



Christ Episcopal Church

1216 Seventh Street, Anacortes, WA 98221
360-293-5790 office@christchurchanacortes.org
www.christchurchanacortes.org

Weekly Update 18 May 2017

Reflection

Sandi Davidson

We are living at a time when the human experience is one of constant interruption of thought, when our senses are bombarded from morning to night and few are able to enjoy a healing night's sleep enveloped as we are in the anxiousness of our modern world. We are a plugged-in, wired, rushed and distracted society which seems to me to be the exact opposite of the spirit-filled community Jesus introduced to his followers.

What is the opposite of living a sacred life, that is, a life lived without profound awe for the very actuality of being alive? A life lived without reverence for all living beings, without respect for one another, without a sense of the sublime, without bowing before the mystery of the universe in which we live, without experiencing the give and get of love? It is the unexamined life.

How often, in the course of a day, do we stop to thank the sacred mystery that fuels our breath, to which we owe our lives? Do we stop at all? Ever? The alternative to living a sacred life -- an unexamined life -- is a life lived without any connection to the mystery that brought us in and will see us out, when it is our time to leave this earth. So what does that really mean? It really means that we have no idea as to what we are doing here; no understanding of our true purpose while here and no conception of life as a state of grace.

For me, in addition to running all over the county assisting clients, I spend hours and hours a day answering my cell phone, sending and receiving countless emails, text messaging, meeting deadlines, and attending to the ubiquitous "paperwork". I often struggle with shifting from the sensory overload of the work day to coming home at day's end. There is so much I want to do when I reach the quiet refuge of home (knit, garden, read, cook, meditate, pray, take a walk), and instead I find myself reaching, yet again, for my phone to check messages and emails, and even wandering aimlessly through the house unable to settle down and relax. I know in my heart that this is not what God intends for our lives. How do I know? Because when I'm racing from one electronic task to the next, I cannot hear God – I can only hear myself. That voice in my head is agonizing over past mistakes and fretting over troubles yet to materialize. Every now and then I manage to dredge up Matthew 6 and hear Jesus' gently chiding voice.

²⁵ "Therefore, I say to you, don't worry about your life, what you'll eat or what you'll drink, or about your body, what you'll wear. Isn't life more than food and the body more than clothes?" ²⁶ Look at the birds in the sky. They don't sow seed or harvest grain or gather crops into barns. Yet your heavenly Father feeds them. Aren't you worth much more than they are? ²⁷ Who among you by worrying can add a single moment to your life? ...³⁴ Therefore, stop worrying about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.

When I am able to stop, truly stop and simply listen to the silence, the quietness fills my heart. It makes me pause and realize how amazing life really is. What a gift we've been given! What an incredible world we get to call home! How can I regularly pause and see the sacred? I believe, that a key for me to a God-filled life is to slow down and find opportunities to experience the sacred around me. After seeing a Ted Talk by Amit Sood, a professor of medicine at the Mayo Clinic who has done a lot of research on resiliency and happiness, I purchased a couple of his books. It comes as no real surprise to me that he has discovered that a key for humans in finding satisfaction with their lives is focused, uninterrupted attention to a task – whether it is doing taxes, solving a puzzle, helping a friend or playing with a child. These are sacred experiences (yes, doing taxes can be sacred!) because they allow us to be as God intended which is actively engaged in the world right in front of us. God gives us NOW and he gives it to us over and over and over every moment of our lives. The present moment is just that – a present from God that we get to open again and again. Who receives a present and doesn't pay attention when they open it up? Yet that is precisely what we frequently do. One of the great beauties of our liturgical church is our repetitive ritual practices which if we allow it to, can assist us in paying attention to the divine that surrounds us every moment of our lives, opening us up to experience the sacred regularly and to carry it out into the world beyond church walls. Amen.

May 21, The Sixth Sunday of Easter

8:00 am

Morning Prayer

Christ Church

Worship Leader: Creamy Wilkins

9:00 am—Noon

Child Care

Parish Hall Children's Room

9:15 am

Godly Play

Parish Hall Godly Play Room

Reverend Carol Rodin

9:30 am

Morning Prayer

Chandler's Square Community

Worship Leader: Creamy Wilkins

10:30 am

Holy Eucharist

Christ Church

Presider: Reverend Diane Ramerman

Preacher: Brian Lennstrom

Deacon: *No Deacon*

Altar Guild: Mary Gronholt, Valerie Long

Eucharistic Minister/Crucifer: Dale Ramerman

Reader 1: Sandy Mathis

Reader 2: Betty Anne McCoy

Ushers: Elaine Oliphant, Becky Watson

Tellers: Mike Jackets, Frank McCoy

11:45 am

Coffee Hour

Diane Guinn

Readings

Acts 17:22-31

Paul stood in front of the Areopagus and said, 'Athenians, I see how extremely religious you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, "To an unknown god." What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For "In him we live and move and have our being"; as even some of your own poets have said, "For we too are his offspring."

Since we are God's offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.'

Psalms 66:7-18

Bless our God, you peoples; *
make the voice of his praise to be heard;

Who holds our souls in life, *
and will not allow our feet to slip.

For you, O God, have proved us; *
you have tried us just as silver is tried.

1 You brought us into the snare; *
you laid heavy burdens upon our backs.

You let enemies ride over our heads;
we went through fire and water; *
but you brought us out into a place of refreshment.

I will enter your house with burnt-offerings
and will pay you my vows, *
which I promised with my lips
and spoke with my mouth when I was in trouble.

I will offer you sacrifices of fat beasts
with the smoke of rams; *
I will give you oxen and goats.

Come and listen, all you who fear God, *
and I will tell you what he has done for me.

I called out to him with my mouth, *
and his praise was on my tongue.

If I had found evil in my heart, *
the Lord would not have heard me;

But in truth God has heard me; *
he has attended to the voice of my prayer.

Blessed be God, who has not rejected my prayer, *
nor withheld his love from me.

1 Peter 3:13-22

Now who will harm you if you are eager to do what is good? But even if you do suffer for doing what is right, you are blessed. Do not fear what they fear, and do not be intimidated, but in your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who demands from you an account of the hope that is in you; yet do it with gentleness and reverence. Keep your conscience clear, so that, when you are maligned, those who abuse you for your good conduct in Christ may be put to shame. For it is better to suffer for doing good, if suffering should be God's will, than to suffer for doing evil. For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

John 14:15-21

Jesus said to his disciples, 'If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you for ever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

'I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.'

Announcements

Sunday Morning Faith Formation

Sunday morning faith formation classes will resume in September.

Coffee Hour Work Party

Sunday, May 21

Wear your jeans and gardening shoes to church on Sunday, May 21, then pitch in with some much-needed yard work! Maple seedlings are sprouting like mad among our landscape plantings, and dandelions are taking hold in the lawn. Bring small hand tools, a rake, a hoe, whatever you think would be useful. No lawn mowing. And . . . if bending and stooping don't work for you, be our cheerleaders! This could be fun! Contact June if you have questions.

Godly Play

May 21

9:15 am

Parish Hall Godly Play Room

All ages are welcome.

Child Care

Child Care is available each Sunday.

9:00 am—Noon

Parish Hall Children's Room

New Weekday Service

Morning Prayer, using the Book of Common Prayer

Wednesdays, beginning May 31

9:00—9:30 am

Christ Church Sanctuary

This service will carry on through the summer and, if it is favorably received, will continue in autumn.

Blessing of the Gardens

Thursday, May 25

1:30—3:30 pm

We will begin at Christ Church, blessing soil, seeds, and transplants, and will then process to neighborhood gardens. If you would like to have your garden blessed, please contact Marcy at the church office.

Mt. Baker Regional Meeting

Saturday, June 3

11:00 am—2:00 pm

St. Paul's Church, Mt. Vernon

Reverend Terry Kylo will speak about his work with *Neighbors in Faith*, a ministry which facilitates relationships between Muslims, Christians, and Jews in order to promote a peaceful world.

Lunch will be provided with a freewill donation.

Please RSVP by May 30 to Betty Anne McCoy at bamccoy41@gmail.com to reserve lunch.

All are welcome.

The Day of Pentecost

Sunday, June 4

Remember to wear red!

We will be taking our annual Pentecost Day photos at each service.

Theology Potluck

Sunday, June 24

5:00 pm

Home of Mary Gronholt

Enjoy fellowship, food, and interesting discussion. All are welcome.

Please RSVP to Mary at 360-293-1816 or mgronholt@yahoo.com

Women's Group

Following a summer hiatus, the Women's Group will meet on second Tuesdays, at Noon, in the Parish Hall Gathering Room. Next meeting will be September 12.

Men's Group

Weekly on Fridays

8:00 am

Parish Hall Conference Room

Please join us. All are welcome.

Prayer Shawl Ministry Meetings

Second and fourth Fridays

3:00-5:00 pm

Parish Hall Gathering Room

Please join us for this prayerful ministry and spiritual practice which reaches out to those in need of comfort & solace, as well as in celebration & joy. Please contact Reverend Carol for more information.

All are welcome.

Contemplative Prayer

Weekly on Thursdays

1:00—1:30 pm

Christ Church Sanctuary

All are welcome.

Evening Prayer

2nd, 4th, & 5th Wednesdays

5:00—5:30 pm

Christ Church Sanctuary

All are welcome.

The Red Door Thrift Shop

A Ministry of Christ Episcopal Church

1019 Seventh Street, Anacortes

360-293-8027

Profits from our Red Door Thrift Shop fund Christ Church's Community Support program.

Shop Hours: Tuesday, Thursday, Friday, 11:00 am - 5:00 pm

Donation Hours: Monday-Friday, 11:00 am - 3:00 pm

Volunteers and donations are always welcome.

Request from The Red Door Thrift Shop

Friends,

If you are heading to Mt. Vernon or Burlington today or Friday, please consider stopping by the shop to pick up a few boxes to take to Goodwill or Value Village. Our space is full and our regular runner is out due to health issues.

Thank you,

Kari Bishay, Red Door Manager

Clergy Schedule

10:30 am service

May 28

Presider: Reverend Carol Rodin

Preacher: Reverend Carol Rodin

Deacon: Reverend Eric Johnson

June 4

Presider: Reverend Diane Ramerman

Preacher: Reverend Diane Ramerman

Deacon: Reverend Eric Johnson

June 11

Presider: Reverend Carol Rodin

Preacher: Reverend Tom Sinning

Deacon: Reverend Tom Sinning

The Week Ahead...

Monday, May 22

Choir Rehearsal
5:00 pm
Parish Hall Gathering Room

Tuesday, May 23

Caregiver Support Group
1:00—2:30 pm
Parish Hall Gathering Room

Wednesday, May 24

Red Door Staff Meeting
9:00—10:00 am
Parish Hall Gathering Room

Red Door Linen Group
10:00 am—Noon
Parish Hall Gathering Room

Education for Ministry
12:45—3:00 pm
Parish Hall Conference Room

Evening Prayer
5:00—5:30 pm
Christ Church Sanctuary

Thursday, May 25

Worship Team Meeting
9:30 am—Noon
Parish Hall Gathering Room

Contemplative Prayer
1:00—1:30 pm
Christ Church Sanctuary

Blessing of the Gardens
1:30—3:30 pm
Begin at Christ Church

Friday, May 26

Men's Group
8:00 am
Parish Hall Conference Room

Office Volunteers
9:00-10:00 am
Parish Hall Gathering Room

Prayer Shawl Ministry
3:00—5:00 pm
Parish Hall Gathering Room