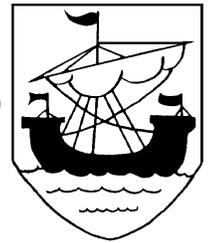


Canterbury Tales



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

March, 2022

From The Interim Rector

HOLY LENT

"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, study, fasting and self-denial, and by reading and meditating on God's holy Word." With this invitation on Ash Wednesday, we are invited into the season of Lent.

Recalling Jesus' forty days of fasting and testing in the wilderness before he began his public ministry, as well as the Israelites' forty years of wandering in the desert before entering the Promised Land, Lent has a length of forty days plus six Sundays (always a day of resurrection, Sundays are not counted as part of the forty). The final week of Lent is Holy Week which, beginning with Palm Sunday, retraces the final steps of Jesus' ministry from his triumphant entry into Jerusalem to his final meal with his followers (Maundy Thursday) to his passion and death on the cross (Good Friday). Lent ends with the discovery of the empty tomb at Easter.

Over the centuries, the Church has used Lent as a time of preparation for baptism and, for those already baptized, as a time of repentance and preparation for the renewal of baptismal promises and the celebration of Easter. It is an intentional time of stripping away the things in our lives that come between us and God, or that prevent us from keeping God at the center of everything, and for turning again toward God. For some of us that means taking something out of our lives ("giving something up"). For others it means adding a spiritual practice or discipline. For all of us it is a time for being serious and intentional about our journey in faith, where it is headed, how we can get it back on course, and how we can grow in our relationship with God. How, exactly, we do that is up to each of us. There are many ways to observe a holy Lent.

In worship, we observe a holy Lent outwardly by reflecting the mood of the season as a time of stripping away, quiet, simplicity, and austerity. Vestments are either penitential purple or simple, unbleached linen. Flowers are not present during Lent, and all elaborate crosses, Eucharistic vessels and other items are exchanged for plain and simple. Perhaps most obviously, "alleluia" is not spoken.

I invite you to find your own way of observing this holy time and to be intentional in preparing for our recommitment to following Jesus – through almsgiving, fasting and prayer, repentance, service to others, and reading and studying God's holy Word. Make attendance at Sunday worship a priority, find an outreach project or cause, say your prayers, read the Bible, participate in the Lenten series and *Lent Madness*, engage in honest self-reflection.

May your Lenten journey be a fruitful one. I wish you a holy Lent.

Kathy+

Anselm's Angels

"We often take for granted the very things that most deserve our gratitude."

~ Cynthia Ozick

Thank you to our recently "retired" Vestry members and Deanery delegates: **Peter Grace, Alex McDonald, Keith Pearce, Eva Woo, Sara Nelson, Gerry Starr and Liz Sutton.** A very big thank you to **Susan Barnes** who has stepped down as Treasurer after serving for more years than we can count!

Welcome to our new class of 2025 Vestry members: **Marian Mulkey, Elaine Sherwood, Gerry Starr and ZP Zhang** and to **Judy Peak** who is serving a one-year term in the class of 2023. Congratulations to our new Senior Warden, **Joan Martin** and our new Junior Warden, **Marty Fischer.**

Congratulations to our new Deanery Delegates: **Neva Flaherty, Maureen Nelson, Sheila Riedy and Chris Stone.**

Thank you to **Palmer Hightower** for collecting Souper Bowl donations after church and to **Marty Fischer** for helping count the contributions! St. Anselm's raised more than \$1,100 for the Food Bank of Contra Costa and Solano Counties.



RECTOR SEARCH PROCESS ORIENTATION**Sunday, March 20****Immediately following the 9:00 service**

The search for a new rector for St. Anselm's involves all of us, and we want all of us to be involved! So, we hope you will join us on Sunday, March 20 following the 9:00 service for an overview the Rector Search Process and Rector Search Committee. This is an opportunity to learn about the steps in our search for a new rector, what the search committee does and how it is comprised, and what lies ahead. And, of course, it is an opportunity to get your questions answered.

We will also talk about the process for selecting the search committee and what is involved for those who are part of it. If, in the meantime, you think you might be interested in serving and would like to know more, please feel free to contact Kathy Trapani at rector@stanselms.us, Joan Martin at jkm@jmartinfamily.com, or Marty Fischer at mfsfor@earthlink.net.

CURRENT MASK PROTOCOL

On February 10, 2022, in anticipation of the lifting of indoor masking requirements for fully vaccinated people by the State of California, the Diocese updated its covid-19 Guidelines for our use. Given the fluidity and complexity of both the situation and the guidelines over recent months, the clergy and vestry want to ensure that we are all aware of what our masking policy is for the time being.

In keeping with the Diocesan guidelines, and since we are not requiring proof of vaccination status, we will continue to require masks during indoor gatherings (i.e., worship), and refrain from holding indoor coffee hour. Additionally, we are still not able to use a common cup for Communion. Please note that you may remove your mask briefly to consume Communion bread and wine, and clergy and lay leaders may remove their masks when speaking. Masks will continue to be available at the door for anyone who might need one.

We all look forward to the day that we can truly see each other face to face. In the meantime, we appreciate everyone's help in keeping our parish family as safe as possible.

LENTEN SOCK DRIVE

It is time for the Deacon's Sock drive for our homeless friends at Trinity Center. My basket will be off to the right as you enter the church and I will be collecting your gifts of new white heavy socks from March 6th until Palm Sunday, April 10th. After Palm Sunday, I will deliver the socks to Trinity Center. If you would like to contribute but are not able to go to a store to purchase them, please write a check for \$20.00 made out to St. Anselm's with a notation on your check designated for the Sock Drive, and I will do your shopping for you.

As always, I can't thank you enough for your generosity in helping to take care of those less fortunate than ourselves. You are truly a blessing.

Deacon Naomi



***Daylight Savings Time
Begins on
Sunday, March 13th***

***Remember to turn your clocks
AHEAD one hour on
Saturday, March 12th***

Canterbury Tales is the monthly newsletter of

St. Anselm's Episcopal Church
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Phone: (925) 284-7420

e-mail: cathy.w@stanselms.us
web site: www.stanselms.us

Editor: Cathy S. Witkay

In-Person & Virtual Sunday Service:
9:00 a.m. Holy Eucharist

St. Anselm's Staff
The Rev. Kathy Trapani, Interim Rector
The Rev. Naomi Chamberlain-Harris, Deacon
Cathy Witkay, Office Manager

The Senior Warden

We are off and running in new beginnings. We have begun our interim period under the spiritual leadership and parish guidance of Reverend Kathy Trapani. We are definitely blessed to have her at St. Anselm's. Her spiritual teachings, warmth, intellect, leadership skills and experience have already proven amazing. We have also begun a new Vestry term comprised of newer, long-time and even distant parish members. I, as your current Senior Warden, fall into the category of long-time member. My husband Jon and I have been members for about forty- five years (where has all that time gone?). We feel very fortunate to have you all as our parish family, both for ourselves and our three grown children whom you helped to raise in the church. All of the Vestry members are of the mind that we want to keep very open and regular communication happening with everyone in our parish community, especially as we embark on our journey to find a new Rector. Please approach any one of us with questions, ideas or concerns – if we don't know the answer we'll find someone who does.

On Sunday, March 20th, Rev. Kathy will be speaking and answering questions about the steps we will take to find St. Anselm's next Rector. It is an exciting and important process to determine who we are as a community and what we envision for the future before we even begin the actual search. Please attend in person or via Zoom that day in order to be present and participate in this informational session that will be held immediately following the service.

Joan Martin

VESTRY MEETING HIGHLIGHTS

At the February 21st Vestry meeting, we discussed:

- Personnel policy related to capping accrued time off.
- Annual Parochial report.
- Need for occasional administrative back-up when Cathy Witkay is out of town.
- Response to new Diocesan guidance on COVID-19 protocols.
- Updates to the St. Anselm's website.
- Trajectory of the search for a new Rector, and next steps in identifying a search committee.

For more information, contact any member of the Vestry, Rev. Kathy or Deacon Naomi. Vestry meeting minutes and financial reports are available on request.

LENTEN SERIES 2022: TAPPING INTO THE TREE OF LIFE

“The tree of life shall give them fragrant perfume, and they shall neither toil nor become weary.”
(2 Esdras 2:12)

Over the past several years, the annual Lenten Series at St. Anselm's has tackled various topics involving social justice and interpersonal respect, looking beyond our walls to build understanding and empathy for those who otherwise be considered “other.” Although those issues remain as salient as ever, in 2022 the time is right for us to attend to spiritual formation and identity within our St. Anselm's community. Our 2022 Lenten Series, “Tapping Into the Tree of Life,” will help us reflect on the elements of our faith journey that have sustained us over the years and consider the resources on which we can draw as we move forward.

Immediately following God's creation of Adam, God places in the middle of the Garden of Eden the Tree of Life, bestowing immortality on all who eat from it. Since that time, it has become a symbol of the life-giving source which sustains and nourishes us, keeping us alive, growing and fruitful. But we know the story. Adam and Eve disobey God, are cast out of the Garden, and are denied access to the tree of life. They, along with the rest of humankind, must find their way back to it. In many ways, this is the essence of the whole of the Bible story, the Christian journey, and the journey of Lent. We move from Paradise to Wilderness to Jerusalem to renewed and eternal life where, as Esdras puts it, we “shall neither toil nor become weary.”

Join us for **four evenings in Lent (Tuesdays, March 8, 15, 22 and 29) at 7 p.m. via Zoom** to explore what the Tree of Life means for each of us and for St. Anselm's today. What is the Tree of Life? How have others understood or imagined it? At this time, how does the St. Anselm's community -- and how do we on our individual faith journeys - tap into the Tree of Life and stay rooted? These are some of the questions we will explore as we travel from the Garden, through the Wilderness, to the Holy Cross and the Tree of Life. For more information, contact Marian Mulkey, marianmulkey@comcast.net or Anne Brown, annechalfantbrown@gmail.com.

Felipe Calva

As Carolyn and I grew older, we lost our energy for cooking, but not our appetites. So, we began searching for a part-time cook to reduce our work load and spice up our culinary lives. We wanted someone who could come in and, in one day, cook four to five dinners plus a few lunch and breakfast items. We would then refrigerate them. When we got hungry, we'd warm them up and serve them. We asked around and found Felipe Calva, an experienced cook. He was willing to work that way. So, we signed him up for a trial.

To start, we gave him a list of foods we liked and foods we couldn't eat. We told him we want the meals to be long on vegetables, short on red meat, and medium on seasoning. We like fish once a week. We love soups. Desserts are on the approved list. We want healthy foods, cooked in a healthy way.

After the first trial, we knew we had found the right person. Now, three months later, we're happy campers. Felipe's expansive culinary repertoire comes from his years in the restaurant business. He'll cook what we want, but we like to be surprised too. Now he knows us well, we give him free rein to surprise us. And he enjoys surprising us.

Check out last week's menu:

- ◆ Cinnamon oatmeal with apple slices five or six breakfasts.
- ◆ A robust 2-quart bowl of soup, with plenty of chicken and assorted vegetables, enough for several lunches!
- ◆ Lentils with cilantro (1 dinner)
- ◆ Chili with his special sauce and a side dish of rice, enough for two dinners
- ◆ Salmon, with mixed vegetables (one dinner)

The menu changes from week to week.

Felipe does most of the cooking in our kitchen using our utensils. Sometimes, he'll prepare parts of some meals in his home. He shops for the meals he prepares for us. We reimburse him for the groceries. We pay him \$30 per hour for his labor which includes shopping, cooking, and cleanup. He spends five to seven hours per week in these endeavors. Total costs range from \$200 to \$250 per week. It's less expensive than a comparable number of meals in a moderately priced restaurant. The meals are extraordinary, and we can eat them in the comfort of our home.

If you'd like to try this or something like it (Felipe is flexible regarding number of meals, quantities, and people served), give him a call at 925-565-6409. You can also call me at 510-426-0279. Felipe has been triple-vaccinated against COVID-19.

Doug Merrill



MICHAEL LANE PRESCHOOL UPDATE

I'm happy to report that our school is at full capacity with a waiting list!

This month we learned about Chinese New Year and Valentine's Day. We learned new songs, new games, and tried new foods. We have continued to run our program exclusively outdoors out of extreme caution and the February sunshine has been on our side!

I'm currently collecting re enrollment forms for the fall as well as accepting new applications. In March, class lists will be put together and families will be notified of what programs we can offer. Sending all of you well wishes for our end of winter months!

Holly Higgins
Director



WINTER NIGHTS UPDATE

This has been an unusual year again for Winter Nights, probably because of COVID-19. As of February, there were still only 3 families, 7 clients in all. These are the kinds of numbers that we would see at the beginning of the school year, when the families are at St. Anselm's, where we can host only 3 to 5 families, because of the size of Jackson Hall. According to Bill Shaw, the Managing Director, families have been calling to inquire and schedule an interview, then not showing up. In December, 5 families were scheduled to come in, and only one did so. He is not sure what is going on, but thinks it may be due to fears about COVID-19, even though the requirement is that all guests and staff be fully vaccinated. My guess also is that the dry weather makes it easier for families to stay in their cars.

There have also been some issues with having enough staff. One weekend there were too few staff for the Shelter to be open, so the clients were put in motels for Friday and Saturday nights. They ate breakfast and dinner at the hosting church.

At the monthly meeting at the beginning of February, the Treasurer reported on the results of the 2021 fundraising that ended in January. Eight congregations that donated a total of \$19,721. were thanked in particular, among them St. Anselm's! So thanks to all of us who donated!

Below I am going to give the Wish List of items that the families and current hosting congregations need. They can be mailed or dropped off at church or I can come and pick them up from you.

My cell phone # is: 925-788-0664 and my email is: annechalfantbrown@gmail.com. Thank you!

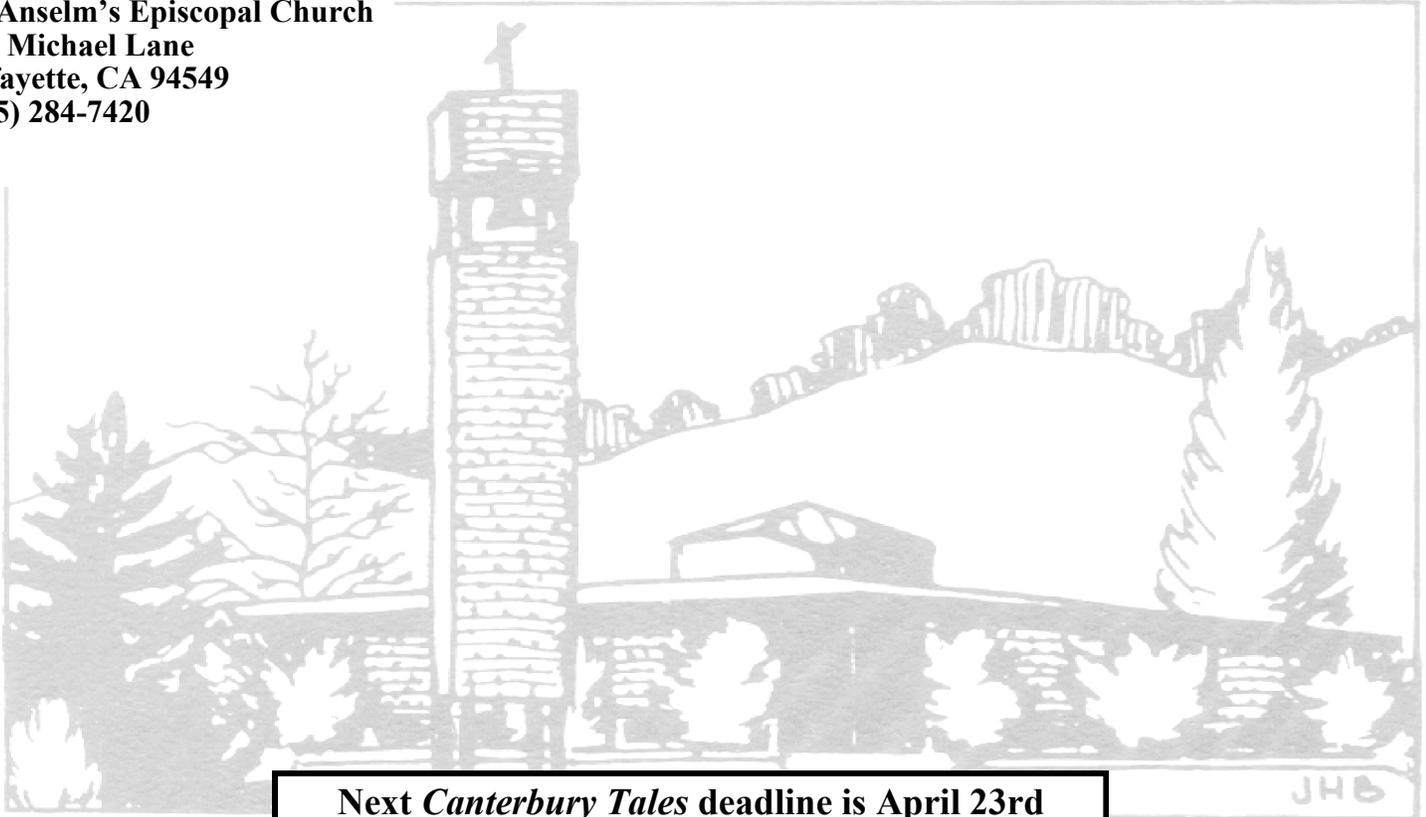
Let's remember to keep the Winter Nights program and families in our hearts, thoughts, and prayers.

With gratitude,
Anne Brown

Wish List: Winco or Safeway gift cards, gas cards, (gift cards for all programs), pillows, Lysol spray, disinfecting wipes, 4T pull ups, baby wipes, twin size fitted sheets, sleeping bags, men's and women's deodorant, gloves (for the cold weather), and umbrellas.



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Next *Canterbury Tales* deadline is April 23rd

WEEKLY SCHEDULE OF VIRTUAL MEETINGS:

March 6th — Cancer Support Group will meet via Zoom at 12:00 noon. To be invited, email Julie Rinkenberger at jrjpmaggie@hotmail.com.

March 8th and each Tuesday in March — Morning Prayer will be led by Deacon Naomi via Zoom at 9 AM. To be invited, email Deacon Naomi at orchidsnrch@yahoo.com.

March 8th and each Tuesday in March — Lenten Series will be held via Zoom at 7:00 PM. To be invited, email Marian Mulkey, marianmulkey@comcast.net.

March 10th and each Thursday in March — Evening Bible Study will meet via Zoom at 7:00 PM. To be invited, email Deacon Naomi at orchidsnrch@yahoo.com.

March 21st — Vestry will meet via Zoom at 7:00 PM. Vestry members will receive an email from Chris Young with the meeting link.

March 23rd — Michael Lane Preschool Board will meet via Zoom at 1:30 PM. Board members will receive an email from Cathy Witkay with the meeting link.

April 5th — Grief Support Group will meet via Zoom at 12:00 noon. To be invited, email Deacon Naomi at orchidsnrch@yahoo.com.
