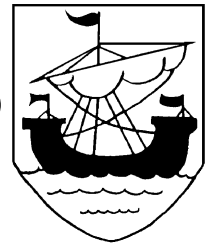


Canterbury Tales



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

February, 2023

From The Interim Rector

“Bear One Another’s Burdens”

In Chapter 11 of Matthew’s Gospel, Jesus tells his followers, “Come to me all you that are weary and carrying heavy burdens, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” It is true that Jesus’ burden is light. But the burdens the world places upon us can be very heavy indeed. We all carry them in some form or another – loss of a job, a difficult life transition, financial worries, divorce, caring for a loved one, long-term or serious illness, grief. The list goes on and on. And the world’s burdens weigh us down and wear us out.

The good news is that we do not have to carry these burdens alone. Jesus tells us that we should come to him with heavy burdens and take his yoke upon us. In the Bible, a yoke was put around the necks of oxen or other beasts of burden to harness them together. The term was sometimes used as a metaphor for servitude. But a yoke was also used to bring the strength of two animals together in order to pull a load that would have been impossible for one to carry. When we “harness ourselves” to Jesus, we allow him to help us carry a load we simply cannot carry on our own.

But, practically speaking, how do we do that? How do we harness ourselves to Jesus? And, practically speaking, how does Jesus help us carry the load? The answer is: through other people. As followers of Jesus, we manifest his presence when we share his love and compassion with others. As his Body, the Church, we make his presence a physical one. So, we let Jesus help us carry a heavy load by allowing a fellow Christian to help us carry it, and also by being the one who helps to carry.

St. Paul seemed to understand this. In his letter to the Galatians, he instructs them to “bear one another’s burdens.” In my time with you, I have learned that you are a community that does just that. You call each other, listen to each other, support each other, check on each other, care for each other, help each other. Additionally, we are blessed at St. Anselm’s to have a group of people for whom compassionate caring is a particular calling. They are our Stephen Ministers.

Caring for and helping each other carry life’s burdens is not uniquely Christian. But Stephen Ministers do this in a uniquely Christian way. Stephen Ministry is named for St. Stephen who, in the Book of Acts, is commissioned to help care for the Hellenist widows in the community. Stephen Ministers receive over 50 hours of training in providing confidential, compassionate, one-on-one care to people who are facing a crisis or life challenge, or who are going through a difficult time and could benefit from the care of a supportive Christian friend. Most importantly, they manifest the face and compassion of Christ as they offer caring companionship and a listening heart to someone in the midst of a difficult time.

(continued on page 3)

Anselm’s Angels

“Many hands and hearts and minds generally contribute to anyone’s notable achievements.”

- Walt Disney

A big thank you to the special angels who helped prepare our sanctuary for the Christmas season: **Edee Allison, Naomi Chamberlain-Harris, Sally Fischer, Dharmini Harichandran, Sharon Harichandran, Laura Ho, Jeremy Martin, Joan Martin, Jon Martin, Joni Pearce, Sara Swimmer, Mallory Williams and Sylvia Williams**

Francis Barnato, Harry Barnato and Alden Pearce for helping narrate the Christmas story at our Christmas Eve service.

Doug Merrill and Bob Eddy for ushering on Christmas Eve and ensuring that our contact tracing was accurate.

Thank you to **Maggie Boscoe, Al Eames, Avon Wilson, Cathy Witkay and Paul Witkay** for providing our Christmas Eve music.

And as always, **Chris Young** for his tireless work as our cameraman and Zoom expert during the Advent and Christmas season.

Special thanks to **Katie Taggart** who cleaned and organized the Jackson Hall library. Katie also restored and reframed the photo of Bishop Pike which is back in the library.



SOUPER BOWL SUNDAY

Sunday, February 12th is the Super Bowl, and as we have in years past, St. Anselm's will be taking a collection to support the work of the Contra Costa and Solano County Food Bank and the need is as critical as ever. For those parishioners attending in-person, youth members will be collecting donations at the doors after the service. If you attend the service via Zoom, you may still participate by sending a donation by Venmo or simply writing a check to St. Anselm's with "Souper Bowl Sunday" on the memo line. Our mailing address is 682 Michael Lane, Lafayette, CA 94549.

2023 ALTAR FLOWERS

The 2023 Altar Flower donation chart is now available in the church, on the wall by the east entrance. By making a \$45 donation, you can have altar flowers dedicated to the memory of a loved one, in honor of a family member or simply to the glory of God. Please sign-up for your selected date(s) and complete a dedication card from the stack next to the chart. You may also contact Cathy Witkay at cathy.w@stanselms.us with your selected dedication and date(s). Checks can be made payable to "St. Anselm's Altar Guild." Please note that the Altar Guild cannot accept payments via Venmo.

MICHAEL LANE PRESCHOOL UPDATE

Happy New Year!

This month we have been learning about snow at Michael Lane Preschool. We have sung songs, made our own snow, tried on skis and ice skates, made snowballs out of socks, and even picked a snowball fight with a snowman! We started a "Bookworm Bag" which goes home with different students during the week and returns with one of their favorite picture books to read to the class the next day. We have also brought back our "Problem Solver" job - where a student is chosen to solve any conflicts that arise during the day.

With all of the January rain, we have been having fun with mud! Making mud pies was a highlight as well as watching local celebrity, Chris Young clear out some mud from the "river" behind the school! Please see the photo below of Chris and his "Sidewalk Supervisors."

We are beginning to plan for our upcoming school year - budgeting, collecting re-enrollment forms, and of course giving many tours to interested families! Wishing you a wonderful 2023!

Warmly, Holly Higgins, Director



ANNUAL REPORTS

If you are the Chair of a commission, committee, guild or group, please email your Annual Report to Cathy Witkay at cathy.w@stanselms.us as soon 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 February 26th until Palm Sunday, April 2nd. 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



Canterbury Tales is the monthly newsletter of

St. Anselm's Episcopal Church
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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

It is February already! The bulbs are sprouting, the sun is out and we are moving forward.

We all extend a tremendous thank you to the Search Committee for their endless hours and many months spent finding great prospects for our next Saint Anselm's Rector. Thank you to Sylvia Williams and Peg Matson for chairing this amazing committee. The two of you along with Julie Rinkenberger, Shanda Young, Don Liddle, Sally Fischer and Marian Mulkey diligently and faithfully fulfilled your charge from the congregation.

The discernment process is now in the hands of your church Vestry. As Vestry members, we will prayerfully interview candidates. As a Parish it is important that we continue to ask God for guidance and that His will for us be followed. The Vestry has been preparing for candidate visits and comprehensive interviews. The names and details about the candidates are very confidential. When the Rector-elect has accepted their call to Saint Anselm's, you will hear information about that person. Be assured that the Vestry is mindful that we are selecting for the Parish and not our individual desires.

Joan Martin

Vestry Meeting Updates



At the December 12th Vestry meeting our primary discussion items included:

- Annual review of staff salaries
- Review, discussion and approval of the 2023 budget with acknowledgement that remaining uncertainties will require us to revisit the budget mid-year
- Overview of process for Vestry interviews with Rector candidates, which we expect to schedule in January or early February

At the January 23rd Vestry meeting our primary discussion items included:

- Review of a proposal and action to approve investment of a portion of church reserves in interest-bearing investments that are either insured by the FDIC or backed by the US Treasury
- Finalization of plans for Rector candidate interviews
- Input to inform the search for the next Bishop of the Diocese of California

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

From the Interim Rector (continued from page 1)

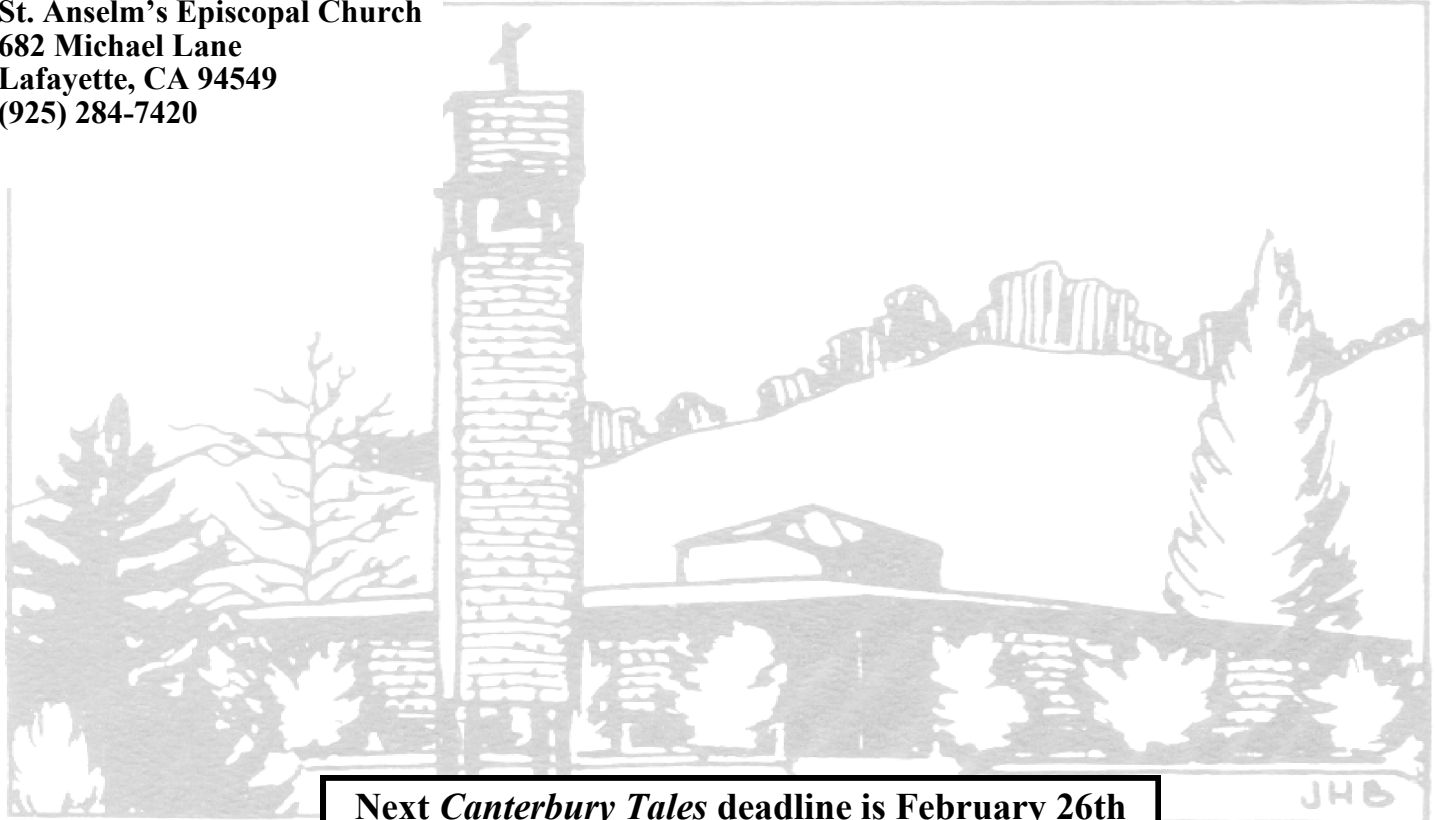
On January 29, we commissioned three new Stephen Ministers: Jeff Boero, Julie Rinkenberger, and Sheila Wiegand who have completed this rigorous training and now join our ongoing Stephen Ministers Gerry Starr and Sara Swimmer. We also commissioned the Rev. Naomi Chamberlain who joins Vicki Pappas and Judy Peak as a Stephen Leader.

So, if you or someone you know is in need of a caring Christian who will listen, empathize, encourage, pray, provide confidential care (including your identity), and patiently support you as you walk through a difficult time, please speak to me or one of the above-mentioned Stephen Leaders. There is someone who can and will help you bear the load.

Kathy+



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Next *Canterbury Tales* deadline is February 26th

LENTEN SERIES 2023

This year's Lenten Series will be centered on the nighttime prayer of Compline. Prayers for a "peaceful night and a perfect rest" can be a source of renewal and comfort through uncertain times and across all seasons, regardless of the hour of day. Following a brief overview of the origins of the Daily Office and Compline, the series will offer many opportunities to reflect on and unpack the wisdom, comfort and renewal that this time-honored prayer service can offer.

We will meet at 7 p.m. via Zoom on four Tuesday nights in Lent: February 28 and March 7, 14 and 21. Each session will last between 45 minutes and one hour. Each night will include study, discussion and a concluding Compline service. All are welcome for just one session or for the entire series. No pre-reading is required; however, you will need to have access to a Book of Common Prayer, either in hand or [online](#). To be added to the Zoom invitation, email marianmulkey@comcast.net. Questions can be addressed to Marian or Anne Brown, annechalfantbrown@gmail.com of the Christian Formation Commission.

WEEKLY SCHEDULE OF IN-PERSON & VIRTUAL MEETINGS

February 1st and each Thursday in February — Evening Bible Study will meet via Zoom at 7:00. To be invited, email Deacon Naomi at orchidsnrch@yahoo.com.

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

February 7th — Grief Support Group will meet via Zoom at 12:00 noon. To be invited, email Deacon Naomi at orchidsnrch@yahoo.com.

February 12th — Cancer Support Group will meet via Zoom at 11:30 AM. To be invited, email Julie Rinkenberger at jjrpmaggie@hotmail.com.

February 13th — Vestry will meet via Zoom at 7:00 PM. Vestry members will receive an email from Chris Young with the meeting link.

February 22nd — Ash Wednesday Services will be held at the Church at 12:00 noon and 7:00 PM. Zoom links will be sent the week of February 20th.