service desk on the outside rug and off we went. Hawaii, New York and Mexico were popular destinations. Setting up a dramatic play area such as this gives the children lots of opportunities to increase their social and language skills: turn taking, cooperative play, socio-dramatic play, shared use of space and materials, and extended conversations as tickets were sold and destinations of passengers determined. The airport went out of business after about a week.

We also have been talking a lot about winter, how to stay warm, and have learned a bit about The Arctic and Antarctica. I think they now know penguins are south and polar bears are north. The highlight was rescuing the animals stuck in the iceberg. The children also had a chance to try on ice skates and skis. This past Friday a group of boys were asking Rebecca some questions about the planets, so we pulled out a book on space. Rebecca is going to see how far this interest might take us.

We introduced two new procedures this month, signing in with their pictures and the Problem Solver. We will be adding their names soon. Please encourage your child to sign in and out. We also now have a child assigned each day as the Problem Solver. Their first duty of the day is to excuse the children at Meeting Time (if you are wearing a hood stand up, red stand up and so on). The rest of the day they are called by the other children to help when they are having a conflict with another child.

Of course there are many other activities that have occurred including: stone soup, trampoline, whipping cream..., we are always busy!

Kim Olson  
Director

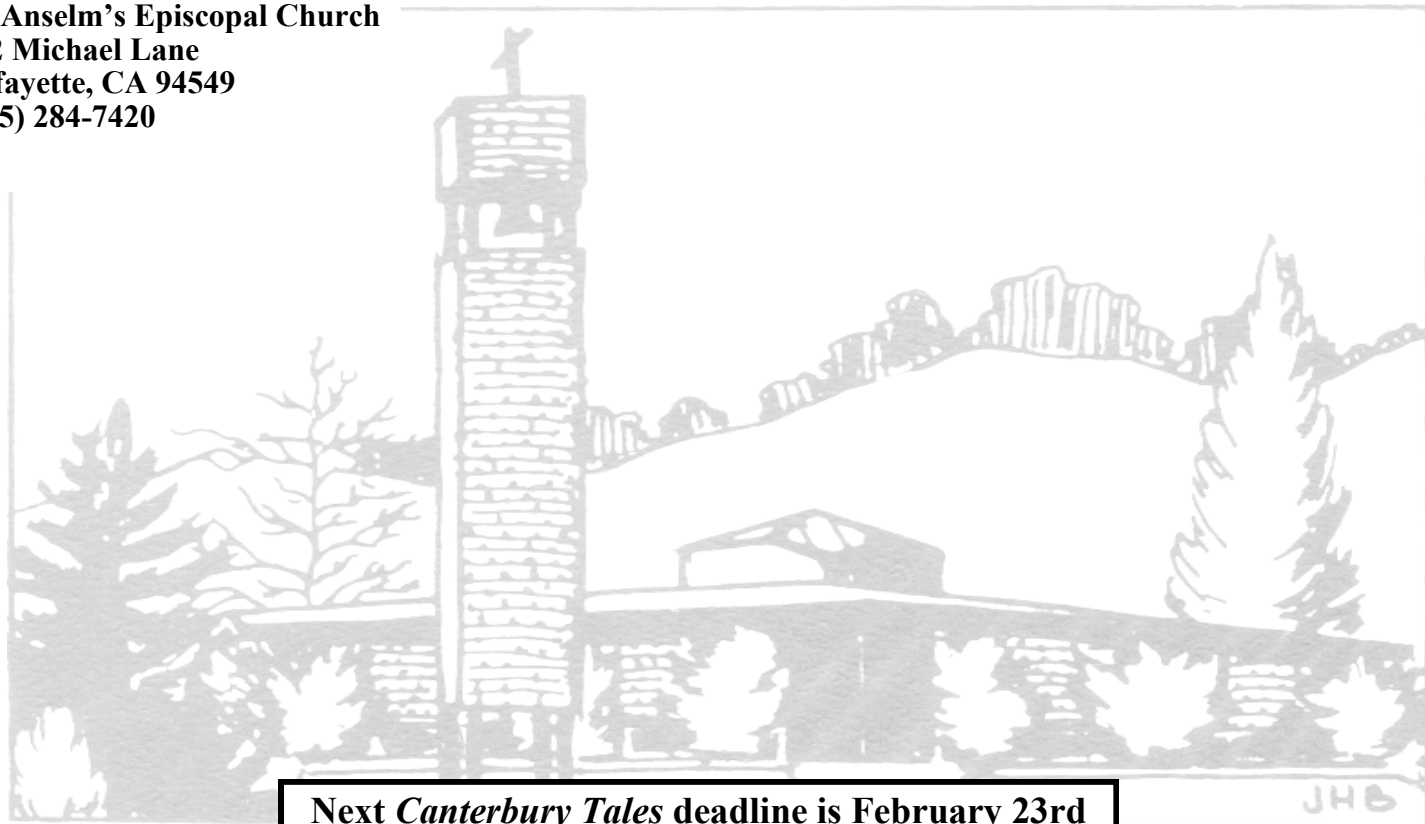


## *Upcoming Events in February*

1	Sat	9:00 a.m.	Choir Rehearsal
		Noon	Memorial for Patricia Koskinen
2	Sun		<b>SOUPER BOWL SUNDAY</b>
		9:15 a.m.	Altar Guild Meeting
		11:30 a.m.	Cancer Support Group
4	Tue	12:15 p.m.	Grief Support Group
5	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		1:30 p.m.	Property Commission Meeting
7	Fri	10:00 a.m.	Stephen Minister Meeting
8	Sat	9:00 a.m.	Choir Rehearsal
9	Sun	9:00 a.m.	Choir Rehearsal
		9:00 a.m.	Christian Formation Commission Meeting
10	Mon	7:00 p.m.	Vestry Meeting
12	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
16	Sun	9:00 a.m.	Choir Rehearsal
17	Mon		<b>PRESIDENTS' DAY – Church Office Closed</b>
19	Wed	9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
22	Sat	5:30 p.m.	<b>CRAB FEED</b>
23	Sun	9:00 a.m.	Choir Rehearsal
			<i>Canterbury Tales Deadline</i>
24	Mon	12:15 p.m.	Michael Lane Preschool Board Meeting
25	Tue	5:00 p.m.	<b>Shrove Tuesday Pancake Supper</b>
26	Wed		<b>ASH WEDNESDAY</b>
		9:30 a.m.	Hatha Yoga
		10:45 a.m.	Contemporary Bible Study
		Noon	Ash Wednesday Service
		7:00 p.m.	Ash Wednesday Service

♥ happy ♥  
 Valentine's  
 ♥ day ♥

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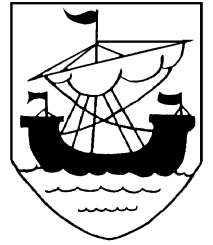


**Next *Canterbury Tales* deadline is February 23rd**

Punxsutawney Phil did not see his shadow on Groundhog Day 2020. As the legend goes, this means we're in for an early spring.. To celebrate, here are some fun facts about the holiday:

- ♦ Punxsutawney Phil is the official groundhog forecaster on February 2, but many states have their own (like New York's Pothole Pete).
  - ♦ Phil's full name, granted by the Punxsutawney Groundhog Club, is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary.
  - ♦ Groundhogs typically weigh between 12 and 15 pounds; Phil is 22 pounds.
  - ♦ Groundhogs only live six to eight years, but folklore suggests that Phil sips a magical drink that gives him seven more years of life.
  - ♦ The Germans originally chose a hedgehog as their animal forecaster. They turned to groundhogs instead when they discovered a large number of them in Pennsylvania.
  - ♦ Hibernation is similar to being in a coma. When groundhogs hibernate, their heart rates drop to five beats per minute and they can lose up to 30 percent of their body fat.
  - ♦ The Punxsutawney Groundhog Club hosts a three-day celebration leading up to Groundhog Day.
  - ♦ Phil's fans have been able to get text message alerts of his predictions since 2010. (Text "Groundhog" to 247365, in case you're interested.)
  - ♦ According to *ABC News*, the National Climatic Data Center found that there is no correlation between Phil's prediction and the actual weather forecast.
-

# Canterbury Tales



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

March, 2020

## *From The Rector*

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

### **Lazarus**

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

Vibrating thread.  
Sonorous, penetrating  
Black space.

Piercing shadows,  
Fracturing silence,  
Calling.

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

Life renewed.

John+



## *Anselm's Angels*

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

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

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

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

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



## LENTEN SERIES 2020

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

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

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

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

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

## EASTER LILIES

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



## BOOK LOVERS OF ST. ANSELM'S

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

## SOCK COLLECTION

Dear St. Anselm's Family,

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

Many thanks,  
Deacon Naomi



**Canterbury Tales** is the monthly newsletter of St. Anselm's Episcopal Church, 682 Michael Lane, Lafayette, CA  
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

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## *The Senior Warden*

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

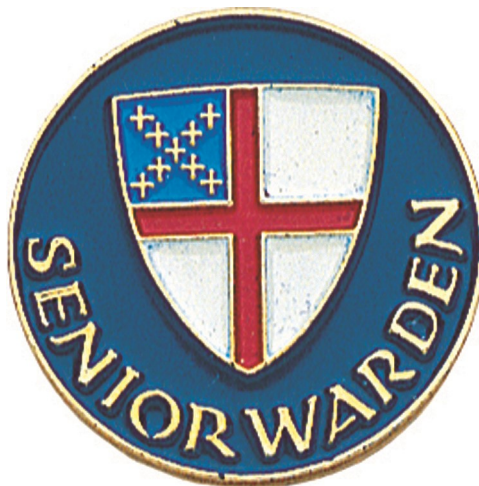
I grew up in Lafayette, attending Burton Valley, Stanley, and Campolindo (which, I know, is in Moraga, blame the district lines, OK?). I rode bikes with the neighborhood kids, recreated my favorite movies with my brother and sister along the trail behind our house and got lost in book after book the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

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

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

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

Shanda Young



## Contra Costa Deanery

Dear Parish Members,

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

Blessings, Deacon Naomi

### What is a Deanery?

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

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

### Who can be a Deanery Representative?

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

### What is expected of a Deanery Representative?

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

### When and where do Deaneries meet?

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

### Churches in the Contra Costa Deanery

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

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## **Stephen Ministry**

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

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

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

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

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

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

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

Vicki Pappas  
Stephen Ministry Leader

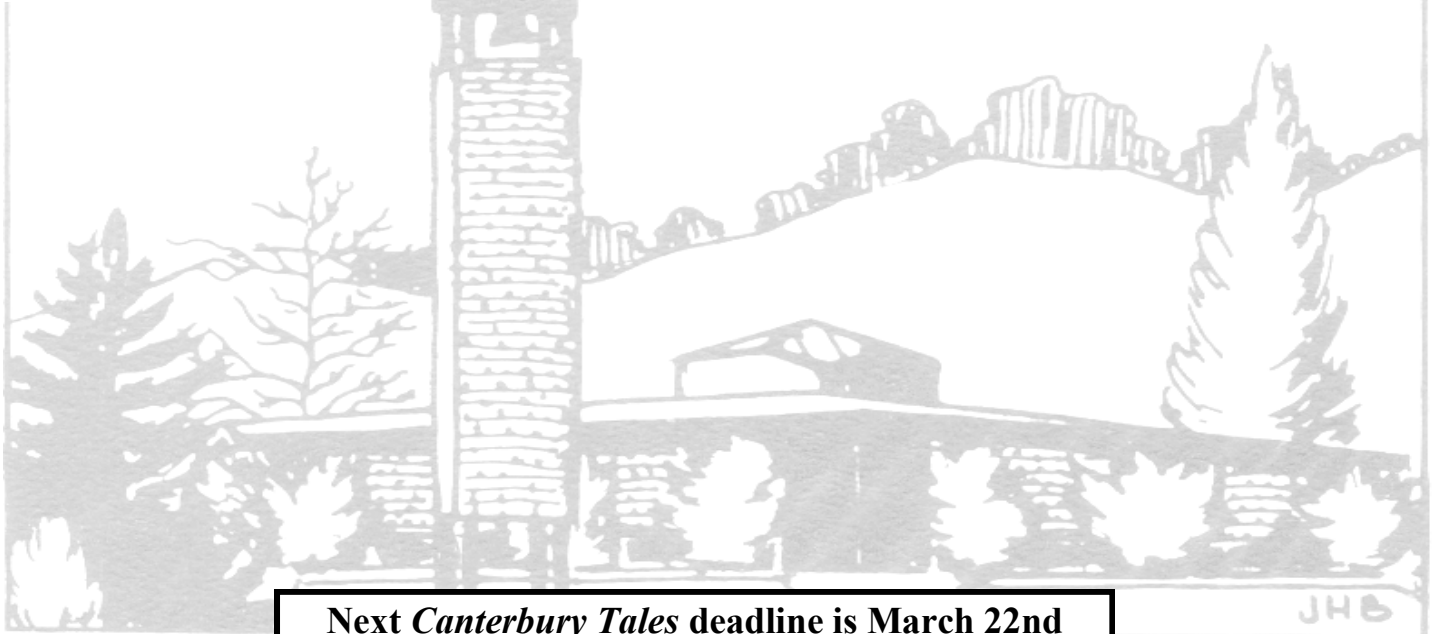


## *Upcoming Events in March*

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



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



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



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

*So remember. . . . .*

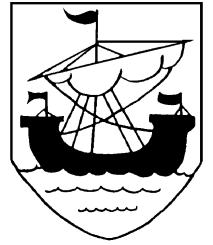
***Daylight Savings Time Begins on  
Sunday, March 8th***

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

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# Canterbury Tales



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

April, 2020

## From The Rector

### Ministry in the Age of Pandemic - We've Got You!

Reading Canterbury Tales for the first time? Ha! I wouldn't be surprised. We have more time on our hands don't we?

We are reshaping how we do ministry at St. Anselm's. Many of you were on our third Zoom streaming service last Sunday, and we had 76 devices signed in. That tells me we had well over 100 participants, which is more than we normally have at church!

Feedback was overwhelmingly positive, and we are learning each Sunday as we move forward:

- ♦ We are offering Birthday and Anniversary prayers for those who let us know ahead of time that they will be participating in the service
- ♦ We now have the services recorded for later viewing
- ♦ We have upgraded our Zoom service to accommodate up to 500 participants. Feel free to invite anyone you want to join us!

If you are reading this, and are not yet on our list of folks to whom we send the invitation to participate, email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws) and she will get you on the list. Want friends on the list? Send them Cathy's email address and she will get them on as well.

There are other groups that will be meeting as well, and also open for you and/or friends to participate in over Zoom:

Contemporary Bible Study, every Wednesday at 11:30 a.m. The group generally picks books that provide a variety of perspectives from current writers and scholars that can expand our knowledge of context and inform our consideration of the Word. We are currently reading a book entitled Zealot. Here is what Wikipedia says about the book:

***Zealot: The Life and Times of Jesus of Nazareth*** is a book by Iranian-American writer and scholar Reza Aslan. It is a historical account of the life of Jesus and analyzes the various religious perspectives on Jesus as well as the creation of Christianity. It (was) a *New York Times* best seller. Aslan argues that Jesus was a political, rebellious and eschatological (end times) Jew whose proclamation of the coming kingdom of God was a call for regime change, for ending Roman hegemony over Judea and ending a corrupt and oppressive aristocratic priesthood.

(Aslan grew up in San Jose, and taught at nearby De La Salle High School at one point in his career.)

(Continued on page 2)

## *Anselm's Angels*

*"We will come out of this storm. In the coming days, we have to stay calm and confident. And for sure, we will overcome this moment of despair. How long this will last cannot be ascertained. But the one thing that we can be sure of is that we will not be the same anymore. Hopefully, we would have changed for the better. This is the way of life. This is how life teaches us its lessons."*

~ Avijeet Das

A very big thank you to the following parishioners who are helping St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services.

**Sylvia Williams** for providing altar guild support to Father John and **Sally Fischer** for delivering the new Paschal candle.

**Andrew & Caroline Huddart** for agreeing to provide music for our Palm Sunday and Easter Sunday services.

**Sara Nelson** for making weekly bank deposits.

**Marian Mulkey** for coordinating calls to the homebound among us.

*(Continued from page 1)*

All you need to participate in the group is the book. We go around the group and take turns reading. If someone wants to comment on something we have read, they just speak up and we discuss.

Grief Support Group, First Tuesday of every month at noon. You don't need to have lost a loved one to participate. Loss of a job or a long-term relationship can also qualify you to join. Format - very simple: we go around the group and have a check in about what has gone on in the last month. If there have been birthdays or anniversaries, they can often trigger emotional responses, and we talk about them. There are members who have participated for a long time, and they provide support and perspective for those who are just entering into the grief process and over time can reduce the pain.

Cancer Support Group, First Sunday of every month at 11:30 a.m. Led by Julie Rinkenberger, the group will continue to meet via Zoom. To be invited, email Julie directly at [jripmaggie@hotmail.com](mailto:jripmaggie@hotmail.com). The group meets for about an hour, and is open to those who have been diagnosed with cancer and their family members. The group checks in each month to provide updates on our status, and we have a considerable resource in Dr. Rinkenberger who knows a lot about a variety of cancers and treatments.

Mid-week Worship Service (being planned). This group is being put together in response to the pandemic, to connect those of us seeking additional community in worship. We are considering at least one service per week, and perhaps more based on level of interest. We will follow the Morning Prayer service from the Book of Common Prayer. There may or may not be a simple form of Bible Study included, also based on what folks want. Length of service? 20 minutes or more.

If you are interested in possibly being included in this group, please contact Deacon Naomi directly at [orchidsnrch@att.net](mailto:orchidsnrch@att.net) or at 925-689-1720. She will be sending out a survey to guide us in determining how best to structure the group.

#### New Pastoral Ministry Opportunity - Home Contact

With the understanding that there are those among us that are living alone and may like an occasional friend to talk to, we are putting together a list of folks that would be interested in being on either end of that phone call. As this moves forward, we may be able to expand services.

If you are interested in this shared ministry, either email Cathy Witkay ([cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)) or me at [suttonj@comcast.net](mailto:suttonj@comcast.net).

Finally, I have a suggestion for how we might expand our joint ministry. Are there folks at church that you have connected with over a common interest? Why not set up a group around that? Ministry teams, would it be helpful to check in with each other even if there is no agenda to cover? Zoom and FaceTime can make this happen very easily. No need to pay to set up a small meeting of your own.

I am blessed to minister to some very smart and resourceful folks who get it in every way. We walk into this new phase of life knowing that we are surrounded by very capable friends who will find new ways to bring blessings into the new world that is taking shape before us all.

John+

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Editor: Cathy S. Witkay

Virtual Sunday Service:  
9:00 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*

As I sit down to write this month's senior warden message, I do so from my desk at work. Sitting next to me is the toilet paper I bought out of the trunk of a coworker's car. Each day I wake up knowing that I will leave the house when so many others do not. They are either working from home in the best case scenario or they have been laid off in the worst. If you don't already know, I work for Contra Costa Public Health Clinic Services and recently became a Public Health Program Specialist just about five months ago. What does this mean? It means I'm on the front line of what our County's public health department is doing to help stop the spread of COVID-19. I worked thirteen days in a row to help ensure that we are doing everything we can to meet the public health's need at this time. And it has been both profoundly terrifying and incredible all at the same time.

If any of you are like me, you are glued to social media and news channels for up to the minute information about what's happening around the world and locally due to the pandemic. You see story after story of hardship, pain, fear and sorrow. At times, you might feel paralyzed about what to do next or feel so helpless you can hardly stand it. I've been there, I know these feelings intimately. As a manager, I have staff who are still working in community clinics because I schedule them to be there and they don't have enough masks. And the anxiety? It feeds itself constantly with uncertainty and fear. Working for the betterment of our community's health I sometimes feel that I'm still not doing enough.

It's when the fear and anxiety get to the point where it's nearly unbearable that I look heavenward and ask "how do I get through this? How do any of us get through this?"

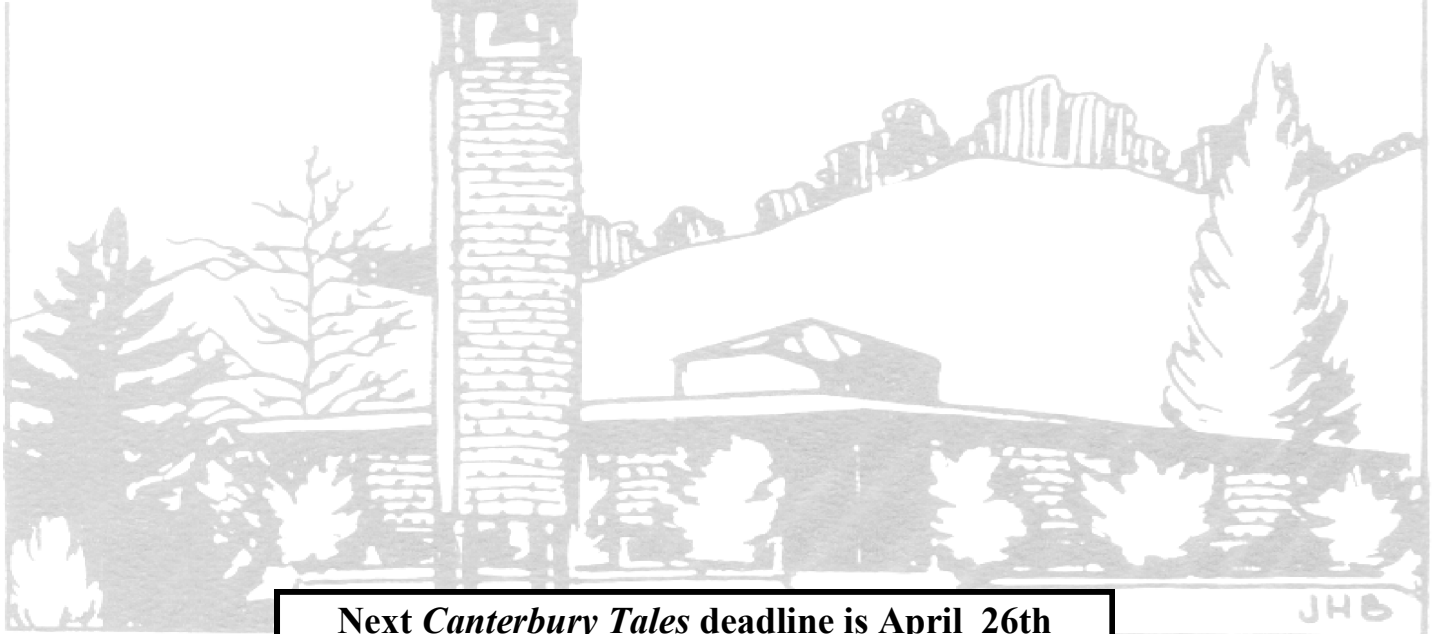
And that's when I get my answer. A video of a young girl finishing her last chemo treatment being welcomed home by folks parked in cars lining her entire neighborhood. It's in stories of young people reaching out to their elderly neighbors to see how they can help them in their time of need. It's when we began testing our healthcare workers and first responders in the parking lot of my building and seeing the gratitude in otherwise scared folk's faces. It's taking a moment between patients and having a dance battle against the nurses and the traffic staff at our testing site. It's in the feeling that humanity has risen to the occasion and will continue to rise as one voice saying "we got this, yo."

There is still a long road ahead of us; a road that holds distance and hardship and heartache. But we at St. Anselm's are a community united in fellowship and love. We are united in our faith in God and each other. If you are feeling scared or vulnerable, reach out to those you know within the church. Continue to enjoy John's Zoom services and sermons. Find peace in your faith and in knowing that there are people out there who are fighting the good fight for humanity. I feel our faith when times are dark and each day I walk out the door, I take that faith with me and it gives me immense strength. Take that faith with you and find the peace within. Remember, we got this, yo.

Shanda Young



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



Next *Canterbury Tales* deadline is April 26th

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### *Holy Week — Virtual Services*

Sunday, April 5th  
**PALM SUNDAY**

**9:00 AM**

Thursday, April 9th  
**MAUNDY THURSDAY**

**7:00 PM**

Friday, April 10th  
**GOOD FRIDAY SERVICE WITH STATIONS OF THE CROSS**

**7:00 PM**

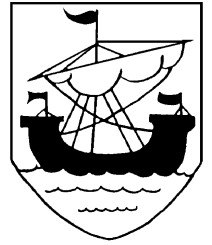
Sunday, April 12th  
**EASTER SUNDAY**

**9:00 AM**



# Canterbury Tales

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



May 2020

## *From The Rector*

### Stop Children, What's That Sound?

Are you getting cabin fever? We Californians are probably not as accustomed to the sheltering in place because we haven't trained for it. We are accustomed to being able to go out any time of year.

I grew up in the Bay Area. So when I moved to New England when I was younger it was an adjustment for me. Yes, people go out in the cold of winter all over the place, but it can go for months being cold back there so I missed that part of California weather a lot.

But even writing about that right now seems silly and reflective of a perspective of privilege within the first world. Because there are people in medical centers all over the world who are not really wanting to go out right now and are doing so at their own peril because they need to care for people who are dying.

There are people dropping off loved ones at these medical centers and if they don't know to cover the contingency of saying goodbye, will never get the chance because their loved ones will die in isolation.

There are people striving to hold onto their employees even though there is no revenue coming in. And there are employees with families to feed being let go by the thousands.

There are lawmakers struggling to make the right choices when balancing the threat to employment and the threat to life.

And there is an entire world wondering when is this going to end, and where is God in all of this.

This is affecting some of us more than others. Some of us feel powerless while others are feeling vulnerable, and still others are wondering if they will have a job next month. But one thing we share- we are all in new territory, even if it is in that place we call home.

Powerlessness, vulnerability, insecurity: Is that our call to prayer?

John+

## *Anselm's Angels*

*"On the other side of a storm  
is the strength that comes  
from having navigated  
through it. Raise your sail  
and begin."*

*~ Gregory S. Williams*

A very big thank you to the following parishioners who are helping St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services.

**Andrew Huddart** for adding music to our virtual services.

**Sylvia Williams** for providing altar guild support to Father John.

**Sara Nelson** for making weekly bank deposits.

**Marian Mulkey** for coordinating calls to the homebound among us and her dedicated calling team:  
**Naomi, Chamberlain-Harris, Cindy Eisenberg, Vicky Pappas, Judy Peak, Abby Perry and Gerry Starr.**

And a huge thank you to all the parishioners who responded so quickly to your **Office Manager's** request for photos so Father John has a full church every Sunday. And if you haven't yet submitted a photo, it's not too late!

## ST. ANSELM'S HAS A VENMO ACCOUNT

We have had some requests to establish a St. Anselm's Venmo account so that folks who might want to support the church can do so without writing and mailing a check. If you already have the app installed on your mobile phone, you will find us either by **name (Saint Anselms)** or **@username (@st-anselms)**. If you do not have the app, the following instructions will assist you in getting set up:

- Download a Venmo mobile app: iOS & Android (Venmo does not have a Windows app)
- Open the Venmo app.
- Choose your sign-up method and create a secure password (between 8 and 32 characters long).
- Verify your phone number and email address.
- Add and verify a U.S. bank account, credit card, or debit card to make a payment.

Once the app is installed, click on the icon with pencil and square with a dollar sign. You will use the above name or @username to find Saint Anselms (you should recognize our profile photo of our lovely sanctuary). You will then go to the "Pay or Request" page where you type in an amount in the right corner. Below the name of the church you may designate the gift if you want. Toward the bottom of the screen you will click the blue box to "pay."

## LENTEN SERIES TO RESUME

Our 2020 Lenten Series, *One Body: Respecting Neighbors of Every Race and Ethnicity*, was interrupted by the COVID-19 pandemic. After an initial presentation by author Cara Meredith, we postponed plans for remaining speakers due to the shutdown.

On Tuesday May 12 at 7 PM., one of our planned speakers, Gabe Slavitt, will provide a virtual presentation on issues of race and ethnicity from his perspective as a leader within Acalanes High School's "Integrating all nationalities and helping others" student club. After we hear from Gabe, a facilitated conversation will allow us to explore ways to understand and empathize with people who navigate issues of race and ethnicity in ways we have not experienced.

Then on Tuesday, May 26th at 7 PM St. Anselm's parishioner, Leta Seletzky, will share her virtual presentation. And it just so happens that Leta's essay for *The Atlantic* has recently been published, so if you'd like a bit of a preview of her presentation, here's a link: <https://tinyurl.com/yc26qeaq>.

The format will be a Zoom meeting and we expect to learn a lot from the experience. We hope many of you will participate and provide feedback. Input from this session will inform future Christian Formation Commission plans.

To participate, please email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws) so that we can issue you an invitation a few days in advance. For more information please contact Marian Mulkey, at [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or (510) 393-5997.

## ZOOM FACILITATORS WANTED

We would like to create some small groups after our Zoom service. The hope is that after we greet each other following the church service, and get an update from Shanda on what is going on with the County Health folks as they battle the Coronavirus, we move over to smaller groups where it is easier to chat.

Folks seemed open to the idea, but we have yet to recruit any volunteers to host the meetings. Are you interested? All that would be involved would be to schedule the meeting, then folks go there from the church service to the WiFi Coffee Hour, as easy as walking from the church to Jackson Hall.

If you are interested in facilitating, please let either Cathy or Father John know.

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web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor: Cathy S. Witkay

Virtual Sunday Service:  
9:00 a.m. Holy Eucharist

St. Anselm's Staff



## *The Senior Warden*

Hello all of my wonderful St. Anselm's folks! I know it's time for more words from you Senior Warden, but I have to be honest, I'm exhausted. The last month has been incredibly busy and time has flown by faster than a speeding bullet. As I tried to think of what to write, I remembered the words the director of Contra Costa Health Services Anna Roth recently wrote that gave me both comfort and hope.

I hope you all find the same comfort and hope in her words that I did.

~ Shanda Young

"For all of us caught in the midst of this unprecedented pandemic, life has changed fundamentally. How we socialize, learn, exercise, dine and work has been reshaped entirely in the course of just a few weeks. That level of change, combined with the inherent health concerns related to COVID-19, has created levels of stress and anxiety typical of war zones. Combine all that with the frustration of not knowing when this might end, how we will all be impacted and what a post-COVID-19 world will look like and you might expect fractures in our community.

But we're not breaking apart. In fact, as I look around, I see a community that is pulling together in many different and powerful ways. Yes, we're all under immense stress, but Contra Costa County has risen to the challenge, showing a level of respect, cooperation and involvement that is simply remarkable. It's too early to predict the future, but one thing I do foresee is Contra Costa County emerging from all this with pride for modeling a remarkable level of civility and leadership.

It's these increased acts of community participation that make it possible for Contra Costa County Health Services to respond in a coordinated, science-based and thoughtful manner to this crisis. The health department's purpose is to protect and preserve life. We prepare and practice for mass emergencies on a regular basis—earthquakes, fires, disease outbreaks and other disasters. It is our obligation to be prepared even for a once-in-a-century pandemic. And now, with COVID-19, our purpose inspires and drives us to balance the need for extreme caution with a respect for your need to live as normal a life as possible in the face of this crisis.

As one of the first states to see COVID-19 cases, California could well have faced the same catastrophic impacts that other states are now experiencing. However, because of the courage and foresight of health and government officials in Contra Costa County and the entire Bay Area, we took strong and immediate action. Issuing one of the nation's first region-wide shelter in place orders, the Bay Area slowed the spread of this unprecedented threat to prevent the crushing demand on hospital resources, which prevented illness and death. None of this is possible without the understanding and cooperation of all of you. Your willingness to alter your lives in ways we know are disruptive is vital for the health and well-being of the entire community as well as the safety of our essential workers.

Part of what's made our response effective thus far has been the cooperation and coordination of the entire county government apparatus. From our Board of Supervisors and County Administration to the multiple different county departments, we are seeing an unprecedented level of alignment and action. Separate departments are sharing resources, staff expertise and contacts to make sure that the county's response is as comprehensive and coordinated as possible. By the same respect, the county's 19 cities are partnering closely with all of these efforts to magnify our reach, impact and efficiency. This has been a true example of a whole government response to support and protect the people of Contra Costa County.

Rightly so, there has been a lot of focus on the amazing individuals on the front lines of this epidemic—our healthcare workers, medics, police, fire and many more. As the county's health director, I have never been more inspired in my entire career than to work with doctors, nurses, clinicians, lab workers, disease investigators, community health workers, registration, administration and custodial staff and countless other essential workers who have never once questioned their responsibility. Instead, they come to work every day dedicated to protecting and preserving lives in our county. It is humbling to witness this level of commitment to others. And for every worker that is responding on the multiple front lines of this pandemic, there's a team of support staff working to make sure they have the materials, protection, data, information, and expertise they need so they can focus their attention on the work of helping people get and stay well.

*(continued on page 4)*

**Senior Warden** *(continued from page 3)*

The other day, I was on my way to a field health care site we have prepared. As I was driving, I saw a gathering of people at a local school. With masks and gloves on, dozens of volunteers had shown up to distribute food to their neighbors, friends and strangers who are feeling some of the greatest economic impact of this pandemic. As I passed the group I was filled with gratitude. I believe this deep sense of community and connection is part of what makes us resilient and will take us forward to greet the days ahead.

Many thanks for all the ideas, feedback and information so many of you have shared with Contra Costa County Health Services. Your input is helping us to improve each day. Thank you for your continued support of our health department and each other.

Wishing you all safety, health and wellness.

Anna”

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## CRITERIA FOR COVID-19 TESTING IN CONTRA COSTA COUNTY

Our Senior Warden, Shanda Young, has advised us that the criteria for COVID-19 testing in Contra Costa County testing has been updated to include the following symptoms:

- Fever >100.0 or may be subjective
- Cough
- Shortness of breath
- Fatigue
- Chills
- Myalgias (muscle aches)
- Headache
- Sore throat
- New loss of taste or smell
- Nausea/Vomiting
- Diarrhea
- New confusion (especially in elderly)

For a screening appointment call: 1-844-421-0804.

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## SCHEDULE OF VIRTUAL MEETINGS

**May 5th, Grief Support Group** will meet via Zoom at 12:00 noon. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

**May 6th and each Wednesday in May, Contemporary Bible Study** will meet via Zoom at 10:30 AM. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

**May 8th, Bridge Group** will meet via Zoom at 6:00 PM. for social hour. To be invited, email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

**May 11th Vestry**, will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link.

**June 7th, Cancer Support Group**, will meet via Zoom at 12:00 noon. To be invited, email Julie Rinkenberger at [jrjpmaggie@hotmail.com](mailto:jrjpmaggie@hotmail.com).

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### ***WINTER NIGHTS UPDATE***

I'm sure some of you have been wondering, as I was - Is Winter Nights still happening in these days of COVID-19? Yes. Are they sheltering-in-place? Yes. What does that look like? How is it working out?

At the beginning of the shelter-in-place orders, there were six families, seven adults and fifteen kids. Since then they have been able to find homes for two of the families, and they continue to look for homes for all. They decided not to take on any more families and, if possible, to end the year early.

During this time, the congregations have volunteered to host for four weeks at a time, instead of the usual two. No volunteers from church are allowed in. They buy groceries for breakfasts and lunches and drop them off. Take-out dinners are ordered from local restaurants. Because there are no longer any volunteers and the families are there 24/7, they now have two Winter Nights' staff on duty at all times. Everyone is checked daily for any signs of illness.

The tough part is, of course, the children - keeping them occupied, entertained, learning. They are allowed to run around out in the church yard. Staff have created a daily schedule that includes two study periods/quiet times Monday through Thursday. All adults and children have daily chores. The faithful "Traveling Tutors," who now can't go there in person, are finding creative ways to connect online.

The program is short on funds and asking for donations. Staff costs have more than doubled, because of needing to have two staff there and needing staff during the daytime hours. They are paying for the take-out dinners. They've had to buy some laptops for children that need them. They have bought board games, art kits, ukuleles, whatever will keep them entertained. They also would like an emergency reserve in case a family needs to be quarantined in a motel or to help a family move.

If you are willing to donate, please make your check out to ***Winter Nights Family Shelter*** and send it to:

Winter Nights Family Shelter  
404 Gregory Lane , #1  
Pleasant Hill, CA 94523

If you have questions, please call me, Anne Brown, at 925-788-0664 or e-mail me at [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com).

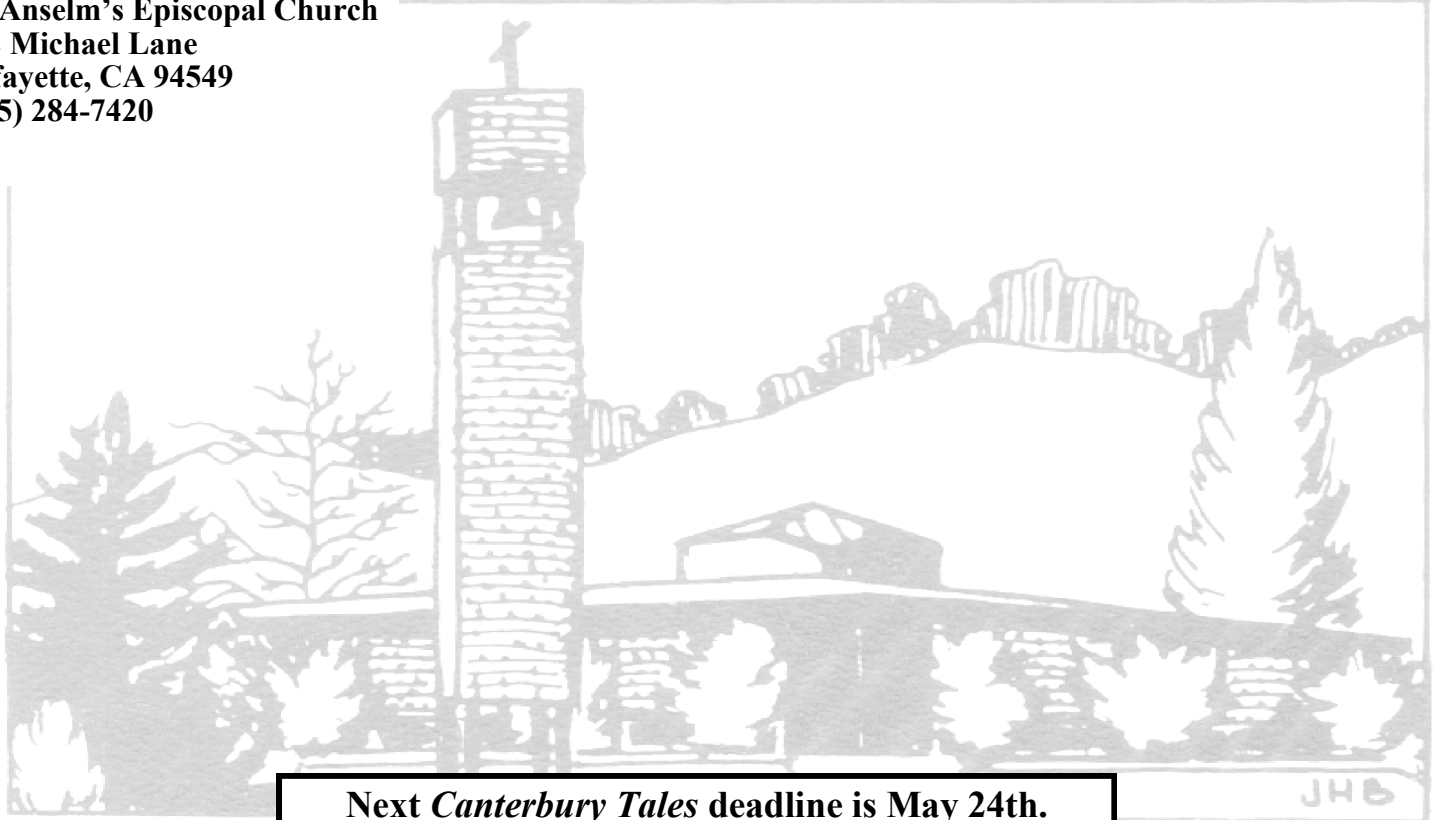
P.S. We're scheduled to have families in Jackson Hall again from September. 7th to 21st. That is, of course, no longer a sure thing.

Thank you so much!

Anne



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



**Next *Canterbury Tales* deadline is May 24th.**

### ***Prayer for a Pandemic***

*By Cameron Wiggins Bellm*

***May we who are merely inconvenienced*** remember those whose lives are at stake.

***May we who have no risk factors*** remember those most vulnerable.

***May those who have the luxury of working from home*** remember those who must choose between preserving their health or making their rent.

***May those who have the flexibility to care for our children when schools close*** remember those who have no options.

***May we who have to cancel a trip*** remember those who have no safe place to go.

***May we who are losing our margin money in the tumult of the economic market*** remember those who have no margin at all.

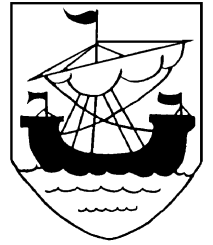
***May those who settle for quarantine at home*** remember those who have no home.

***As fear grips our world,*** let us choose love during this time when we cannot physically wrap our arms around each other, let us find ways to be the loving embrace to God and our neighbor.

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# Canterbury Tales

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



June 2020

## From The Rector

### Congratulations Graduates!

Last week I was on a Zoom call with my family. My niece Emily was on the call. She will be graduating from Santa Clara University next month. I expressed my sympathies to Emily about how her graduation will be different. She said it wasn't so bad, because she had known from the get-go that the college experience would fly by, and accordingly she had enjoyed herself the three plus years before the pandemic hit. Knowing Emily, I was not surprised to hear that upbeat response.

Among the many things that have been lost in the course of this pandemic is the lost experience that Emily responded to with such aplomb. Two of our members, Katheryn Dunn and Kelsey Witkay respectively did not get to enjoy their final semester of high school and college. Katheryn will begin college not having had the opportunity to attend a senior prom, nor to toss the mortar board in the air, and hug her family members with her fellow graduates. Kelsey lost the latter experience as well. And where several months ago it looked like she would have an exciting job offer, she is now considering going back to school as full-time employment opportunities have diminished.

It makes me realize how much we take for granted. Last year, would any of us foresee where we are today? In future years, we may ask, 'What year did you graduate?' with 2020 being the year that everyone will remember. (And we hope it ends there.)

But back to the wisdom of a twenty-one-year-old: 'Carpe diem,' 'Seize the day' in Latin, has been well-worn advice going back to the Romans. While we wonder, 'When will the restrictions be lifted?' we may miss an opportunity to live more fully to live into this day, a day in which our movement is restricted, but the Spirit's is not.

Katheryn and Kelsey - You are two remarkably talented young women whose graduation will be different than most of ours. But there will be abundant opportunities in the 'now' of all your future days. Congratulations!

John+

Class of  
2020

## *Anselm's Angels*

*"Opportunities to find deeper powers within ourselves come when life seems most challenging."*

*~Joseph Campbell*

A very big thank you to the following parishioners who continue to help St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services.

**Andrew Huddart** for adding music to our virtual services.

**Sara Nelson** for making weekly bank deposits.

**Marian Mulkey** for coordinating calls to the homebound among us and her dedicated calling team: **Naomi, Chamberlain-Harris, Cindy Eisenberg, Vicky Pappas, Judy Peak, Abby Perry and Gerry Starr.**

Thanks to all who participated in the Shrove Tuesday Pancake Supper and the two in-person Lenten series events -- \$346 was raised for the Food Bank of Contra Costa & Solano Counties!

Thanks to those who contributed to the Winter Nights appeal to support their remaining families at the end of the winter season. St. Anselm's contributed \$3,250.

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## COVID-19 TESTING IN CONTRA COSTA COUNTY

Contra Costa County offers an appointment for COVID-19 testing to any resident who believes they need one, regardless of insurance, ability to pay or whether they have symptoms or not.

Residents can make an appointment to visit one of eight sites throughout the county. The county is operating five drive-through sites located in Antioch, Concord, Martinez, Pittsburg, San Pablo and San Ramon. Patients must visit these sites in their vehicles, as testing is done in the car. Appointments can be made by calling 1-844-421-0804. For appointments at county-run sites, a screener will take the information necessary to begin the process. Callers will then get a call back from a health professional during which an appointment will be scheduled. There is no up-front cost for testing. County residents do not need medical insurance to get tested. However, if you have health insurance, your insurance will be billed.

Additionally there are three state-run sites in Brentwood, Pinole and Walnut Creek, that are accepting walk-in patients by appointment only.

While you don't need symptoms to get tested, symptoms that may warrant a test include cough, shortness of breath, fever, chills, fatigue, muscle ache, sore throat, headache, vomiting, nausea, diarrhea, recent loss of taste or smell, or confusion, particularly in older adults.

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## ST. ANSELM'S HAS A VENMO ACCOUNT

We have had some requests to establish a St. Anselm's Venmo account so that folks who might want to support the church can do so without writing and mailing a check. If you already have the app installed on your mobile phone, you will find us either by **name (Saint Anselms)** or **@username (@st-anselms)**. If you do not have the app, the following instructions will assist you in getting set up:

- Download a Venmo mobile app: iOS & Android (Venmo does not have a Windows app)
- Open the Venmo app.
- Choose your sign-up method and create a secure password (between 8 and 32 characters long).
- Verify your phone number and email address.
- Add and verify a U.S. bank account, credit card, or debit card to make a payment.

Once the app is installed, click on the icon with pencil and square with a dollar sign. You will use the above name or @username to find Saint Anselms (you should recognize our profile photo of our lovely sanctuary). You will then go to the "Pay or Request" page where you type in an amount in the right corner. Below the name of the church you may designate the gift if you want. Toward the bottom of the screen you will click the blue box to "pay."

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## CONGRATULATIONS NEVA FLAHERTY

St. Anselm's parishioner Neva Flaherty has been elected to a three-year term on the Golden Rain Foundation Board in Rossmoor. This is the volunteer umbrella organization which oversees the home owners' associations as well as the community-owned facilities.

Congratulations Neva!

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9:00 a.m. Holy Eucharist

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

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## *The Senior Warden*



As most of you know our Senior Warden, Shanda Young is usually a Public Health Program Specialist for the Contra Cost County Health Department. However during the current pandemic, Shanda is working hard as the Test Site Lead for COVID-19 Testing at Concord and San Ramon where she is responsible for the setup and takedown of the site, as well as the supervising and coordination of the personnel doing the testing.

We're pleased to share this picture of her getting ready to go out in the field and send along our thanks to Shanda and all of the frontline workers who are doing so much for all of us at this difficult time.

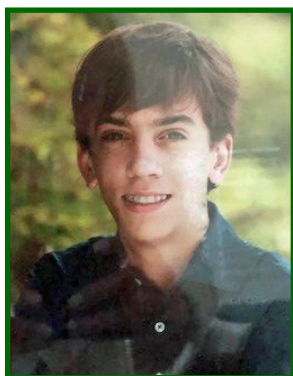
## *Congratulations 2020 St. Anselm's Graduates!*



Kelsey Witkay  
BS, Exercise Science & Health Promotion  
Magna Cum Laude  
Florida Atlantic University



Katheryn Dunn  
Bentley School Graduate  
Attending Skidmore College in the fall



Liam Perry, 8th Grade Graduate  
Stanley Intermediate School  
Attending Campolino High School in the fall



Allen Zhang, 8th Grade Graduate  
Joaquin Moraga Intermediate School  
Attending Campolino High School in the fall

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## SHELTERING IN PEACE

Judy Peak passed along the following remarks by Mary Olowin, M.D.

We are not only living in the strangest time of our lives. It is a paradoxical time, when showing affection means not showing affection. We know that some of our old ways are gone forever, and we do not know what normal will be like going forward. We are living with many unknowns regarding the present and the future. This is supremely uncomfortable.

COVID-19 is a direct threat to our life or the lives of others we know. We experience or vicariously witness trauma through media or through supporting others, or by being isolated. It is a temptation to lose ourselves in negative emotions.

It is normal, in our current reality, to experience anxiety, loneliness, panic, depression, boredom, sorrow, frustration, anger. Anger and frustration are often projected onto others, causing problems in relationships. Vulnerable families experience more domestic violence.

Sorrow abides within us, and usually we are able to share sorrow with family and friends, and we comfort one another by being close, by hugging, by sitting together. Now we may be left on our own to manage these emotions.

Much depends on our immediate circumstances: whether we're healthy, can stay safe, and are financially secure. We may be living alone and feeling isolated, or we may be living alone and feeling free, with fewer obligations and more time to do exactly what we want to do inside our homes. Our attitude informs the response we make to our reality.

Plans are canceled and we can be upset or feel grateful for more time to ourselves. The 17th century Polymath Blaise Pascal said when he set out thinking about our various activities he often found that the sole cause of our unhappiness is that we don't know how to stay quietly in our room.

We can feel idle and useless staying quietly in our rooms, or we can appreciate the fact that we are saving lives and serving the common good. We might come out of the pandemic having developed an inner life that is not defined by external activity.

This can be an opportunity to focus on our inner lives: We can practice kindness and patience, and begin by being kind and patient with ourselves. To feel compassion and solidarity with the wider world, we focus on being compassionate to ourselves.

It is very important to listen compassionately to ourselves. Some people write in a stream of Consciousness way for 15 minutes every morning or evening, letting out everything that comes to mind.

If it's awful and you'd be horrified if anyone else read it, shred the paper afterwards. The practice is a way of discovering what's going on inside that is sometimes a mystery to us; a mystery out of which our emotions emerge. When it's less of a mystery the emotions are more manageable.

What do I want to be like in the new normal?

- Can I get rid of old grudges?
- Can I feel less angry at little things?
- Can I ask what brings me peace today, and do it?
- Can I be attentive to the present moment?
- Can I give up my anxiety about things over which I have no control, such as how much toilet paper is in the store, whether or not someone else wears a mask, how long the pandemic will last. All of those things are out of my hands.

What CAN I control that will help me manage my emotions?

I can control how much news I watch and when I watch it. Limiting myself to COVID19 information twice a day or less, and never just before bedtime, is a wise approach.

Even with conscientious control we may feel more emotional these days. For example, it's pretty common for me to get

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teary when watching “Call the Midwife”, but two days ago I got teary watching a vegetarian cooking show. Routine and ritual are restorative. Even if you are eating alone, you might want to light a candle. Mood is linked to our activities and our thoughts. I can’t do something until I imagine doing it. Imagination and thinking are powerful, and we have some control over both.

I can control how I allot and structure my time. I can make sure that there is time for pleasure in each day. I can do things that are **FUN**.

My sister and brother-in-law are watching all the Pink Panther movies and having a lot of laughs.

I can schedule time each day for an activity that gives me a sense of **mastery**. This is important in Maintaining a positive outlook and a positive sense of self. One young woman finished a long-ago abandoned embroidery project and proudly showed me the lovely result on a zoom call.

I can make time for something that furthers a **goal** of mine, whether it’s taking regular walks or cooking classier meals or doing yoga. I can make it part of my daily schedule.

I can control my own actions, such as washing my hands frequently in the recommended way, wearing a mask when outside of my home, maintaining safe physical distance from everyone I don’t share a home with.

I can control my attitude by monitoring my thoughts. I can look at this pandemic as the worst disaster, or I can remember many other disasters that people have lived through and survived. I remind myself that **we can manage this. Sheltering in Place is challenging but manageable**.

Finally, don’t forget that **Nothing Lasts Forever**. The bad news is that the good times don’t last forever, the good news is: neither does a plague.

One of the best things we can do for ourselves is to simply Pay Attention. Take deep breaths and pay attention to how that feels.

Make your exhalation longer than your inhalation. Take your time.

You will calm down and relax.

One distressed woman wrote that during a very bad time in her life she found comfort while shelling fava beans, because she was paying attention to what she was doing. Being aware of all aspects of her task without distraction, she noticed that the inside of the fava bean shell is soft, like a baby’s blanket. It was a lovely discovery. Touching the inner part of the shell of the bean felt comforting. That sensory awareness soothed her.

Paying Attention is also the best gift we can offer anyone else. To really listen compassionately when they speak, to make an effort to understand what they are saying and feeling. To reflect that understanding. St. Columba’s parish in Oakland has just started a Listening Ministry in response to Shelter in Place, to address the isolation that so many feel. “I’m having a hard time” is a reasonable message to send to trusted friends and family when we’re having a bad day or a bad stretch. Giving another person a chance to help me is a gift of trust..

We want our feelings to be validated. We often know the answers to our challenges, and sometimes we know there is no answer, but we need someone to accept how we are feeling without judging us or jumping in with advice.

It’s important to take other people’s feelings **SERIOUSLY**, when we listen to them, but equally important not to take them **PERSONALLY**.

When we interact with others — and about half of you are sheltering in place with a partner — know that for every negative thing we say to a person we have to say **FIVE** positive things to balance out that criticism.

Expressing gratitude to someone is a kindness that makes the recipient feel good. And simply recognizing the things for which we are grateful makes **us** feel good. Gratitude is a gift to the giver and receiver. We always benefit when we count our blessings. A gratitude list is a valuable way to self care.

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More of us are using Zoom and Skype and other virtual platforms to connect with family, friends, church members, book group members, committee members, and so forth. Some of us may even be getting virtual socialization fatigue. What would that be? VSF.

Before the pandemic some of us rarely saw our far-flung siblings and now we have Happy Hour with them every week. Non-alcoholic drinks are legitimate during these Happy Hours. It seems most people are drinking more than usual during the lockdown which is something to self-monitor.

My sibs span the continent and I have a friend with siblings in four different countries. Neither of us ever regularly saw all our sibs since we grew up and left home fifty years ago, and this new way of connecting is a real treat. If you grew up an only child, are there cousins, college friends, work colleagues, AAUW friends with whom you could have a regular virtual social time?

Through these virtual platforms we can offer each other warm loving support, enjoy some laughs, learn things, share news, and be reminded of how much we care about one another.

Promoting self-care is not an indulgence. It's a necessity. Good food, connections with friends and family, exercise and sleep all help mitigate the potential for stress and anxiety.

Self care means something different for each person. Listening to new age music with cucumber slices covering my eyes might do it for me, or maybe it's digging holes in the garden to plant a row of fruit trees or a bed of roses.

Let's say you want to write poetry. William Stafford, an Oregon poet, woke early every morning to write one poem. When it's hard to write a good poem every day, he said, "lower your standards".

When working from home don't expect to have the same level of productivity you had in the office. This is especially true if you're taking care of someone else at home. If you work from home have a regular schedule for stopping work.

Many of us are shredding and recycling old papers and files, deleting mediocre photos on our phones and iPads, re-viewing ancient emails and either deleting them or using them to reconnect with former colleagues and old friends. We are getting our lives in order. Or we're doing this metaphorically by solving jigsaw puzzles.

I'm developing friendships with acquaintances by walking regularly with them. You build a friendship by spending time and paying attention.

Pollyanna tends to get a bad rap in a pandemic. When people are dying by the tens of thousands it seems heartless to look for the silver linings. But the truth is, the silver linings are there.

Look at how giving the planet a rest from our normal activities has improved the quality of the air we breathe.

Look at how much more time families have had together, some of them making super creative and funny music videos posted on YouTube.

One of my friends who writes says the writing has simply been flowing for her because there is so much less to do. Without the usual distractions she is flourishing creatively.

The generosity of ordinary people is spectacular.

- A lot of people are donating blood and plasma.
- A garbage collector in Kentucky noticed that one woman's garbage can hadn't been put out for two weeks. The office called her home and found out she had no garbage because she had no food. It wasn't safe for her to shop and she had no family to do it for her. The collector returned to her home after his route, got her grocery list and bought her groceries on the company's tab.
- Nurses and doctors who've become ill with the virus have recovered and returned to work. The resilience of people is impressive.

I want to share some of the resources I used in putting this together.

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My friend, Ira Garde, forwarded a link to UCSF medical school, which informs what I've shared.

There's a link to a substance abuse and mental health site, and a link for Kaiser members with apps they can download.

There's a podcast called The Daily Stoic that one friend of mine swears by, a book by Pema Chodron, a Buddhist nun, and daily meditations from a Franciscan, Richard Rohr.

You probably all have found an equal number of beneficial resources thanks to the fact that this pandemic intersects with the age of the internet. Use what works for you, and I wish you the best in Sheltering in Peace.

<https://psychiatry.ucsf.edu/coronavirus>

<https://www.samhsa.gov/sites/default/files/tips-social-distancingquarantine-isolation-031620.pdf>

The youtube video is on managing emotions in COVID19 time.

[https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYoJixSpL\\_S5tV7XeUvA1JP4](https://www.youtube.com/watch?v=Mj9PcYbpF8U&list=PLWXu8EHZjBYoJixSpL_S5tV7XeUvA1JP4)

<https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital>

For members there's an app for achieving a calm state of mind and an app for accessing one's strengths.

The Daily Stoic podcast centered on the stoic virtues of courage, justice, wisdom & temperance. Tim Ferris, on the podcast, said that when he has rehearsed what might happen he has been more prepared to deal with the reality when it does happen. (He was talking about the drop in value of his stock.)

Richard Rohr, OFM - a Franciscan who offers daily meditations.

In 2001 Pema Chodron, a Buddhist nun, wrote The Places That Scare You: A Guide To Fearlessness In Difficult Times. One chapter is entitled When the Going gets Rough. She suggests that we use obstacles as teachers.

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### ***MICHAEL LANE PRESCHOOL***

This is my last entry for Canterbury Tales this academic year. As you know we closed the preschool on March 13 due to the pandemic. It was a very strange way to end the year and difficult for the children to understand. The staff has been keeping in touch with the children as best we can through FaceTime, snail mail, and videos of teachers reading, and sharing information on our silkworms. I have also been visiting each child, at a distance of course, as I return their belongings that were at school. Time will tell how the next year will play out as far as the schedule goes. We are waiting to get updated guidelines from licensing in late June.

There are some changes though, that have already been made. This is my last year after 15 years, as Director of the preschool. We have found an outstanding candidate to take over as the director in August. Her name is Holly Higgins and she is a past parent of Michael Lane Preschool. She lives nearby and is excited to take over as director. Additionally Peg Matson will no longer be a teacher in the classroom. Peg's position will be filled on Tuesdays and Thursdays by me, and on MWF by our new teacher Kristen Jamison. Kristen also is a local resident and has been subbing at Michael Lane this past year. Colleen and Rebecca will be returning in their same positions.

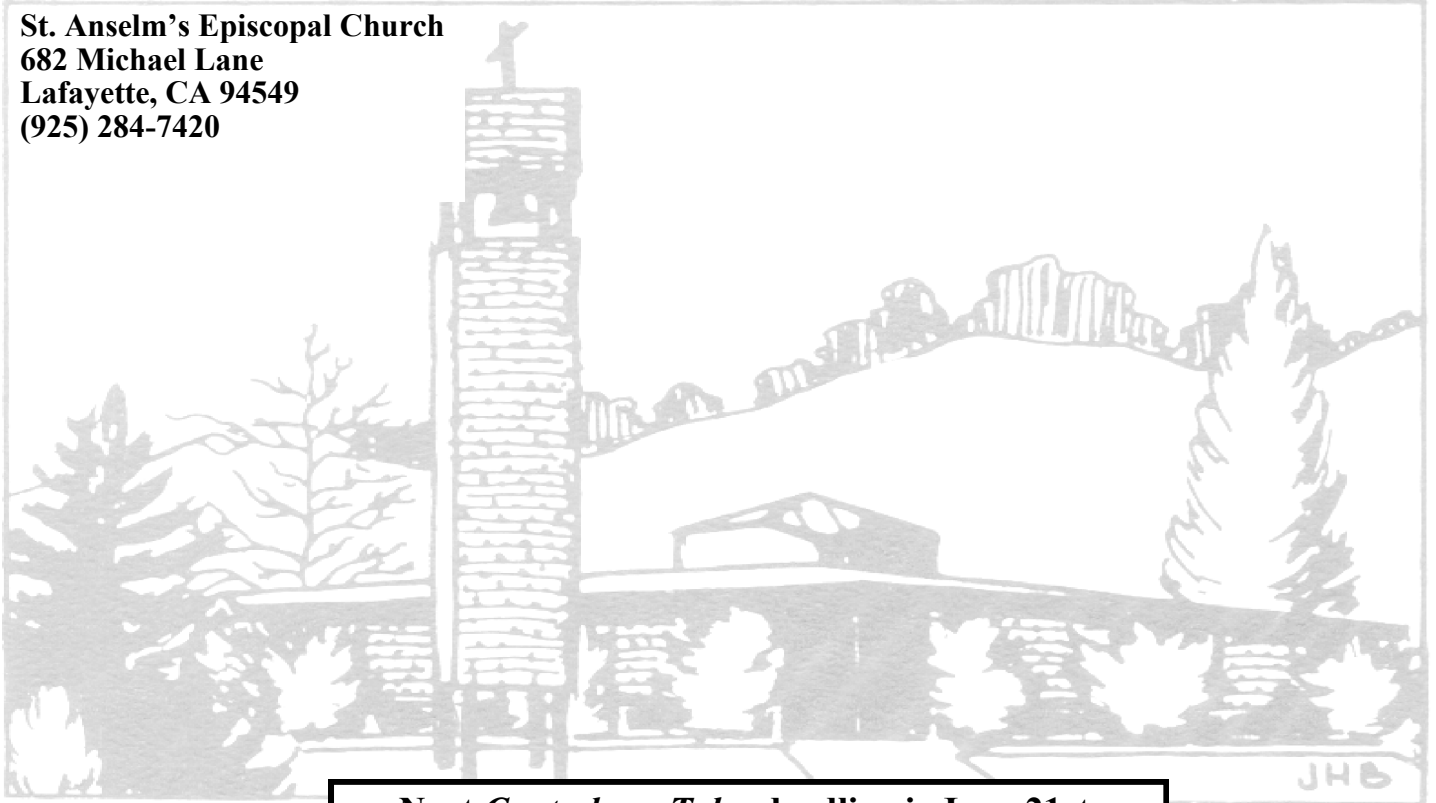
Finally, there are some changes that have been made to the board. Laura Kelly is leaving her position as board secretary as her son is moving on to TK. Carly Starnitsky is taking her place. Carly has two children enrolled in our program. Joan Martin is our current board chair having recently taken over for Sheila Riedy.

We are very excited about the upcoming changes and are confident that it will be a smooth transition. Lastly I'd like to add that I have thoroughly enjoyed being the Director at Michael Lane and I'm so happy that I will continue to take part in the school. Stay healthy everybody!

Kim Olson, Director

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



**Next *Canterbury Tales* deadline is June 21st.**

## ***SCHEDULE OF VIRTUAL MEETINGS***

**June 2nd, Grief Support Group** will meet via Zoom at 12:00 noon. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

**June 3rd and each Wednesday in June, Morning Prayer** will be held via Zoom at 9:00 AM. To be invited, email Deacon Naomi at [orchidsnrch@att.net](mailto:orchidsnrch@att.net).

**June 3rd and each Wednesday in June, Contemporary Bible Study** will meet via Zoom at 10:30 AM. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

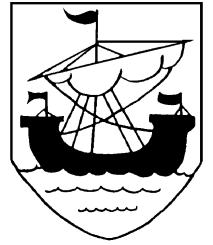
**June 7th, Cancer Support Group**, will meet via Zoom at 12:00 noon. To be invited, email Julie Rinkenberger at [jripmaggie@hotmail.com](mailto:jripmaggie@hotmail.com).

**June 8th, Vestry**, will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link.

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# Canterbury Tales



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

July/August, 2020

## *From The Rector*

### Can We Find Common Ground?

I watched a documentary last night. Two prominent activists on opposite ends of the political spectrum were interviewed about a program they had started. Each person invited two friends who shared their views to a discussion group, where they picked a topic to engage.

The two folks who started the group were Joan Blades, co-founder of the progressive group MoveOn.org. She lives in Berkeley. The other person was Mark Meckler who co-founded the conservative Tea Party Patriots. He lives in Grass Valley.

While this might sound like a good recipe for at best a shouting match, the group actually found that they shared some common views:

- Financial Bailouts aren't right
- The prison-industrial complex has gotten out of hand

They also found that if they changed the terminology with which they spoke they agreed on more:

- 'Conservation of Energy' built consensus, 'Climate Change' distanced the participants
- 'States' Rights' distanced participants, 'Community Governance' helped them see each other's point of view

The documentary was the first episode of Sacred Ground: A Film-Based Dialogue Series on Race & Faith that was produced by the Episcopal Church. The week of August 10<sup>th</sup>, St. Anselm's will begin offering this ten-part series to participants, and I am inviting you to join.

The organizers of the program chose well in airing the coming-together moment between Blades and Meckler in the first episode. It has been my experience that once you start talking about racism, whether you are white and conservative or white and liberal there is ironic consensus- none of us want to dig deep on this one. Sure, we are willing to talk about racial justice, but the matter of race itself and how it has formed and benefited us, ALL of us- engaging that one can feel more like a minefield, and not like sacred ground.

But as people of faith we hope. We hope that the minefield will turn into sacred ground when we recognize that we aren't the only ones feeling this way, and others share our awkwardness from the very beginning. We hope that the minefield will turn into sacred ground as we consider that even though we didn't make things the way they are, we have benefited from them, and we are brave enough to consider how.

*(continued on page 2)*

## *Anselm's Angels*

*"Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less."*

*~ Marie Curie*

A very big thank you to the following parishioners who continue to help St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services.

**Andrew Huddart** for adding music to our virtual services.

**Sara Nelson** for making weekly bank deposits.

Our virtual lectors and Lay Eucharist Ministers: **Wynne Bacon, Anne Brown, Katheryn Dunn, Sheila Gorsuch, Peter Grace, Pam Green, Palmer Hightower, Caroline Huddart, Marian Mulkey, Sara Nelson, Vicki Pappas, Liz Sutton, Eva Woo, and Allen & Dale Zhang.**

**Marian Mulkey** for coordinating calls to the homebound among us and her dedicated calling team: **Naomi, Chamberlain-Harris, Cindy Eisenberg, Vicki Pappas, Judy Peak, Abby Perry and Gerry Starr.**

## CONGRATULATIONS 2020 ST. ANSELM'S GRADUATE!

We inadvertently missed a graduate in our last issue of Canterbury Tales. Congratulations Jack!



Jack Carey  
BS, Engineering with a minor in Mathematics  
Trinity University, San Antonio, Texas

## ST. ANSELM'S HAS A VENMO ACCOUNT

We have had some requests to establish a St. Anselm's Venmo account so that folks who might want to support the church can do so without writing and mailing a check. If you already have the app installed on your mobile phone, you will find us either by **name (Saint Anselms)** or **@username (@st-anselms)**. If you do not have the app, the following instructions will assist you in getting set up:

- Download a Venmo mobile app: iOS & Android (Venmo does not have a Windows app)
- Open the Venmo app.
- Choose your sign-up method and create a secure password (between 8 and 32 characters long).
- Verify your phone number and email address.
- Add and verify a U.S. bank account, credit card, or debit card to make a payment.

Once the app is installed, click on the icon with pencil and square with a dollar sign. You will use the above name or @username to find Saint Anselms (you should recognize our profile photo of our lovely sanctuary). You will then go to the "Pay or Request" page where you type in an amount in the right corner. Below the name of the church you may designate the gift if you want. Toward the bottom of the screen you will click the blue box to "pay."

## FROM THE RECTOR

*(continued from page 1)*

And we hope that before we have even taken the first step, we are not fools to envision that the minefield itself can be transformed into sacred ground the instant we decide to step forward in faith, risking a limb to deepen a soul.

We are the broken who have gathered in a remembrance on Sunday mornings to be mended.

Join us!

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

Virtual Sunday Service:  
9:00 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*

### A Note on Kindness

*kind·ness*  
/'kɪn(d)nəs/

*Noun*

*The quality of being friendly, generous, and considerate.*

It seems like such an innocuous word, kindness. So simple in its definition and meaning it would seem to be easily practiced. But in all honesty, kindness can be one of the hardest things to practice on a regular basis. It's easy to get lost in the world around us; in all the upheaval and uncertainty of the world we live in. And when we are lost, we lose sight of what matters most: being kind to one another. As people of faith, we know that kindness is one key to righteousness, as noted in Proverbs 21:21, "Whoever pursues righteousness and kindness will find life, righteousness and honor". But how do we practice kindness in such uncertain times? How do we continue to live our faith through kindness when the unknown lingers on our doorstep?

Practicing kindness can be one of the easiest things one can do, even with the world in such disarray around you. There are simple acts of kindness that you can achieve on a daily, even hourly basis if you are so inclined. But it does take practice. It is easy to get lost in ourselves and our own needs to the point we lose sight of what's going on around us and all of the opportunities we have to be kind to one another. Right now, one of the easiest things one can do to be kind is to wear a mask in public. That's it. It's just that simple. You can be having a rotten day, everything went wrong, and now you need to go the grocery store. When you get out of your car and put on that mask, you are performing one of the greatest acts of kindness possible. You are saying to those around you, "I care about you and your health".

There is another type of kindness, though, that is the hardest of all. Self kindness. By show of hands, how many of you are guilty of negative self talk? I mean, I know I can't see your hands, but I'm sure a number of you have them up. Speaking from experience, negative self-talk is incredibly destructive, but one of the easiest things to do. Imagine you made a list of things you needed to accomplish today. On that list is do a load of laundry, empty the dishwasher, and vacuum the living room. At the end of the day, you crossed off two things on that list. What do you focus on? The two you finished or the one you didn't? If you say the two you finished, you are in the minority. Most folks will focus on that one thing they didn't accomplish and get down on themselves for it. That is not being kind to yourself.

Kindness and compassion go hand in hand and are essential to what the world needs now to ensure we move forward. It is the driving force to understanding and helping those around us who are all living very different lives to ours. So let's all make a promise, right here, right now. Read this out loud and make the pledge with me:

"I promise to practice kindness today and every day. No matter how big or how small, each kindness matters. I will be kind and compassionate to those around me and, most importantly, I will be kind to myself."

We all have the capacity for kindness. So go out there and be kind to one another.

Shanda Young



THE *Episcopal* CHURCH 

# SACRED GROUND

A FILM-BASED DIALOGUE SERIES ON RACE AND FAITH



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## **FOLLOW-UP TO THE LENTEN SERIES: A COURSE ON RACIAL RECONCILIATION**

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In our Lenten Series this year, both because of Covid-19 and our usual time constraints, we barely scratched the surface on the issues of racism and racial reconciliation. Meanwhile, the murder of George Floyd and others has brought the issue front and center in our consciousness.

Fortunately, we have a “continuing education” opportunity. The national Episcopal Church has a 10-week course on Racial Reconciliation called Sacred Ground. It is the course that Fr. John speaks about in his inspiring “From the Rector” words. It covers not just African Americans and Latinos, as we did in our series, but also Native Americans, Asian Americans, and South Pacific Islanders. Each week there is a documentary film, some readings, and discussion. There is no cost for the course. My sister, who is an Episcopal priest, did it with her congregation and highly recommends it. If you want more information, go to the church website [episcopalchurch.org](http://episcopalchurch.org). Scroll down until you see a small picture of a bridge, titled Racial Reconciliation and click on that.

We will be starting the course the week of August 10. Because of the uncertainty of when we will be able to meet face-to-face, we have decided to download and watch the documentaries at home, as well as the readings. We will do the discussion groups on Zoom. We will be sending out a survey to all who have expressed interest to see if daytime will work or if you need an evening time and what days will work.

In his sermon on June 21, Fr. John suggested that the Covid-19, shelter-in-place has enabled the focus on racism and police brutality, also allowing time for protests. I agree. It is a Kairos moment, a time of opportunity and grace, a time when redemption and significant change could take place. Speaking for myself, I have become aware, as never before, of police brutality and killings of people of color. I’ve heard on the news about the higher numbers of infections and deaths in the Native American and African American communities, due to systemic issues like inadequate health insurance, crowding, poor health. My nephew is married to a young Chinese American woman. She is afraid to leave their home, because she has been yelled at several times, told she caused the virus, told to “go back where you came from!”. Gabe Slavitt’s talk at our Lenten series was very moving, sharing how, as an elementary school kid, he was made fun of for his Hispanic looks. I always thought of myself as not being a racist. However, I have recently become aware, as never before, how, as a European American, I benefit from white privilege and from systemic racism and how unconscious stereotypical images still exist in me. As Leta Seletzky pointed out in her passionate presentation at our Lenten Series, we tend to think of the South as the place where racism exists. But - it exists in CA. It’s manifested here also in public policy, police violence, and mass incarceration.

All this has me eager to take Sacred Ground. I look forward to learning, soul-searching, and having discussions with my fellow St. Anselm’s members. I hope that our discussion can broaden to encompass what we as a church community can do to be a force for change. Presiding Bishop Michael Curry is calling for the creation of the Beloved Community, something Dr. Martin Luther King, Jr. called for, a community that includes all races and ethnicities, all equal. In 1965, my late husband, Brad, then rector of All Souls in Berkeley, went on the march from Selma to Montgomery. After the march, Dr. King and all the clergy met for a service at Brown Chapel. Dr. King told all of those with white skin to go home and to deal with their superiority and the deep-seated lies about race in themselves and their communities.

If you want to register for the course, Sacred Ground, you can let Cathy Witkay or me know. My e-mail address is: [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com). My cell phone number is: (925) 788-0664. Also, if you have questions, please get in touch with me. One possibility, if you are thinking about taking the course but are not sure, is to watch the first week’s video, which is introductory, the one that Fr. John speaks about in his “From the Rector” column and come to the first discussion group.

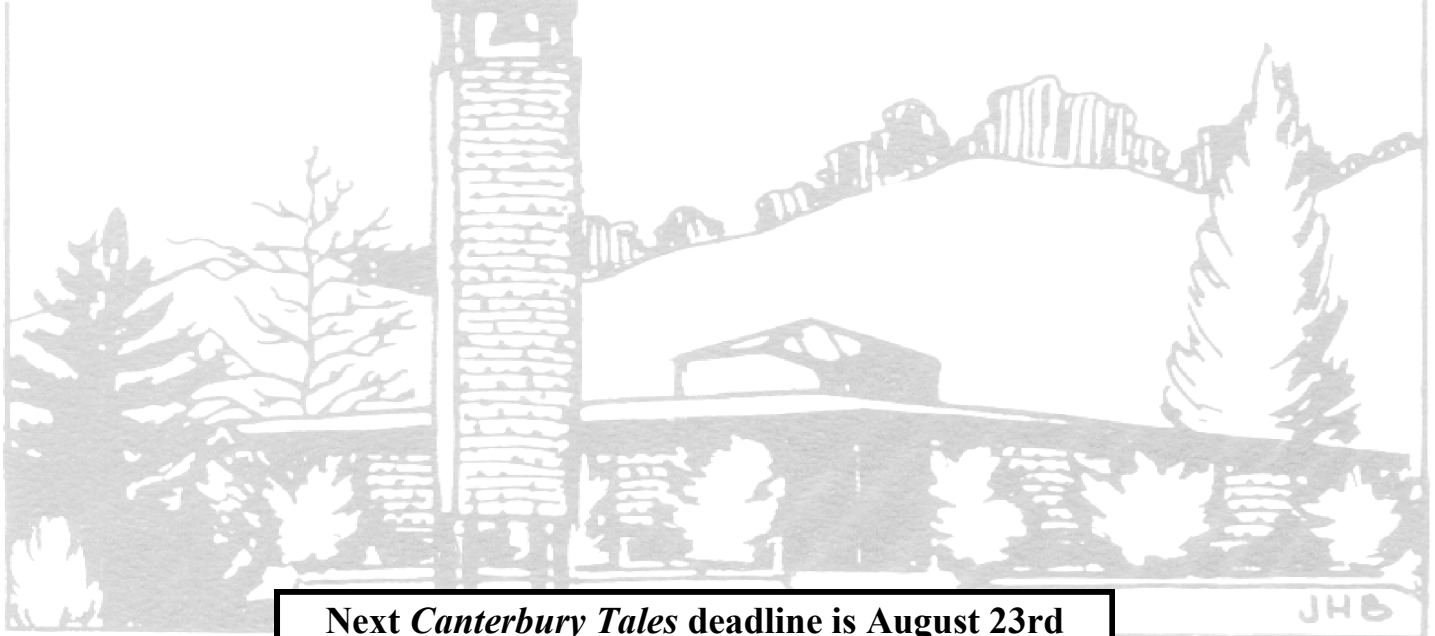
Amen. I hope and pray that can occur in each of us and in our church community, starting with all that we can learn in the course, Sacred Ground.

Anne Brown and the Christian Formation Commission

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Lafayette, CA 94549  
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**Next *Canterbury Tales* deadline is August 23rd**

### ***SCHEDULE OF VIRTUAL MEETINGS***

**July 27th, Vestry**, will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link.

**July 29th and each Wednesday in August, Morning Prayer** will be held via Zoom at 9:00 AM. To be invited, email Deacon Naomi at [orchidsnrch@yahoo.com](mailto:orchidsnrch@yahoo.com).

**August 2nd, Cancer Support Group**, will meet via Zoom at 12:00 noon. To be invited, email Julie Rinkenberger at [jrjpmaggie@hotmail.com](mailto:jrjpmaggie@hotmail.com).

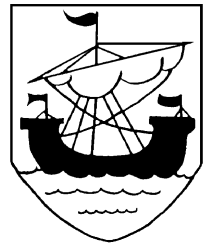
**August 4th, Grief Support Group** will meet via Zoom at 12:00 noon. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

**Week of August 10th, Sacred Ground** will begin via Zoom. Dates and times for future sessions will be determined. To be invited, email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

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# Canterbury Tales



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

September, 2020

## *From The Rector*

### **Brother Bernard**

This morning during Morning Prayer, the words of the Song Of Creation resonated with me as I listened to them being read from the Book of Common Prayer. When the writer of those words transcribed them centuries ago they came from an experience of awe in observing the unity of the cosmos. On some occasions in prayer you can share the experience of awe. But not often. I was prepared for paucity in prayerful wonder many years ago by Bernard.

Brother Bernard was a monk who was my spiritual advisor. He was also a very good friend. Some of you who have been at St. Anselm's for a long time may remember Brother Bernard. He presented a series on Thomas Merton and Mysticism at our Lenten series, somewhere around 20 years ago.

I met Bernard when I was in seminary. He was in his 70s, about 5'4", mostly bald with blue piercing eyes. His voice had the timber of grinding sandpaper.

As monks go, Bernard was colorful. I don't know how many monks have tattoos these days, but back then none did. Except Bernard; his was on his forearm. His tattoo was "U.S.N." in front of an anchor. He got it when he was in the Navy.

Bernard enlisted in the Navy as a teenager, before the attack on Pearl Harbor. He was very smart and capable and became a Chief Petty Officer at the unheard-of age of 19. He showed me a photo of him when he made Chief. They didn't make khakis for men the size of teenagers, so his belt was cinched tight to hold his pants up with a good length of the belt hanging off to the side. The smallest combination hat they could find engulfed his head.

Bernard was Admiral Spruance's navigator during World War II. The name Spruance may not mean much to most of you reading this, but he was the in-theatre Commander in the war in the Pacific. Bernard was at every major engagement in the Pacific during the War except Iwo Jima. He survived two kamikaze attacks to the bridge of the command ship where he was present. In one of them, a Marine adjutant who was his best friend and more died.

Bernard was fine for many years after the war. Until, while I knew him, PTSD kicked in. Fortunately, a fellow seminarian at the time was married to a psychiatrist who worked at the V.A. down at Stanford. Bernard got the help he needed.

(Continued on page 4)

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

A very big thank you to the following parishioners who continue to help St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services.

**Andrew Huddart** for adding music to our virtual services.

**Sara Nelson** for making weekly bank deposits.

**Sally Fischer** for regularly checking altar supplies.

Our virtual lectors and Lay Eucharist Ministers: **Wynne Bacon, Anne Brown, Sheila Gorsuch, Pam Green, Palmer Hightower, Caroline Huddart, Marian Mulkey, Sara Nelson, Liz Sutton, Eva Woo, and Allen Zhang.**

Our Sacred Ground facilitators **Anne Brown** and **Marian Mulkey** and **Cindy Eisenberg** who is assisting Anne with Zoom.

*Canterbury Tales* is the monthly newsletter of

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Editor: Cathy S. Witkay

Virtual Sunday Service:  
9:00 a.m. Holy Eucharist

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

## ONE OF THE WAYS THAT COVID-19 HAS AFFECTED ST. ANSELM'S

In reviewing the second quarter financials this week, the Vestry found that our plate offering is down significantly over the last couple of months. Each year, as we plan a budget, we set a figure based on the giving in previous years. Plate offering is a substantial factor in St. Anselm's being able to meet its financial obligations.

The shortfall is to be expected this year, as no one can come to church. But there is a way of donating during the service. With a Venmo account, you can transfer funds directly to the church via your smart phone. If you would like instructions on how to do so, please email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws). Alternatively, you can always donate by sending a check to the church. The mailing address is: 682 Michael Lane, Lafayette, CA 94549 Thank you!

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## NEW MICHAEL LANE PRESCHOOL STAFF INTRODUCTIONS

Hello St. Anselm's: I'm Holly Higgins, the new Director at Michael Lane Preschool! I am an alumni parent of the school, where my youngest child attended for 3 delightful years. I come to Michael Lane Preschool with 14 years of classroom experience, teaching kindergarten through 4th grade, and was awarded the Herbst Foundation Award for Teaching Excellence in 2011. I earned a Master's Degree in Education at the University of Oregon, and have taught in Oregon, New York City and California. A native Californian, I love being outdoors with my family, reading in the hammock, going to the ballet, and trying new things! Joining our staff this year is Danielle Mallari. Danielle has been working with kids for many years through her church as well as the childcare from her previous job and many one-on-one babysitting jobs. She simultaneously received her High School diploma and AA degree in Liberal Arts: Math and Science a few years back. She is driven and extremely passionate about working with children and is looking forward to being part of the small but loving community at Michael Lane Preschool. In her free time, Danielle enjoys creative writing, reading, and trying out new and exciting recipes to share with her family! Colleen Miller is returning to our staff this year to assist with the Tuesday/Thursday class.

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## WINTER NIGHTS UPDATE

If this were a "normal" year, without a pandemic, we'd be preparing for our Winter Nights families to be arriving on Sept. 6. Eva Woo would be recruiting volunteers to bring meals, be greeters, help unload and set up tents in Jackson Hall. I would be clearing my calendar to be the point person while they are with us. Instead, we will not be hosting Winter Nights this year.

I would like to give you an update on what is happening. We had said "No" to hosting this year, because of concerns about potentially exposing children in our preschool to Covid-19. It turns out that a number of other churches, also with preschools and schools, have said "No". Then Contra Costa County forbade Winter Nights to house families in any churches or other venues. They have since rescinded that order, giving permission for 4 families at a time to be housed in churches, provided that they are there for 4 weeks, shelter-in-place, have the 4 tents 12 feet apart from each other, with a table next to each tent for eating.

It has been hard to find churches, given those requirements, especially the 4-week one. As of now, they are scheduled to start on Nov. 2. They have commitments from 4 churches and are working on 4 others. Clearly, they need our prayers.

I know that we have had a relationship with Winter Nights for many years, and it's heartfelt. I thought that all of you who have nurtured and served the families in the past would want to know what is going on, hence this update. I intend to stay in touch with the program and will give you updates from time to time.

Anne Brown

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## *The Senior Warden*

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During this time of such strong emotions on both sides of the political line I think it's important to think about the dichotomy between those who feel free and those who still are oppressed. One of my favorite pieces to demonstrate this dichotomy is the poem below by Maya Angelou. When I first read it I didn't understand it the way I do today, take a moment and read the poem below. Then read it again tomorrow. Then read it again a week from tomorrow. Then read it one month later. Until you really get the opportunity to get to know the poem and the message within.

### *Caged Bird*

**By Maya Angelou**

A free bird leaps  
on the back of the wind  
and floats downstream  
till the current ends  
and dips his wing  
in the orange sun rays  
and dares to claim the sky.

But a bird that stalks  
down his narrow cage  
can seldom see through  
his bars of rage  
his wings are clipped and  
his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

The free bird thinks of another breeze  
and the trade winds soft through the sighing trees  
and the fat worms waiting on a dawn bright lawn  
and he names the sky his own

But a caged bird stands on the grave of dreams  
his shadow shouts on a nightmare scream  
his wings are clipped and his feet are tied  
so he opens his throat to sing.

The caged bird sings  
with a fearful trill  
of things unknown  
but longed for still  
and his tune is heard  
on the distant hill  
for the caged bird  
sings of freedom.

*Shanda Young*

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(Continued from page 1)

After the War, Bernard got a degree from Harvard and then attended seminary and got ordained. He was briefly a parish priest.

It was not a job he was cut out for.

He told me he had one elderly lady in his parish who would schedule times with him for confession. He could barely hold back from telling her to go away as she confessed to him that she had taken one-too-many pieces of chocolate the previous day. Chief Petty Officers who work for Admirals during wars are good at giving and taking orders upon which lives depend. They are not so good at assigning penance for eating an extra bon bon.

Bernard did not find it easy to adapt to the ways in which supervision in the military differs from the way it works in the church. He got into a spat with the renowned Bishop Pike over something Bernard wrote the Bishop in a too-direct letter of complaint. Bishop Pike replied to his letter:

*“Dear Father Bernard, I am in receipt of your vituperative missive...”*

Knowing he had been insulted by a fellow Ivy Leaguer, Bernard jumped into his car the next morning and drove directly from Watsonville to the Diocesan office in San Francisco, demanding a meeting with the Bishop. After sitting in the waiting room for most of the day, around four p.m. he got his meeting.

I don’t know how that meeting went, but somewhere along the line, Bernard came to see that parish ministry wasn’t for him. He joined the Order of the Holy Cross where he was a monk until his death in his 80s.

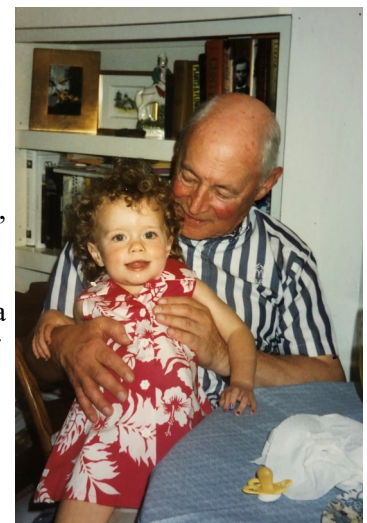
The Order of the Holy Cross is a monastic order of the Episcopal Church. Monks take vows of poverty, chastity and obedience. Not surprisingly, Bernard, like most monks, found obedience to be the hardest of the three. The Abbott of the house in Berkeley, Brother Tom, was about Bernard’s age. They never got along. One time during evening prayer, Tom came over to Bernard with arms spread wide, saying, “Peace of the Lord Bernard!” Bernard turned in the opposite direction, and walking away from Tom, flipped a dismissive hand behind him and turned back his head to say, “SHUT UP!”

Personality conflicts aside, I think the discipline of the monastic life was good for Bernard. Praying the daily office three times each day as monks do and reading the entire Psalter each week, provided a structure for him to carry to God the considerable loss he knew. To witness the one person in your lifetime with whom you shared love incinerated before your eyes on the opposite end of the bridge would be an unspeakable loss in any age. But it was entirely unspeakable in his. So he took it to God. He took on the monastic yoke, and found the burden light.

Though he questioned nearly everything, I never heard Bernard question his faith. He did warn me though of the desert experiences of prayer. Monks don’t get so good at prayer that they enter into a state of nirvana more than you or me. They just pray more often. And they get comfortable being in the desert. Because they have been there before and come out the other side, they have the confidence that they will do so again. And they are grounded in the knowledge that when they have those heightened, even mystical experiences in prayer- God is doing the praying.

My friend Bernard lived a quiet life devoted to prayer. By the time I met him he was a cantankerous old monk, with a great sense of humor. The greatest testament to me for the power of prayer was a little tattooed monk named Bernard van Waes. Because while nothing else in life measured up for him, a life time devoted to prayer did.

John+



Bernard & Kate, circa 1997

**HARVEST FESTIVAL UPDATE FOR 2020**

Dear St. Anselm's Community:

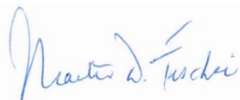
For the last 6 years, our St. Anselm's family has celebrated the annual Harvest Festival and the proceeds were donated to help Trinity Center serve the needs of others not so fortunate as ourselves. Our last three annual efforts have provided an average of \$50,000 per year and have helped establish Trinity Center as a premier charitable institution with its mission to support our greater Walnut Creek needs of those without homes or on the verge of losing their homes.

After significant discussions within the Harvest Festival committee and with Trinity Center, we have made the difficult decision to cancel our traditional dinner and auction event. The Covid-19 pandemic continues to restrict our freedoms and cause havoc with our traditions and institutions. The local impact of Covid has led to a surge in homelessness. In fact, Trinity Center reports that the first six months of 2020 versus the same period in 2019, showed a 25% increase in service demands. Female client numbers increased by 38% and soared by 51% among women 55+. 30% more women reported domestic abuse and the numbers among men, while somewhat less, rose significantly. And keep in mind, Covid only was being felt for the last half of this January-June 2020 period, so the impact may be substantially greater in the months following.

In place of the Annual Harvest Festival Dinner, the committee and vestry have agreed to develop a direct appeal networking outreach, to call attention to these burgeoning needs and to limit the appeal to cash gifts. There will be no auction, dinner or raffle this year. We anticipate fielding an email, social media and direct mail campaign beginning around the 15<sup>th</sup> of September through mid-December. If you agree with the importance of the Trinity Center mission, please give generously to support their efforts. Each appeal will be designed so that you may send it to your friends and associates outside the St. Anselm's family whom you believe will support the Trinity Center mission. If each of us took the time to send out the communications we receive to just 3 or 4 friends, or to those local businesses we deal with, our results could increase substantially.

We thought it best to inform you now of this plan and that there will be no physical Harvest Festival event this fall. However, the help made possible by the Harvest Festival program in past years will be pursued more directly. Throughout this process we will focus on the loving community at Trinity Center that we helped to create and support. Our goal is ever more important and we hope you will help us to achieve another successful outreach to benefit those less fortunate within our local community.

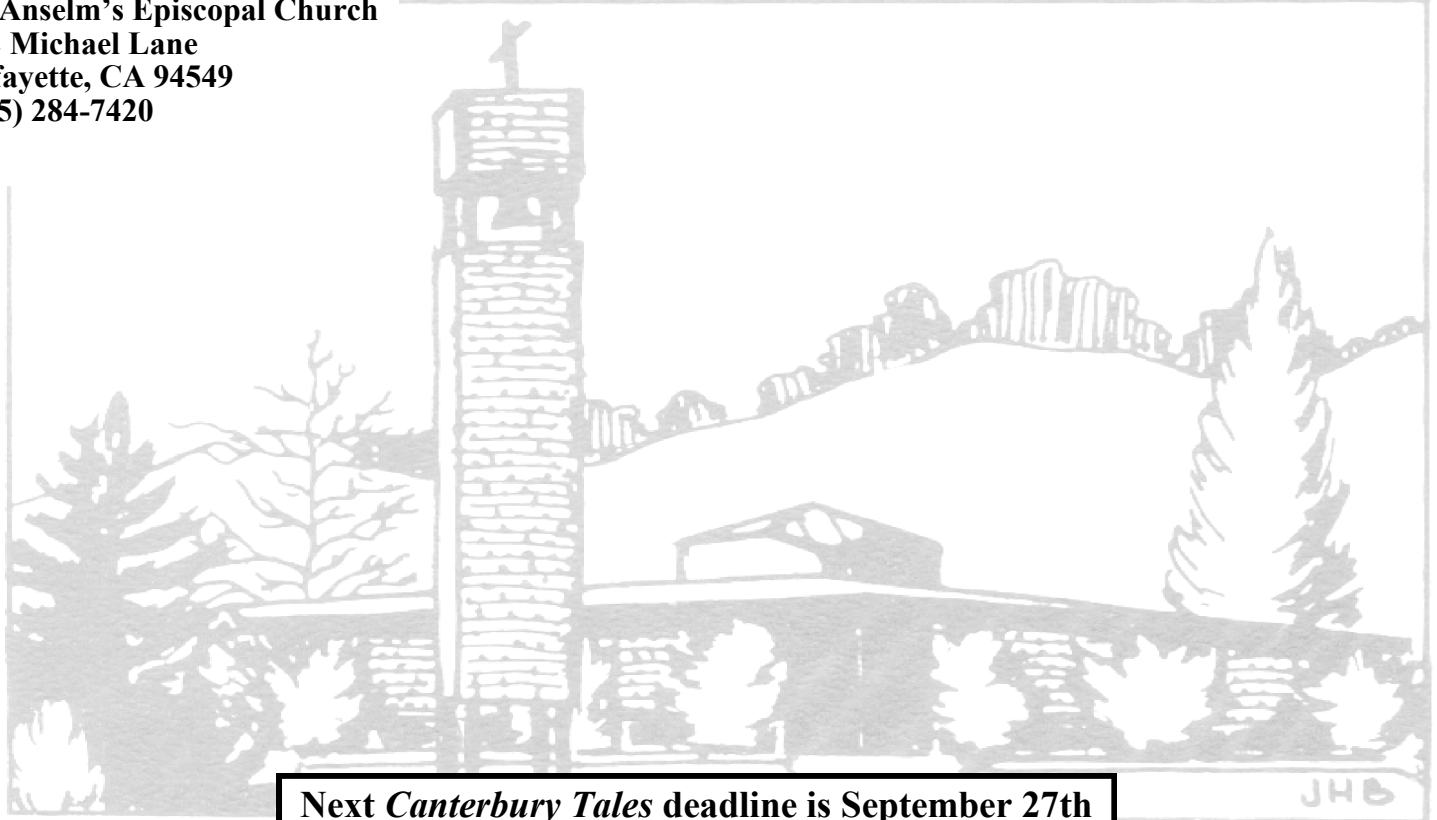
Stay Safe!



Marty Fischer  
Chairman,  
Harvest Festival Committee



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



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

## ***SCHEDULE OF VIRTUAL MEETINGS***

**September 1st Grief Support Group** will meet via Zoom at 12:00 noon. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

**September 2nd and each Wednesday in September, Morning Prayer** will be held via Zoom at 9:00 AM. To be invited, email Deacon Naomi at [orchidsnrch@yahoo.com](mailto:orchidsnrch@yahoo.com).

**September 6th, Cancer Support Group**, will meet via Zoom at 12:00 noon. To be invited, email Julie Rinker-berger at [jripmaggie@hotmail.com](mailto:jripmaggie@hotmail.com).

**September 7th & 21st – Sacred Ground** will be facilitated by Anne Brown from 10:30 a.m. to noon. To be invited, email Anne at [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

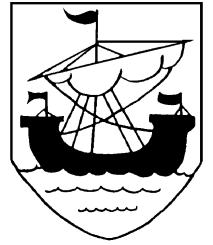
**September 8th & 22nd – Sacred Ground** will be facilitated by Marian Mulkey from 7:00 p.m. to 8:30 p.m. To be invited, email Marian at [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

**September 21st, Vestry**, will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link.

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# Canterbury Tales



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

November, 2020

## From The Rector

*Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read.*

~ Groucho Marx

Leave it to Groucho Marx to provide the perfect transition from last month's column on dogs, to this month's submission on reading.

It used to be that a great vacation was laying on a beach with a book. Now there are many alternative forms of entertainment, accessible wherever we go: books on tape, streaming services, podcasts. While these storytelling vehicles provide the advantage of being shared with another person, I think they can't fathom the depths to which a book can take us.

When I was in high school, I was not allowed to watch television during the week. Since we had only one television and it was in my parents' room, it was an easy policy to enforce.

I thought I was very sneaky in the workaround I found.

At the time, there was a one-hour radio program that ran from 9 to 10 p.m. called "The Golden Age of Radio." It was hosted by Gene Nelson and was on the AM station KSFO. Nelson would broadcast classic radio shows from the period before television. While listening to a radio drama wasn't quite the same as reading a book, it required more of the listener than television required of the viewer.

And it required more of the sound producers of the shows.

In a horror show where human bodies were turned inside out, the sound techs took plastic strawberry containers and crunched them. As the plastic broke, the listener imagined the sounds of human bones being snapped.

And narrators had to communicate so much with vocal inflection that the visual media can take for granted. I will never forget a show called "Three Skeleton Key" that was on *Escape* in 1949. I was held spellbound by the terrifying story, the narrator and my imagination ably filling in for the visual components that were missing.

Reading a book? You don't see it and you don't hear it. So why is it that we can often experience grief when we finish a good book, but not nearly as often when we finish a show we have streamed?

I think the answer has a fairly profound component. Our imagination fills in the blanks. As we interact with the story, we develop relationships with the characters. We grow to love them as we share their journey, as they show us vistas we have never known. No matter how different they may appear to be

(Continued on page 4)

## *Anselm's Angels*

*Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.*

- Oprah Winfrey

A very big thank you to the following parishioners who continue to help St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services And **Evan & Arthur Powers** who are assisting and providing back-up coverage.

**Andrew Huddart** for adding music to our virtual services.

**Sara Nelson** for making weekly bank deposits.

**Sally Fischer** for regularly checking altar supplies.

Our October virtual lectors and Lay Eucharist Ministers: **Anne Brown, Peter Grace, Pam Green, Palmer Hightower, Caroline Huddart, Sara Nelson, Vicki Pappas** and **Allen Zhang**. Also, a big thank you to **Judy Peak** for making these arrangements each week.

Our Sacred Ground facilitators **Anne Brown** and **Marian Mulkey, Cindy Eisenberg** who is assisting Anne with Zoom and **Gail Clarke** and **Pam Carey** who have developed and facilitated the "alternate week" discussion groups.

**Arthur Powers** for washing the solar panels and **Doug Merrill** for continuing to make needed property repairs.

## ONE OF THE WAYS THAT COVID-19 HAS AFFECTED ST. ANSELM'S

In reviewing the second quarter financials this week, the Vestry found that our plate offering is down significantly over the last couple of months. Each year, as we plan a budget, we set a figure based on the giving in previous years. Plate offering is a substantial factor in St. Anselm's being able to meet its financial obligations.

The shortfall is to be expected this year, as no one can come to church. But there is a way of donating during the service. With a Venmo account, you can transfer funds directly to the church via your smart phone. If you would like instructions on how to do so, please email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws). Alternatively, you can always donate by sending a check to the church. The mailing address is: 682 Michael Lane, Lafayette, CA 94549  
Thank you!

## UPDATED WEEKLY LIVE-STREAM SERVICE LINK

Due to the new Zoom security procedures, we have had to reset our weekly live-stream service Zoom invitations. Please use the link at the bottom of this article along with the passcode that appears below the Meeting ID.

Should you wish to invite friends to the service, feel free. If your friends would like to become regular participants, send their email and contact info to Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws). Also, after the service we will continue to provide a link to the service for later viewing via email and on the church's website. Please also note that individuals who use gmail may find that weekly invitations have been sent to "junk" or "spam" folders.

Join Zoom Meeting

<https://us02web.zoom.us/j/88290737384?pwd=M1o3c2oyVFJxTENnMVNVSHhRK0Zldz09>

Meeting ID: 882 9073 7384

Passcode: 329731

If you would like to download and import the following iCalendar (.ics) files to your calendar system, here is the information you need:

Weekly: <https://us02web.zoom.us/meeting/tZwvfumvrTwpEtA1DbuT3-44XEYtdOhd600z/ics?icsToken=98tyKuGgrDIqHdeSsxGDRpw-A1r4c-3ztmZej7d8zTvnFhQAL1eiDsd7JrZQGNyG>

## VETERAN'S RECOGNITION SUNDAY

We will be honoring our veteran's on Sunday, November 8th. 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 Wednesday, November 4<sup>th</sup>. (If you've been previously listed you don't need to call in again).



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e-mail: [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws)  
web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor: Cathy S. Witkay

Virtual Sunday Service:  
9:00 a.m. Holy Eucharist

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



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## ***The Senior Warden***

### **Top 10 Reasons to be an Episcopalian by Robin Williams (with color commentary from yours truly, Shanda)**

An Episcopalian, Robin Williams once listed his “Top 10 Reasons to be an Episcopalian”, and here I am to confirm:

#### **10. No snake-handling.**

Phew! I’m sure there are some of you who dig snakes, but Indiana Jones and I have definitely got something in common, yo.

#### **9. You can believe in dinosaurs.**

Dinosaurs are the best! They are super neat AND fuel our cars, what’s not to love?

#### **8. Male and female God created them; male and female we ordain them.**

This...this right here is amazing! One of the many reasons I decided to come to this church.

#### **7. You don’t have to check your brains at the door.**

I love that I get the chance to really think and engage with everyone, from John to my fellow parishioners.

#### **6. Pew aerobics.**

Who doesn’t love the stand up, sit down, kneel, get up again calisthenics of our services?

#### **5. Church year is color-coded.**

As a member of the altar guild, this right here... sooooo helpful!

#### **4. Free wine on Sunday.**

As my nephew says, “free snack? Awe yeah!”

#### **3. All of the pageantry – none of the guilt.**


One of the things that can scare someone away from a church is the fear of guilt, I know that kept me away for a while. Feels so good to know that I won’t be judged here.

#### **2. You don’t have to know how to swim to get baptized.**

As someone who is admittedly not a strong swimmer, I appreciate this!

#### **1. No matter what you believe, there’s bound to be at least one other Episcopalian who agrees with you.**

Or two, or three, or more! Robin knew what he was talking about when he made this list. I have found a home at St. Anselm’s, where I know that I am welcome and safe.



(Continued from page 1)

from us, they show us that we aren't all that different, not really. We have within us that which is 'of love,' and it bridges chasms and helps us to see in the way God sees.

When Jesus repeated *the kingdom of heaven is within* he pointed to that place inside us that lacks visuals, lacks sound and yet is irrefutably real and experiential.

The story of Jesus has probably been told more often than any other story in the history of humanity.

So why do we keep returning to it? And why doesn't it grow old?

John+

## STEWARDSHIP 2020

I don't have to tell anyone that 2020 has been the most unsettling and uncertain year of our lives. On one hand, we're still in the middle of a global pandemic with no clear end in sight. Combine this with unprecedented job losses, social unrest, more wildfires and social distancing and it's enough to cause anyone to go crazy!

Personally, I've been counting my blessings each and every day during this crisis. My family is safe and sound (although we did have two positive COVID tests) and my work enables me to meet (on Zoom) amazing people around the world which keeps me connected and engaged. However, the most consistent anchor during 2020 has been St. Anselm's. Since we were forced to attend virtual services in March, we've only missed a couple of Sundays and Father John's sermons have been particularly insightful and inspiring. The Sacred Ground program has been a deeply educational and thought-provoking journey and another opportunity to get to know fellow parishioners.

We miss the ability to be with everyone during coffee hour but it's also enabled 8:00 o'clockers and 10:00 o'clockers to come together which is a wonderful unanticipated benefit. And, Cathy has had so much fun deciding which "guests" to invite to join us at St. Anselm's each week.

As the Chair of the Stewardship Commission, I have the dubious honor to use this column to discuss fundraising. Talking about money during normal times can be awkward – particularly for us Episcopalians. And, it can be scary to think about sharing our resources when our future feels so uncertain.

However, I believe it is this uncertainty that calls us to find it in our hearts (and our checking accounts) to provide the resources for St. Anselm's to continue to provide the spiritual health that our unique St. Anselm's community offers to each of us. With your help, I'm confident we will continue to thrive and support our entire community to not only survive this current crisis but be stronger as a result.

Because some of us have been more impacted than others, I respectfully ask everyone who is able to stretch their ability to fund St. Anselm's during this year's Stewardship campaign to increase your pledge to the next level or beyond. We'll need to do so to make up the difference for those in our community who have been deeply impacted. No matter what you're able to pledge, every gift of any amount makes a difference and is much appreciated.

### Stewardship Campaign Schedule

Like everything else in 2020, this year's Stewardship campaign will be different. Traditionally, we've asked specific parishioners to talk about what St. Anselm's means to them during the services leading up to **Loyalty Sunday** when we all bring our pledge cards to the altar. This year our Stewardship Commission believes it would be fun if we asked everyone to offer two words (or very short phrases) after our Sunday services on **November 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>**, that describe:

*How this COVID environment makes them feel;* and

*How our St. Anselm's community makes them feel when we're together.*

You should receive letters from Father John and myself along with a pledge card enabling you to return your pledge card in whatever way is easiest – by mail, email or by bringing them to St. Anselm's office and dropping them in the mail slot. **Loyalty Sunday** is on **November 22<sup>nd</sup>** and we hope to have as many pledges returned by then so we can do an accounting and provide the Vestry with the information they need to create the 2021 budget.

Paul Witkay

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



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

### ***SCHEDULE OF VIRTUAL MEETINGS***

**November 2nd, Sacred Ground** for Session 7 only, both the morning and evening meetings will be held on Monday. The morning session will be facilitated by Anne Brown from 10:30 a.m. to noon and the evening session will be facilitated by Marian Mulkey from 7:00 p.m. to 8:30 p.m. To be invited, email Anne at [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com) Marian at [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

**November 3rd, Grief Support Group** will meet via Zoom at 12:00 noon. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

**November 4th and each Wednesday in November, Morning Prayer** will be held via Zoom at 9:00 AM. To be invited, email Deacon Naomi at [orchidsnrch@yahoo.com](mailto:orchidsnrch@yahoo.com).

**November 16th & 30th, Sacred Ground** will be facilitated by Anne Brown from 10:30 a.m. to noon. To be invited, email Anne at [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

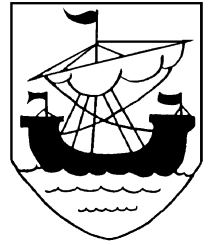
**November 16th, Vestry** will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link.

**November 17th & December 1st, Sacred Ground** will be facilitated by Marian Mulkey from 7:00 p.m. to 8:30 p.m. To be invited, email Marian at [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

**December 6th, Cancer Support Group** will meet via Zoom at 12:00 noon. To be invited, email Julie Rinkenberger at [jripmaggie@hotmail.com](mailto:jripmaggie@hotmail.com).

# Canterbury Tales

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



December, 2020

## From The Rector

*...we are surrounded by so great a cloud of witnesses...*  
(Hebrews 12:1)

This is the reading that comes around in the lectionary every three years, and jolts me every time. Between it, and the reading from Revelations which envisions the supper of the Lamb, I am reminded that whoever passed these words along to us weren't people whose vision was confined to their time, much less to words on a page.

The words stop the liturgy in its tracks. I see the church packed with angels carrying bugles and swords. I envision these celestial beings under us and above us, packed tightly next to us, breaking every Fire Code the City of Lafayette could institute. I wouldn't be surprised if the walls were to fall out, collapsing as if they were made of cardboard.

I envision my parents and my grandparents present, and close friends I have lost. I envision grand souls who have shared this church with me- Selwyn Jackson, Russ Johnson, Diana Williams and so, so many others.

And when I engage with the faithful ladies of Zoom on Wednesday mornings, I hear the words of the morning prayer rite, words of praise and petition. I think of all the souls through centuries who have cried out to God in their joy and anguish, guided by these very same words. Beings whose lives may have been distinctly different; yet whose souls, being mortal were remarkably same. Souls whose prayers carried beyond their time, becoming part of that great cloud.

A glimpse of that vision takes my breath away. No description can capture it, except perhaps one word: Awe.

*He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' (Genesis 15:5)*

We are those descendants, born into a boundless spirit, inhabiting for a brief time this place in a creation that is ever-expanding.

John+



## *Anselm's Angels*



A very big thank you to the following parishioners who continue to help St. Anselm's stay connected and operating during the COVID-19 pandemic.

**Chris Young** for serving as our official cameraman and Zoom expert to make sure we all have access to Sunday services And **Evan & Arthur Powers** who are assisting and providing back-up coverage.

**Andrew Huddart** for adding music to our virtual services.

**Sara Nelson** for making weekly bank deposits.

**Sally Fischer** for regularly checking altar supplies and adding greens and the traditional Advent candles to the sanctuary.

Our November virtual lectors and Lay Eucharist Ministers: **Wynne Bacon, Sheila Gorsuch, Pam Green, Palmer Hightower, Caroline Huddart, Marian Mulkey, Sara Nelson, Vicki Pappas, Liz Sutton** and **Eva Woo**. Also, a big thank you to **Judy Peak** for making these arrangements each week.

Our Sacred Ground facilitators **Anne Brown** and **Marian Mulkey, Cindy Eisenberg** who is assisting Anne with Zoom and **Gail Clarke** who developed and facilitated the "alternate week" discussion groups.

To all the parishioners who contributed two words to describe 2020 and **Kelsey Witkay** who designed the word cloud art to share our thoughts.



## HOLIDAY HELPERS 2020

For many years, St. Anselm's has supported VESTIA's Holiday Helpers program. Last year, Holiday Helpers provided toys, warm clothing, books, scarves, hats, games and sports equipment to over 371 children from 131 families. Sadly in 2020, VESTIA made the difficult decision to cancel the program due to the COVID-19 precautions. However, VESTIA has decided to donate funds to Toys for Tots and the Contra Costa Food Bank to support children during the holiday season. Donations may be sent to VESTIA, Inc., 400 Ellinwood Way, Pleasant Hill, CA 94523 or you can securely donate online on the VESTIA website: [www.vestiainc.org](http://www.vestiainc.org). VESTIA is already planning for 2021 and reopening the Holiday Helpers Warehouse next December.

## UPDATED WEEKLY LIVE-STREAM SERVICE LINK

Due to the new Zoom security procedures, we have had to reset our weekly live-stream service Zoom invitations. Please use the link at the bottom of this email along with the passcode that appears below the Meeting ID. For your convenience the new Meeting ID and passcode are highlighted below.

Should you wish to invite friends to the service, feel free. If your friends would like to become regular participants, send their email and contact info to Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws). Also, after the service we will continue to provide a link to the service for later viewing via email and on the church's website. Please also note that individuals who use gmail may find that weekly invitations have been sent to "junk" or "spam" folders.

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://us02web.zoom.us/meeting/tZwvfumvrTwpEtA1DbuT3-44XEYtdOhd600z/ics?icsToken=98tyKuGgrDIqHdeSsxGDRpw-AIr4c-3ztmZeJ7d8zTvnFhQAL1eiDsd7JrZQGNyG](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZwvfumvrTwpEtA1DbuT3-44XEYtdOhd600z/ics?icsToken=98tyKuGgrDIqHdeSsxGDRpw-AIr4c-3ztmZeJ7d8zTvnFhQAL1eiDsd7JrZQGNyG)

Join Zoom Meeting

<https://us02web.zoom.us/j/88290737384?pwd=M1o3c2oyVFJxTENnMVNVSHhRK0Zldz09>

Meeting ID: 882 9073 7384

Passcode: 329731

### VENMO ACCOUNT

St. Anselm's continues to maintain a Venmo account so you can transfer funds directly to the church via your smart phone. If you would like instructions on how to do so, please email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws). Alternatively, you can always donate by sending a check to the church. The mailing address is: 682 Michael Lane, Lafayette, CA 94549 Thank you!

### ANNUAL REPORTS

#### Attention: Commission/Organization Chairs

If you have something 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*

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web site: [www.stanselms.ws](http://www.stanselms.ws)

Editor: Cathy S. Witkay

Virtual Sunday Service:  
9:00 a.m. Holy Eucharist

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

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## WINTER NIGHTS UPDATE

Like the rest of us, Winter Nights has been affected by Covid-19. They had a late start, November 2. Surprisingly, they have had only two families so far. One has already left the shelter, having arranged to live with a relative in Texas. The other is still there, and several more are being interviewed and tested for Covid. The program is having to follow strict rules put in place by Contra Costa County. Only 4 families are allowed to be sheltered in the church at one time. They are to be in each church for a month. There is a tent in each corner of the parish hall, with the family having their own table outside their tent for meals. Volunteers can bring in supplies for breakfast and lunch. However, cooked meals need to be ordered from restaurants that are allowed to do take-out.

Needless to say, with all that in place, some of their regular churches, like St. Anselm's, have not been able to participate - some, like us, because they have a preschool on their property, others because the month-long requirement was too much.

St. Anselm's will still be participating, however. We have signed up to bring breakfast and lunch supplies and to provide dinner. Our dates are the week of February 27 - March 5, 2021. The families will be at Walnut Creek Friends Church at that time. We will know closer to the time whether we can bring in our usual yummy home-cooked meals or whether we'll still need to be ordering from a restaurant. If we can provide the meals, then Eva will be in touch with you all about volunteering. If not, then I will be in touch with you all about donating \$ to pay for those restaurant meals.

Winter Nights has been such an important part of our charitable outreach at St. Anselm's, for as long as I've been a member. I imagine that many of you, like me, have had your hearts opened every year by those families and have looked forward to serving them. It won't be the same as having them in Jackson Hall, getting to know them, enjoying the children, hearing their stories, but we will still be providing a meaningful service.

Anne Brown

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## MICHAEL LANE PRESCHOOL UPDATE

We have been enjoying a dry, sunny fall here at Michael Lane preschool! The children have loved raking and sweeping all the beautiful colored leaves in the parking lot, giving each other compliments at circle time, playing freeze dance, making masterpieces out of play doh, digging in the sand, riding tricycles, and making friends. Our preschoolers can be heard problem solving, negotiating, and working together in our sweet outdoor classroom and playground.

I just finished fall conferences, which took place over Zoom this year. Conferences are always such an important time for teachers and parents to connect, listen to each other, ask questions, and discuss their sweet children! I am so happy to report that our families are so grateful to have this program and that their children are much happier on days where they "get to go to school." We just enjoyed a week vacation from school for Thanksgiving, and will have 3 more weeks of play before we take a 2 week winter break. I am so very grateful to be the Director of Michael Lane Preschool and wish you all a very Merry Christmas!

Holly Higgins



## OUTREACH SUNDAY

December 6th will be our annual Outreach Sunday. Since we aren't gathering in-person to "vote" as we have in previous years, everyone is invited to help us allocate the 2020 St. Anselm's outreach monies. The form below provides a brief description of the eight charities we have previously supported. Please indicate in 10% increments, the portion of the outreach budget you would like to see allocated to each agency. Then, please email the form back to Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws) no later than December 6th. Once all votes are tallied, we will determine the amount to be distributed to each charity.

Percent to Allocate (10% increments)	Charity Description
	<b><u>Bay Area Crisis Nursery:</u></b> The Bay Area Crisis Nursery was established to help prevent child abuse and neglect by providing supportive services to families. Our primary service is providing a warm, loving, homelike environment for children from birth through 5 years of age by offering 24 -hour care and emergency childcare services. Our services are free, confidential, and voluntary. The Nursery is a magical place for children and families!
	<b><u>Food Bank of Contra Costa &amp; Solano:</u></b> Started in 1975, the Food Bank of Contra Costa and Solano stores and distributes donated and purchased perishable and nonperishable food items. We distribute food directly to low-income people at community sites and make food available for other nonprofit organizations serving the ill, needy and children. The Food Bank works to reduce food waste, feed hungry people and raise public awareness of issues related to food and hunger.
	<b><u>Interfaith Council of Contra Costa County:</u></b> The Interfaith Council was originally organized for the primary purpose of providing chaplaincy ministries in various county institutions on behalf of local congregations. The Council became interfaith in 1997, widening its membership to include congregations and faith organizations that represent the growing pluralistic population of Contra Costa County. The council remains committed to supporting the religions and communities in our county.
	<b><u>Loaves &amp; Fishes of Contra Costa:</u></b> The mission of Loaves and Fishes of Contra Costa is to provide community-based food programs and partner services that focus on basic needs. We are the largest provider of hot meals to the hungry in Contra Costa County, serving over 138,000 hot meals this fiscal year in five dining rooms.
	<b><u>Mobility Matters:</u></b> Mobility Matters provides mobility management services in Contra Costa County. Mobility Matters is facilitating collaboration and coordination between public and private transportation providers, creating a network of integrated options that primarily address the mobility needs of seniors, individuals with disabilities, and low-income individuals. During the current pandemic, Mobility Matters is providing transportation for medical and grocery needs.
	<b><u>St. Dorothy's Rest:</u></b> St. Dorothy's Rest is a 380-acre camp and retreat center in Sonoma County, about an hour north of San Francisco along the famed Bohemian Highway. The oldest camp in California, St. Dorothy's has been serving children and adults from all faiths and all walks of life for over 100 years. St. Dorothy's Rest provided a virtual summer camp in 2020 and is operating with limited staff.
	<b><u>STAND!:</u></b> STAND! For Families Free of Violence is committed to promoting safe and strong families. Our approach to eliminating family violence is well-rounded and community-wide. In addition to providing a complete spectrum of prevention, intervention, and treatment programs, we also enlist the efforts of local residents, partners, and institutions, all of whom are striving with us to stop domestic violence and child abuse.
	<b><u>VESTIA:</u></b> The mission of VESTIA, Inc. (Volunteer & Emergency Services Team in Action) is to provide supplemental support to at risk individuals and families known to the Contra Costa County Employment and Human Services Department (EHSD), when no other resources are available. VESTIA works in partnership with this department in the development of the nonprofit's funding criteria, fundraising sources, and policies and procedures.

## SCHEDULE OF VIRTUAL MEETINGS

**December 2nd and each Wednesday in December — Morning Prayer** will be held via Zoom at 9:00 AM. To be invited, email Deacon Naomi at [orchidsnrch@yahoo.com](mailto:orchidsnrch@yahoo.com).

**December 6th — Cancer Support Group** will meet via Zoom at 12:00 noon. To be invited, email Julie Rinker-berger at [jrjpmaggie@hotmail.com](mailto:jrjpmaggie@hotmail.com).

**December 7th & 14th — Sacred Ground** will be facilitated by Anne Brown from 10:30 a.m. to noon. To be invited, email Anne at [annechalfantbrown@gmail.com](mailto:annechalfantbrown@gmail.com) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

**December 7th — Vestry** will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link.

**December 15th and January 5th — Sacred Ground** will be facilitated by Marian Mulkey from 7:00 p.m. to 8:30 p.m. To be invited, email Marian at [marianmulkey@comcast.net](mailto:marianmulkey@comcast.net) or Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws).

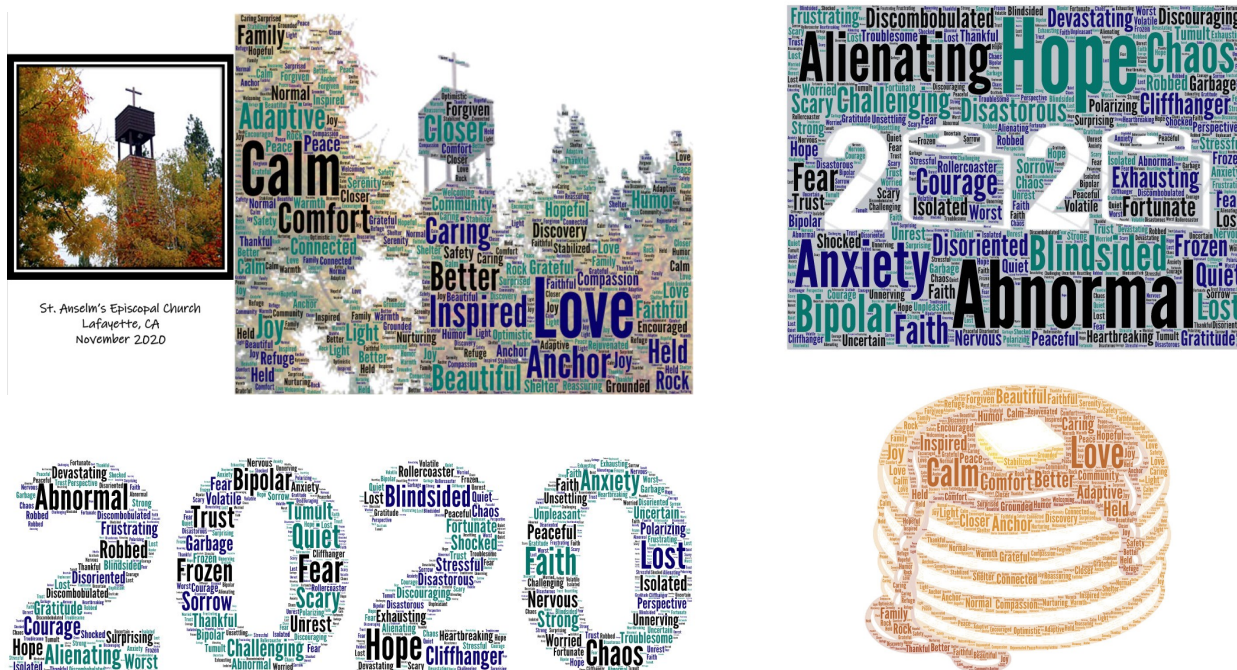
**December 25th — Christmas Day Service** — will begin with Christmas music at 9:30 a.m. and continue with a service beginning at 10:00 a.m. If you are not on the weekly service invitation list, please email Cathy Witkay at [cathy.w@stanselms.ws](mailto:cathy.w@stanselms.ws) to receive this invitation.

**January 3rd — Cancer Support Group** will meet via Zoom at 12:00 noon. To be invited, email Julie Rinker-berger at [jrpmmaggie@hotmail.com](mailto:jrpmmaggie@hotmail.com).

**January 5th — Grief Support Group** will meet via Zoom at 12:00 noon. To be invited, email Father John at [suttonj@comcast.net](mailto:suttonj@comcast.net).

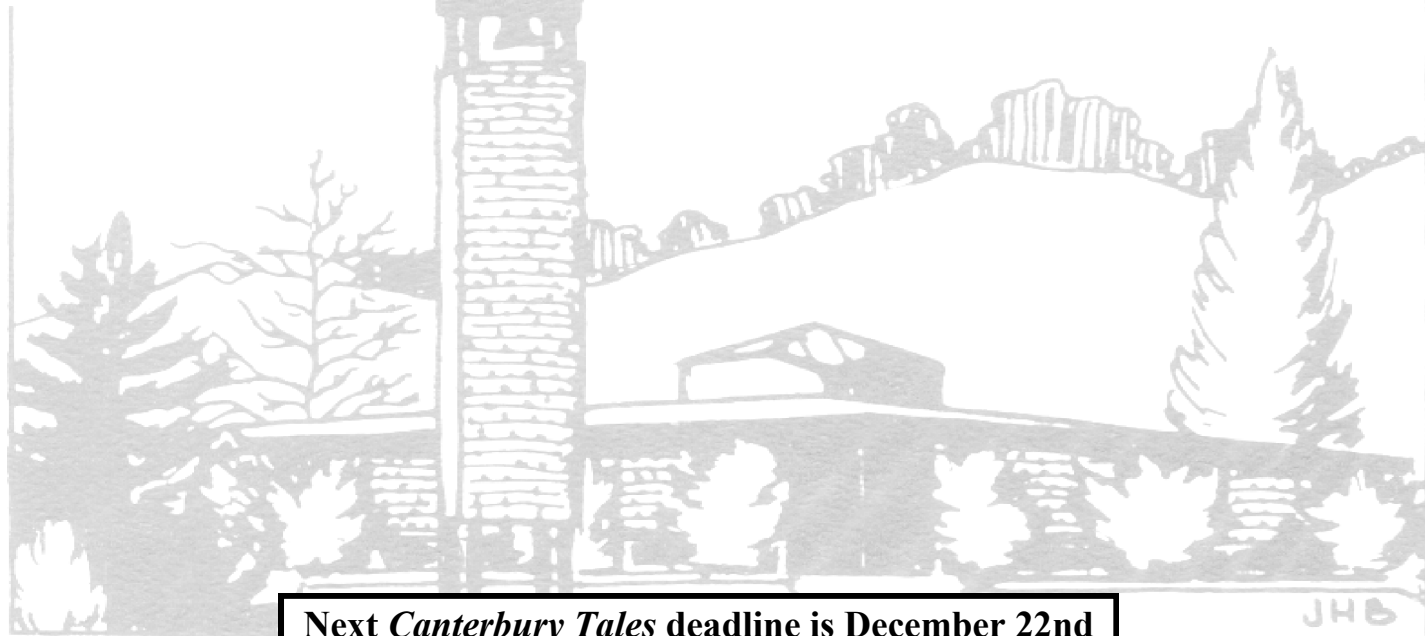
## WORD CLOUDS

During our November Stewardship Campaign, St. Anselm's parishioners shared their feelings about the "2020 experience" and how our St. Anselm's community helped us collectively live through this most challenging year. We are working on some options for you to order prints or products with these images if you would like a reminder of these extraordinary times. Please watch for this information.





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



Next *Canterbury Tales* deadline is December 22nd

Christmas Services

Christmas Day  
Christmas Music 9:30 a.m. on Zoom  
Holy Eucharist 10:00 a.m. on Zoom

First Sunday after Christmas 9:00 a.m. on Zoom