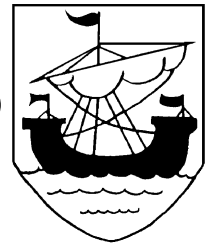


Canterbury Tales



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

April, 2021

From The Rector

The Empty Tomb

Tuesday night, Anne Brown, Marian Mulkey and I had an interesting Zoom call. Sheldon Gooch, the Mississippi resident with whom we spoke told us he was “arrested by God.” What he meant is spelled out in his autobiography, *I'm Free*. Sheldon's life started down the wrong track early. He was incarcerated at the age of 17 in Detroit. Moving to Mississippi, he found that his problems followed him South. He was arrested for armed robbery, linked to several former crimes and sentenced to life in prison + 60 years. He was incarcerated at Parchman Penitentiary in Mississippi.

When Sheldon said he was “arrested by God,” he meant that he and his accomplices had planned several contract killings. His arrest prevented those crimes.

With no hope of getting out, Sheldon managed the gym at Parchman. He came into daily contact with the prison chaplain, an elderly, diminutive Brit named Wendy Hatcher, whose office was above the gym. Wendy regularly told Sheldon that she loved him and God loved him. Over time, the way of love was revealed to Sheldon, and he devoted his life to Christ. He joined an organization called “Captives for Christ.” Sheldon and other inmates would travel to prisons, escorted by armed guards, bearing witness to God's love. Gifted with a strong singing voice, he recorded a song, “I'm Free” that was played on Christian radio stations.

Miraculously, Sheldon's sentence was commuted by Mississippi governor Bill Allain. Since getting out, Sheldon has devoted his life to bearing witness to God's love. He speaks throughout the South to a variety of groups, including at-risk youth to exhort them to listen to the voice of love calling to them from deep within. In addition to writing his autobiography, Sheldon appeared on Oprah, where he reconciled with two men he had traumatized at gunpoint.

In our Lenten series, we learned how Restorative Justice (RJ) programs can provide reconciliation between, and healing for victim and perpetrator. RJ programs, to me, are a manifestation of the Christ spirit working in the secular world. Call it secular or call it faith-based, the RJ programs manifest the spirit of forgiveness that Jesus taught, and the church from its formation has modeled.

Sheldon's experience was richer though. Long before he was able to reconcile with those he offended, the Holy Spirit reached deep into his being and called him out of his tomb. He got out of prison while in prison.

(continued on page 3)

Anselm's Angels

A very big thank you to everyone who continues 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.

Andrew Huddart for adding music to our virtual services.

Sara Nelson for making weekly bank deposits.

Sylvia Williams for taking the lead and coordinating with **Sally Fischer**, **Laura Ho**, **Joan Martin** and **John Sutton** to create and mail palm crosses.

Our March virtual lectors and LEMs: **Wynne Bacon**, **Sheila Gorsuch**, **Pam Green**, **Peter Grace**, **Marian Mulkey**, **Sara-Anne Nelson**, **Vicki Pappas** and **Allen Zhang**. Also, a big thank you to **Judy Peak** for making these arrangements each week.

A very special thank you to **Marian Mulkey** for all the work in securing speakers for, and leading a most compelling Lenten Series on Restorative Justice.

Lastly the many generous folks, led by our Winter Nights leaders **Anne Brown** and **Eva Woo**, who contributed to this year's pandemic-adjusted program: **Gary & Wynne Bacon**, **Jeff & Connie Boero**, **Gene Bozorth**, **Bill Brimberry**, **Tim & Diane Brown**, **Naomi Chamberlain-Harris**, **Cindy & Harry Eisenberg**, **Bob & Georganne Eddy**, **Neva Flaherty**, **Pam Green**, **Mary Ann Higgs**, **James Hightower**, **Andrew & Caroline Huddart**, **Barbara Kirbach**, **Carter Lipscomb**, **Jon & Joan Martin**, **Doug Merrill**, **Sara-Anne Nelson**, **Mary Pinkus**, **John Powers & Marian Mulkey**, **Julia Starr**, **Fr. John and Liz Sutton**, **Suzanne Walsh**, **Sylvia Williams** and **Paul & Cathy Witkay**.

I'm Free: Sheldon Gooch Zoom Invite

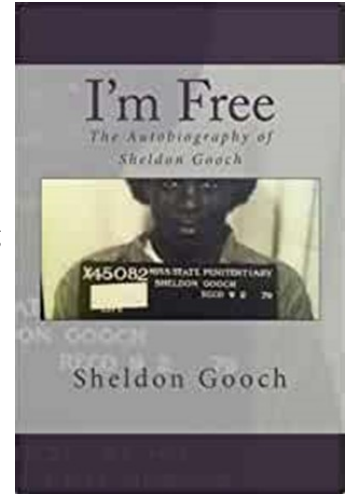
Sentenced to life imprisonment + 60 years in Mississippi's Parchman Prison, Sheldon Gooch had little hope. Then the prison chaplain, a diminutive Brit named Wendy Hatcher got a hold of him, and his life changed.

Long before he appeared on Oprah, reconciling with two men he had terrorized at gun point, Sheldon found freedom in prison. Miraculously released from Parchman, his calling is speaking to at-risk youth, and advocating for Restorative Justice and prison reform.

Join us on Tuesday, April 27th via Zoom at 7 p.m. to hear Sheldon's extraordinary story, as told in his book I'm Free. His is an Easter story, a story of the tomb that continues to be emptied.

Here's the Zoom information:

Tuesday April 27th, 7 p.m. Zoom meeting number 880-9221-0513, Pass code 770502



Grant Money Available from the Contra Costa Deanery

If you think a program associated with St. Anselm's could use financial help, the Contra Costa Deanery has the means to help. Every quarter, the Diocese makes funds available to the deaneries to award grants, which are paid out every June and December. These grants don't need to be for St. Anselm's specifically, but can go to associated programs as well. The Deanery has awarded grants to a youth mission trip, Monument Crisis Center, and relief for fire victims, among other things. If you think you have a program that would benefit from an infusion of cash, please contact Barbara Brooks at brooksfolly@aol.com to have an application sent to you. The Deanery is eager for the grant money to be put to use. If you have questions, you may contact me, Neva Flaherty, at nevaflaherty@comcast.net.

Thanks to the St. Anselm's Family

Many thanks to all of you who contributed to our virtual sock drive during Lent to benefit the folks Trinity Center. I am pleased to report that a check for \$225 was sent to Trinity Center on behalf of the members of St. Anselm's.

Blessings,

Naomi

Holy Week — Virtual Services

Thursday, April 1st
MAUNDY THURSDAY **5:00 PM**

Friday, April 2nd
GOOD FRIDAY SERVICE
WITH STATIONS OF THE CROSS **5:00 PM**

Sunday, April 4th
EASTER SUNDAY **9:00 AM**

Canterbury Tales is the monthly newsletter of

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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

Happy Easter Everyone!

This time last year, there was a national debate about whether or not we would have “flattened the curve” enough by Easter in order to gather at church or with our families. Well. . . we know how that debate ended.

When my boys were younger, we did the traditional decorating of eggs and egg hunts. They always looked forward to that. However, what really excited them more was “microwaving” the Peeps! Peeps are marshmallows sold in the US and Canada that are shaped like chicks, bunnies and other animals. I’m glad the boys never enjoyed eating Peeps and I’m not a fan of “playing with food,” but you have to admit, it’s fun to see what morphs from your microwave after 30 seconds on high.

Which leads me to what I really wanted to write for Canterbury Tales this month. We have now spent an entire year sheltering in place. Many of us have been isolated from our loved ones and friends. Birthdays, weddings, and graduations have come and gone without the normal gatherings that we sorely miss. It’s been a year of adapting or making up some new traditions. Some of which I think will stay beyond shelter-in-place and others we can look back on and say “that was so 2020!” What were yours?

I found some interesting ones as follows:

- Virtual Cooking and Craft Get Togethers - gather ingredients before session and learn from a leader.
- Group Yoga - sign up to do an online yoga session with your friends.
- Signature Dish - this was a favorite at our house. Each family member takes turns mastering a recipe and sharing it when ready.
- Reading - 35% of the world is reading more during the pandemic.
- Driving Tours - besides the typical Holiday lights tour, why not drive over to some towns & neighborhoods you don’t typically visit like Haight Ashbury, Ocean Beach, Golden Gate Park, or Piedmont.
- Hike of the Week - we live in such an amazing area, pick a trail any trail I promise you will love it.
- Get involved - plenty of organizations out there need help gathering warm coats, shoes, socks, delivering food.

It warms my heart to know that as of today 26.6% of Contra Costa residents over the age of 16 have received both vaccinations. Let’s keep moving the number up!

For the record, we still microwave Peeps on Easter at our house.

Eva Woo

From the Rector *(continued from page 1)*

Sheldon will be telling us his story by Zoom on Tuesday April 27th at 7 p.m. I invite you to be with us. The liturgical timing could not be more perfect. Sheldon’s story reminds us that centuries after that Easter day, the tomb continues to be emptied.

John+

WINTER NIGHTS

As you all know, Winter Nights was very different this year, because of COVID-19. Just four families at a time were housed in a church for a month, with other churches taking turns to cohost during the month. The guests were at the Walnut Creek Friends Church the week that we cohosted. They had to shelter-in-place. Volunteers couldn't make meals. Meals had to be ordered from restaurants and dropped off outside. As always, this was a time of generosity and service on the part of St. Anselm's volunteers but without the usual rewards of connection with each other and the guests.

I believe that the Spirit was at work, however. Eva Woo did her usual Herculean task of going to Costco and buying the supplies for breakfast and lunch, this year needing to add paper plates and cups, plastic forks and spoons, because of COVID-19 concerns. She was also on call all week in case more was needed. I call her Awesome Eva. The rest of us, who ordered and delivered the dinners, were new to volunteering in that way. Speaking for myself, I know that, in years past, my relationship to the dinners has been to show up and eat.

Jeff Boero was not only new to volunteering for Winter Nights, but is new to St. Anselm's. He and his wife, Connie, helped Eva load and deliver the supplies. They ordered and delivered pizza for the Sunday dinner. They showed up at Emil Villas on my dinner night and helped me deliver the ribs. It was fun to be able to meet Jeff in person instead of just seeing his face on Zoom at the Sunday service.

Our other dinner-ordering and delivering volunteers were Cindy and Harry Eisenberg, Cathy and Paul Witkay, Pam Green, Fr. John and Liz, and Fr. John's sister, Mary Pinkus. Unless I'm having a serious Senior Moment, I think they were all new to volunteering for Winter Nights in such a big way. Spirit at work! I wish I could have shown up and eaten - meals included meatloaf, pizza, Mexican food, Chinese food, hamburgers, ribs, and jambalaya.

The Spirit was also at work in the donations we received that covered all our costs, which was a relief, because ordering dinners for eleven people from a restaurant is a heavy lift, a lot more expensive than gratefully accepting the homemade ones, brought by volunteers. Some of us donated the dinners as well as ordering and delivering them. Others donated directly to St. Anselm's. Their names are all on the list of Anselm's Angels, so please read those names with a grateful heart.

There was another Spirit-inspired Kairos moment. In honor of Black History Month, the African American and Friends Club of Rossmoor invited members to order a dinner from an African American-owned cafe in Walnut Creek, Cafe Oasis. I did that, and when I went to pick up my dinner, I got talking to the owner, Mike, about Winter Nights, because I thought they might like to have a dinner from a black-owned cafe. Mike got excited, saying he belongs to Bay Area Christian Church in Pleasant Hill and would like to see if they would want to be involved with Winter Nights. I put him in touch with Judy Stillman, the WN director. His church is now going to help out in June when the guests are at Concord United Methodist Church. Cafe Oasis provided the dinner the night that we had jambalaya.

Georganne Eddy, a talented artist, is wanting to make the shelter-in-place easier for the children by putting together a bag of art supplies for each child. She is working with the staff to make each bag age-appropriate. She is also offering to give art lessons next year when we can be present again with our guests. The Spirit at work!



Live Streaming Church Services

By Chris Young: producer, director, videographer, tour guide.

The live streaming church services are now a year old and with COVID still lingering will continue certainly in the near future. It has been a challenge at times but the rewards of seeing and hearing everyone online including both the 8 and 10 o'clockers as well as those that have moved away. Unofficial polls have indicated that there will be a need to continue to broadcast the live services even after we can return to in-person worship services.

Up to this point I have been producing the streaming Zoom™ broadcasts, using my own equipment consisting of 2 computers and an iPad Pro. Planning for the future we have upgraded our internet service increasing our connection upload speeds from 5 to 35 Mbps! Additionally, we have run hardwire internet distribution lines into the church including a new WIFI transmitter. With this new infrastructure we are moving to phase 2 to build a permanent "broadcast studio" with camera(s) and digital audio. We will be starting off small with minimal equipment with the flexibility for future expansion. Before we go out and buy this equipment, we thought it would be a good idea to put the word out to see if anyone out there might have a computer or some hardware they would like to donate to the cause. Below is the list of what we will need:

Computer minimum requirements (less than 2 years old):

MacBook Pro 13inch

- Apple M1 chip with 8-core, GPU, and 16 core Neural Engine
- 16GB unified memory
- 512GB SSD Storage
- 13" Retina display with True Tone
- Backlit Magic keyboard – US English
- Touch Bar and Touch ID
- Four Thunderbolt / USB-C ports
- Gigabit Ethernet

Or a PC Laptop:

- Lenovo Yoga Laptops or equivalent
- 16 GB of RAM,
- Core i7, i9 Processor
- 750 GB SSD storage
- Gigabit Ethernet

Ideal Computer setup:

Mac mini

- Apple M1 chip with 8-core, GPU, and 16 core Neural Engine
- 16GB unified memory
- 1 TB SSD Storage
- Gigabit Ethernet

Accessories

- 2 - 24" or bigger 4K LG Monitors
- Logitech MX Keyboard and Mouse

Pan-Tilt-Zoom (PTZ) Camera

- PT12x-UBC-G2-xx; Gray. - \$1,869
- Or PT20x-UBC-G2-xx; Gray. - \$1,979
- Wall mount HCM-1-xx - \$99.00
- Cable: HDMI - \$ TBD

Live Action Video Switcher

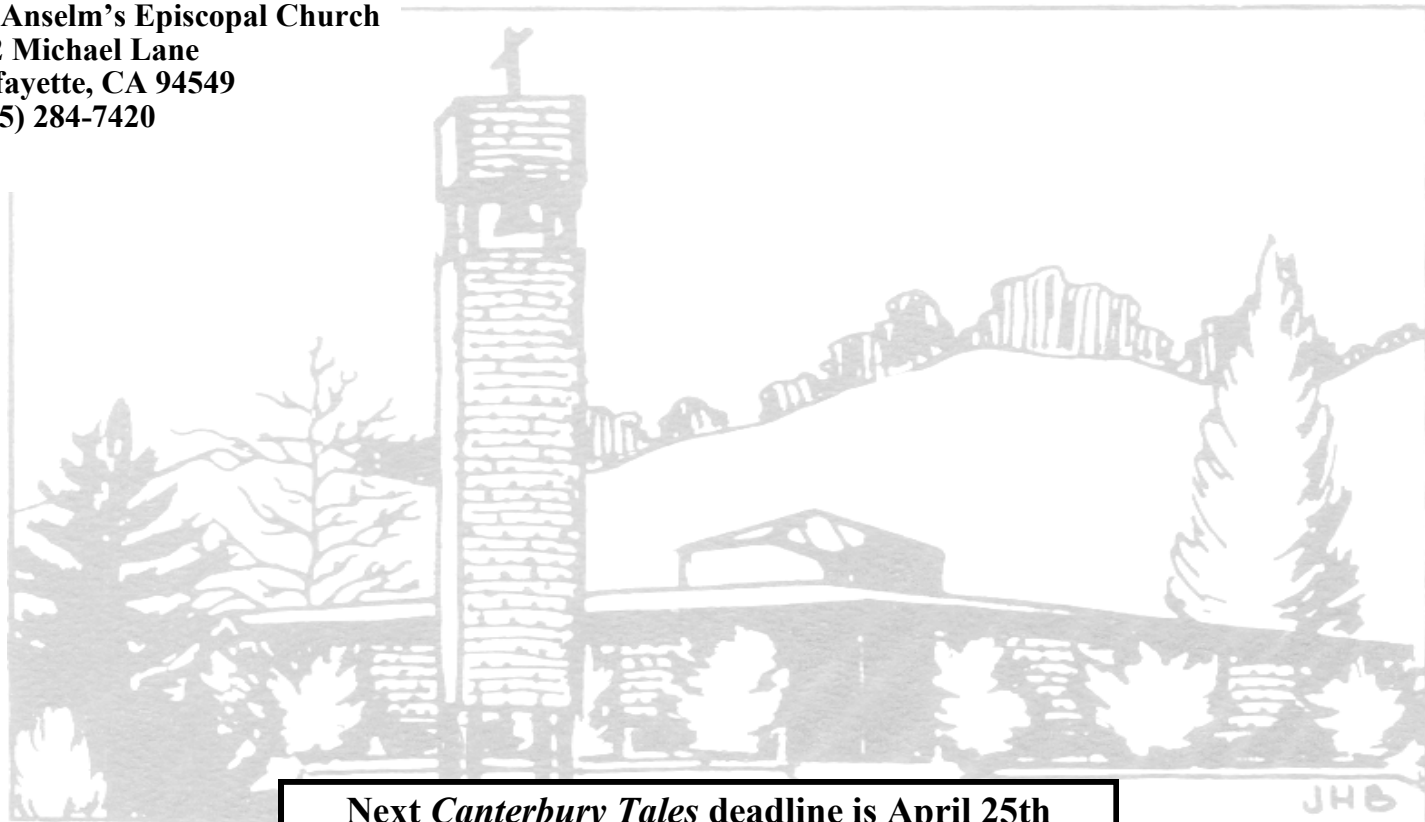
- BlackMagic ATEM Mini Pro - \$595.00

Digital Audio Mixer

- Behringer X32 - \$2,499.00

There will also be a need for software which is currently being evaluated. Additionally, we are looking for folks who would like to be trained to run the final system, once installed. If anyone has some equipment or is interested in being trained on how to produce and stream the service, please contact me via email csy1492@comcast.net or mobile 415-760-3117. — Chris

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Next *Canterbury Tales* deadline is April 25th

SCHEDULE OF VIRTUAL MEETINGS

April 1st, Maundy Thursday Service via Zoom at 5:00 PM. To be invited, email Cathy Witkay at cathy.w@stanselms.ws.

April 2nd, Good Friday Service via Zoom at 5:00 PM. To be invited, email Cathy Witkay at cathy.w@stanselms.ws.

April 6th, Grief Support Group will meet via Zoom at 12:00 noon. To be invited, email Father John at suttonj@comcast.net.

April 7th and each Wednesday in April, Morning Prayer will be held via Zoom at 9:00 AM. To be invited, email Deacon Naomi at orchidsnrch@yahoo.com.

April 7th and each Wednesday in April, Evening Bible Study will meet via Zoom at 7:00. To be invited, email Cathy Witkay at cathy.w@stanselms.ws.

April 11th Cancer Support Group will meet via Zoom at 12:00 noon. To be invited, email Julie Rinkenberger at irjpmaggie@hotmail.com.

April 12th, Vestry will meet via Zoom at 7:00 PM. Vestry members will receive an email from Father John with the meeting link..

April 27th, Presentation by Sheldon Gooch—I'm Free via Zoom at 7:00 PM. To be invited, email Cathy Witkay at cathy.w@stanselms.ws.
