

Services

Sunday

8:00 am Eucharist with hymns
9:00 am Fellowship
10:00 am Sunday School
10:15 am Sung Eucharist
11:15 am Fellowship
3:00 pm Senior Service
(Chapel, last Sunday of the month only)

Wednesday

10:00 am Eucharist (Chapel)

Daily

7:30 am Morning Prayer (Chapel)
6:30 am Friday Morning Prayer (Chapel)
(no Saturday service)

Music Rehearsals

St. Thomas Choristers

Thursdays - 3:45 – 5:00 pm
Grades 2-7

Sundays - 11:30 am – 12:30 pm
Grades 7-12

St. Thomas Singers

Thursdays - 7:30 – 9:30 pm

Calendar

Welcome to the Table!

Eucharist with Our Children Workshop

March 1, 9:00 am – noon
Lunch following

Sunday Forums: Discovering Our Spiritual Gifts

(input for rector search process) - March 2, 9, 16
9:15 – 10:00 am

Guest Preacher: The Rev. Ralph Carskadden

March 2

Lenten Series: Sacraments

March 6, 13, 20
7:00 – 9:00 pm (includes dinner – bring a dish to share)

THE COLLECT

March 2008

St. Thomas Episcopal Church ❖ P.O. Box 124 ❖ Medina, WA 98039
425.454.9541 ❖ www.stthomasmedina.org



From the Priest-in-Charge WORD/words

I ran into a parishioner at the mall and we talked briefly. In our exchange, the person said, “Your sermon last week really spoke to me.” So, I took the conversation a step further and asked, “What in particular spoke to you?” Briefly, they shared what they heard and how it intersected with their life. It was good and important.

As I listened carefully to what they shared and our subsequent brief conversation, I had an interesting thought – to my knowledge I didn’t say anything like what they heard. The sermon had a parallel but slightly different focus. We could easily dismiss the parishioner’s comment by saying, “Oh well, people hear what they want to hear.” However, you might consider this perspective: the sermon I prepared and the lessons heard worked for that person.

When we gather for Eucharist every Sunday, the liturgy has two main parts: word and table. We gather to listen to the Word of God through the lessons and sermon and accept the invitation to gather for a holy meal around the table. The book of Acts in the New Testament is echoed in the baptismal covenant question: Will you continue in the apostles’ teaching and fellowship, in the breaking of bread, and in the prayers?

The lessons and sermon are the facets of the liturgy of the word. Every Sunday we read three lessons and a psalm – two are from the Old Testament and two from the New. The

gospel reading is the centerpiece. Episcopalians see those readings as story, dialogue, letter, and poetry from the Holy One who invites us into relationship. They aren’t scientific literature, a case study, or an almanac. We seek to avoid that interpretation; we are not literalists but rather relationists who engage God in ongoing conversation.

Jesus quotes a verse (Deuteronomy 6:16) from the Rabbinic tradition in Matthew’s account of the temptation in the desert for the First Sunday in Lent . . . “One lives . . . by every word that comes from the mouth of God.” It describes our relationship with the Holy One. As we listen, God speaks to us through the readings and homily and the liturgy. We may hear a word, phrase, or idea that sticks in the heart or mind. If we let it ruminate, it may take us to a place where we engage some aspect of our life that God and we are ready to think about further. Also, when we are struggling with something personally, we most often hear an important affirming or directing word.

At the Wednesday Bible study on the upcoming lessons for Sunday, I’ve encouraged participants to listen to the lesson – following on paper only if they are more predominantly visual learners or the reader’s voice is outside their

continued on page 3 . . .

The Quiet Corner
Saint Brigid of Ireland

by Kathryn Ballinger, Deacon, Associate for Spiritual Direction and Parish Visitor

These are the winter doldrums, the days of the year when not much seems to happen between Epiphany and the emergent spring. True, there is Valentine's Day in February if you're a romantic, and March has St. Patrick's Day and the Ides of March.

While thinking of things Irish, I thought I'd learn a bit more about St. Brigid (c. 450-525), one of Ireland's patron saints. There are many versions of her story, probably because it is an old one and also because she was a notable woman. Legend says that she was ordained a bishop. The church has vigorously resisted this idea for obvious reasons. But then, it was Ireland.

Brigid lived in the era when traditional Irish religion was giving way to Christianity. The legends of holy Brigid reflect that uneasy ebb and flow. Brigid was the name of the Celtic sun god-

dess, but she was also called "Mary of the Gael." The Irish people maintained an image of the maternal face of God out of their primeval religious memories and tradition.

Through the mists of legend, it is believed Brigid was born into slavery and converted to Christianity in her childhood by St. Patrick. She was granted her freedom when it proved impossible to curb her almsgiving and her master was in danger of being impoverished.

Her generosity and compassion are the features of her many miracles. Her only desire was "to satisfy the poor and expel every hardship." Many of her miracles have a maternal quality – the desire to nourish and give succor.

Brigid became a nun and ultimately abbess of Kildare, a double monastery

with both men and women. She was famed as a spiritual teacher, and the abbey became a center for pilgrims. So great was her authority that she even convinced a bishop to join her community and share the leadership, who, legend says, ordained her as a fellow bishop. This was considered scandal by the church and was glossed over by saying that the bishop was so "intoxicated by the grace of God" that he didn't know what he was doing.

I will close with one of my favorite quotes of St. Brigid: "I would like a great lake of beer for the King of the kings; I would like the people of heaven to be drinking it through time eternal." Sounds good to me, and also very Irish.



Saint Brigid's Prayer

I would like the angels of Heaven to be among us.
I would like an abundance of peace.
I would like full vessels of charity.
I would like rich treasures of mercy.
I would like cheerfulness to preside over all.
I would like Jesus to be present.
I would like the three Marys of illustrious renown
to be with us.
I would like the friends of Heaven to be gathered
around us from all parts.
I would like myself to be a rent payer to the Lord.

(Prayers of the Saints: An Inspired Collection of Holy Wisdom by Woodeene Koenig-Bricker [San Francisco: HarperCollins], 1996, p. 77.)

“... and a time to build ...” Ecclesiastes 3:3

My husband, Steve, and I along with six fellow members of St. Thomas, two members of a nearby Lutheran Church, and Brian Sellers-Petersen, the West Coast Operations Director for Episcopal Relief and Development (ERD), just returned from a construction trip to Mississippi and New Orleans. We worked through the auspices of ERD out of Camp Coast Care in Long Beach, Mississippi. Camp Coast Care was set up in the immediate aftermath of hurricane Katrina on the campus of Coast Episcopal School to distribute food, clothing, and supplies and is supported by ERD. It is now a primary housing site for volunteers supporting Katrina victims and providing help with cleaning out and rebuilding homes.

As we were installing insulation in a house, I noticed a truck from Camp Coast Care parked nearby; on it, in beautiful lettering, was “... a time to build ... Ecclesiastes 3:3.” “How appropriate,” I thought. But I couldn’t take my eyes off that quote from the Bible. As I stood there, I began to realize the broad implications of those words. Yes, we were building a house that was to be a home for a family that had lost everything. A constant reminder of that loss was the cement slab that had held their former home sitting right next to the structure on which we worked – a cemetery marker for a life that once was. But beyond

that immediate new structure, we were also participating in (re)building lives, a far more important kind of construction. Nothing demonstrated that more than the tears of joy shed by the single dad, who was to live in the house with his three children, when he came by to say “hello and thank you.” He and all around him could see and feel the new life that was beginning to flower. The return of hope.

From Mississippi, we went on to New Orleans where Brian took us on a tour of ERD projects in some of the most devastated areas of the city. With the Episcopal Diocese of Louisiana, ERD formed the Jericho Road Episcopal Housing Initiative with a grant of \$2.3 million. In partnership and cooperation with other non-profits, private businesses, other faith-based organizations, and social agencies, Jericho Road is replacing the rotting and damaged with clean and well-constructed homes for those who lost so much. Through grants, we are enabling those who otherwise would be unable to own their own home. These lives, too, are being rebuilt with new hope.

In an area hit by inconceivable devastation, God is inspiring us with new ways to build together, to help one another, and to offer the gift of hope. It truly is “a time to build” in so many ways.

From the Priest-in-Charge continued from page 1 . . .

decibel range. I would encourage the same behaviors on Sunday at the Eucharist. Listen to the lesson. Following it too closely on paper as it is read limits your mind from wandering and hearing something “between the lines” where the Holy One is starting a conversation with you.

Michael Stern, the guest conductor of the Seattle Symphony, gave a brief introduction to “Intégrales” by Edgard Varèse/arr. by Chou Wen Chung, which was the opening music in the program on Friday, February 8. He said, “When you listen to this new concept of music (one that elevated rhythm, texture, and tone color and dynamics to an importance above those of line and harmony) don’t try to fight the music or understand it, lean back and let it work you over.”

We gather weekly for the Eucharist. The first half is relationship to the word and the word’s relationship with us. The readings/sermon are all about connecting and entering into relationship with the Word – Christ. Relax, listen, ruminate. Give yourself permission for your mind to wander and hear the Word within or between the lines. Let them work you over!

Faithfully,



Did You Know?

YOGA: A LIGHT SHINES AT ST. THOMAS

An Interview with Gini Ann Davis, Yoga Instructor and parishioner

by Shirley E. Deffenbaugh, Editor

“Like a candle in the middle of the room, yoga can be viewed from many different perspectives,” says Gini Ann Davis, yoga instructor. “At St. Thomas, we practice hatha (ha = sun and tha = moon) yoga in the Iyengar style. This is a kind of yoga that emphasizes correct spinal alignment and the use of props for support. We primarily work on physical poses (asanas) and breath work (pranayama) to gently stretch and tone.” * As Gini notes, postures and breath work are only two of the eight limbs or paths of yoga, but all share a common goal: the union of mind, body, and spirit. Yoga prepares the body for the spiritual path via physical and breathing exercises and was created to help prepare people for long hours and even days of prayer.

Gini has taught yoga at St. Thomas for eight years. “First of all,” she says, “it’s a community of caring. We watch out for people, know when they’re not here, and we don’t let them fall through the cracks. It’s important for people to know that they are not alone.” She describes her St. Thomas groups as “faith-based (many faiths), inclusive, non-competitive, quiet, loving, and non-judgmental.” People start from different places [levels], but practice as a group, i.e., within community.

“We also offer people a safe place,” Gini Ann says. “People with histories of physical abuse or trauma from an accident, a joint replacement, or disease may struggle with being able to relate to their physical being. They may have grief about their loss of mobility and health or feel marginalized from themselves. People can get stuck in their wounded bodies. Yoga comes to you through your body. Once we feel physically safe and confident in our bodies, once we forgive our bodies, we can feel hopeful again. We can begin to develop trust. Hope and trust are the foundations of faith. In our yoga groups, people are learning how to create safety for themselves. If we’re safe in our bodies, then we can go on to do our real work.”

Two classes are offered each week in the Great Hall: Monday at 6:00 – 7:15 pm and Wednesday at 9:30 – 10:30 am. More information and fees are posted on the web at www.yogaatlarge.com.

* To find out more about some benefits of yoga, see “Comparing Yoga, Exercise, and a Self-Care Book for Chronic Low Back Pain: A Randomized, Controlled Trial,” by Karen J. Sherman, Daniel C. Cherkin, Janet Erro, Diana L. Miglloretti, and Richard A. Deyo in *Annals of Internal Medicine*, Vol. 143, No. 12, December 2005, pp. 949-956.

HOLY WEEK AND EASTER

Palm Sunday (March 16)

We will begin our liturgy outside the church by carrying in palm branches and singing.

Holy Week: The Triduum

(March 20-22)

The Triduum is actually one long liturgy, taking place over three consecutive evenings. To miss one of the services is to miss a chapter of the saga.

Triduum I: Maundy Thursday,

March 20

Our primary service is a dinner in the Great Hall: 6:30 pm Agape Eucharist with footwashing.

Bring a gift of canned food or money for the poor.

Watch of Prayer continues throughout the Triduum in the Chapel

Triduum II: Good Friday, March 21

6:30 am Stations of the Cross

7:30 am Morning Prayer

12:00 noon Devotions at the Cross

Primary Service: 7:00 pm Solemn

Liturgy with Choir

Triduum III: The Great Vigil of Easter,

March 22

Primary Service at 8:00 pm:

FIRE: We light the new Paschal fire.

STORY: We hear the ancient tales of God’s works of salvation.

WATER: We baptize new Christians in the name of the Holy Trinity.

REFRESHMENT: We come to the water ourselves as a reminder of our own baptism.

FEAST: We are all invited to the table, old and young, dead and living, to share in the eternal meal of the Risen Christ.

Easter Morning, March 23

7:30 am Holy Eucharist with Hymns

9:00 am Festal Eucharist with St.

Thomas Singers, Choristers and Brass

11:00 am Festal Eucharist with St.

Thomas Singers and Brass

12:30 pm Easter Egg Hunt in Medina Park

FINANCIAL REPORT

JANUARY		BUDGET	ACTUAL
	INCOME	\$ 153,233	\$ 146,285
	EXPENSE	\$ 94,338	\$ 91,955
YEAR TO DATE			
	INCOME	\$ 153,233	\$ 146,285
	EXPENSE	\$ 94,338	\$ 91,955

A detailed financial report is available from Gerry Gallaher, Business Manager, in the Parish Office.

GOOD FRIDAY OFFERING

From the Presiding Bishop

For the Congregations of the Episcopal Church

Dear brothers and sisters in Christ:

For almost a century, the Good Friday Offering has been a source of support, love, and hope for the people of the Episcopal Church in Jerusalem and the Middle East. This year's 86th Good Friday Offering offers us the opportunity to be nourished by a deepened bond with the churches in this region that is so central to our faith. I met recently with representatives of the church in Cyprus and in Palestine and have been deeply moved by their stories of the pain that division brings to the lives of all in this Province of the Anglican Communion.

The Episcopal Church in Jerusalem and the Middle East was formed in 1841 with the purpose of forging friendships with the ancient churches and serving the expatriate communities in this area. The friendships that were forged then have strengthened the work and witness of the entire Episcopal Church ever since. Since 1922, members of the Episcopal Church have given thanks for this extraordinary relationship through their generous giving to the Good Friday Offering. This offering expresses our own commitment to walk with the church of Jerusalem and the Middle East as they continue to work toward justice, reconciliation, and peace. Through our support of these churches we are helping to realize God's vision of shalom. . . .

Please join with me in celebrating the work of the Good Friday Offering by generously sharing the gifts we have been given with our sisters and brothers in the Middle East.

Your servant in Christ,

Katharine Jefferts Schori
Presiding Bishop and Primate

At St. Thomas, make checks payable to Project Outreach and enter "Good Friday Offering" on the memo line.

Books of Note

FORGIVENESS

"Forgiveness is the fragrance that the violet sheds on the heel that has crushed it." – Mark Twain

Lent is a time to reflect on forgiveness. We ask for it and promise to give it every time we recite the Lord's Prayer or when we participate in the Reconciliation of a Penitent.

"Do you, then, forgive those who have sinned against you?"

"I forgive them." (*The Book of Common Prayer*, p. 451)

But what do we mean when we say these words? A number of books in our St. Thomas library explore the topic. They are listed by title and call number here.

Amish Grace: How Forgiveness Transcended Tragedy (289.7 KRA)

Dancing in the Dark: A Sister Grieves (248.8 NEU)

Embodying Forgiveness: A Theological Analysis (234.5 JOH)

The Forgiveness Book (234.5 LIB)

Forgiveness, the Passionate Journey (241.5 WUE)

Healing of Memories: Prayer and Confession – Steps to Inner Healing (248.86 LIN)

ST. THOMAS GIVING TREE REPORT

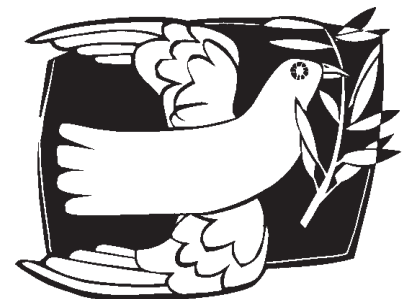
Congratulations once again on a successful St. Thomas Giving Tree Project.

Thank you to everyone who participated in the Giving Tree during Advent. The St. Thomas response to the Giving Tree outreach project was overwhelming.

La Iglesia de la Resurreccion provided toys and clothing for more than 600 children. Of those children, 80 were covered by St. Thomas parishioners,

who gave an outfit and a toy to each of the boys and girls whose names were written on tree tags. We also gave extra clothes and toys to La Iglesia for other children in need. Above and beyond that, St. Thomas donors gave a check for \$828.63 to La Iglesia to use for the Giving Tree project.

Sincere thanks go to all who took part in the program. Special thanks to The Sandwich Makers group for donating crocheted hats and mittens for all of our assigned children.



St. Thomas Episcopal Church
Vestry

Bob Simeone, *Senior Warden*
Tammy Waddell, *Junior Warden*
Andrea Sato-Borgmann, *Junior Warden*
Fred Barkman, *Treasurer*
John Kruger, *Chancellor*
Nicholas Sooy, *Clerk*
Roger Ahroon Jim Kesl
Jeff Belfiglio Sarah Nortz
Jim Blundell Alice Reid
Jim Hughes

Staff

The Reverend Hollis Williams,
Priest-in-Charge
The Reverend Kathryn Ballinger, *Deacon*
Associate for Spiritual Direction
& *Parish Visitor*
The Reverend Stephen W. Best,
Associate for Couples & Family Life
Dent Davidson, *Associate for Liturgical Arts*
John Gallagher, *Ministry Intern*
Josh Hosler, *Associate for Christian*
Formation
Aileen Loranger, *Associate for Pastoral Care*
& *Health Ministries*
Jeremy Anderson, *Associate Organist*
Judy Crunkilton, *Parish Administrator*
Gerry Gallaher, *Business Manager*

THE COLLECT

Shirley E. Deffenbaugh, *Editor*
Elizabeth Ward, *Assistant Editor*
Kay Kessel-Hanna, *Layout Editor*
Judy Crunkilton, *Production*

Deadlines: Copy for the April 2008
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Please submit copy to Shirley
Deffenbaugh, editor, via email at
sedeffenbaugh@comcast.net or leave
in the drawer marked "Collect" at the
Church. All articles will be edited. If you
have questions, please call Shirley at
425-455-4817.

WALKING THE RESURRECTION

by Josh Hosler, *Associate for Christian Formation*

Last year on the first Sunday in Lent,
I took the St. Thomas youth group
to Seattle's Capitol Hill. There, we
teamed up with the youth group from
Saint Mark's Cathedral, and together
we walked the Stations of the Cross
– not in the church but in the city.

The first station was the outdoor
stage in Volunteer Park. There, we
imagined together the public con-
demnation of Jesus – the crowds, the
shouting, the smells.

The fourth station was Tent City
3, which the cathedral was hosting
at the time. We meditated on Jesus
meeting his mother on the way to
the cross, and we heard the stories of
people trying to work their way out
of homelessness. We were reminded
that Mary's suffering is that of all
those who are unable to do enough to
save their loved ones.

And so it went: we continued walk-
ing the fourteen Stations of the Cross
all over Capitol Hill. The rain came
in sprinkles. And eventually, we
reached the twelfth station, where
Jesus died on the cross. Our walk
led us to a house on East Republic-
can Street. In 2006, a gunman had
opened fire on a rave party in this
house, killing seven people, includ-
ing himself.

We didn't dwell there because the
house already had new residents. We
just walked past and walked back
again, proceeding to our next station.
The thirteenth station, where Jesus is
taken down from the cross, was rep-
resented by a community pea patch
one block from the rave house.

We remembered the words of Jesus
paraphrased in *The Message*: "Un-
less a grain of wheat is buried in the
ground, dead to the world, it is never
any more than a grain of wheat. But
if it is buried, it sprouts and reproduc-
es itself many times over. In the same
way, anyone who holds on to life just
as it destroys that life. But if you
let it go, reckless in your love, you'll
have it forever, real and eternal.

The sprinkles turned to a steady rain
that drenched us on the long walk
back from the pea patch. We gathered
again in the cathedral's McCaw Cha-
pel for the fourteenth station, where
Jesus is placed in the tomb. We were
given seeds to take home and plant.
We heard a reading from Paul's letter
to the Ephesians:

"Since, then, we do not have the ex-
cuse of ignorance, everything – and I
do mean everything – connected with
that old way of life has to go. It's rot-
ten through and through. Get rid of it!
And then take on an entirely new way
of life – a God-fashioned life, a life
renewed from the inside and work-
ing itself into your conduct as God
accurately reproduces his character
in you."

The death and resurrection of Christ
is real. It happened just once, and it
happens every day. We experienced
it last year over three wet hours on
Capitol Hill. How do you experience
it? How will you share the good news
this Easter?

A Christian Conference

**Standing with the Living Stones
of Israel and Palestine**

April 18-19, 2008

University Christian Church (Friday)

University Presbyterian Church (Friday evening & Saturday)

Christians have been a vital presence in the Holy Land for nearly 2,000 years, and current generations in this ancient place refer to themselves as “living stones.” Today, conditions threaten the survival of the Christian churches in Israel and Palestine. A broad group of Western Washington Christians presents this conference out of deep concern for our sisters and brothers in the land of the Bible. Featured speakers include:

Dr. Bernard Z. Sabella (Catholic)

Member, Palestinian Legislative Parliament from Jerusalem

Ex. Dir., Dept. of Service to Palestinian Refugees, Middle East Council of Churches

Sociology Professor, Bethlehem University (on leave)

Mr. Sami Awad (Baptist)

Director, The Holy Land Trust, Bethlehem

The Reverend Jane Barron

Immediate past minister to St. Andrew’s Church, Jerusalem (Church of Scotland)

www.livingstonesconference.org

To register online, go to the registration page at www.livingstonesconference.org and follow the prompts. If you cannot access the web site, you may call Brown Paper Tickets at 1-800-838-3006.

Donations are welcome and will be greatly appreciated. If you wish to help, please send your contribution, earmarked “Living Stones,” to the Church Council office at 4 Nickerson #300, Seattle, WA 98109.

For more information, contact Steering Committee co-chairs:

Shannon Parks-Beck
shannon@shannonbeck.com

John Berg
johntberg@msn.com

Mary Pneuman
fmpneuman@cs.com

TRANSITION UPDATE
(as of February 5, 2008)

by Andrea Sato-Borgmann, Co-Junior Warden

Forum: What's Next for St. Thomas?

The Vestry hosted a Sunday forum on January 27th to update the parish on the transition and other key work. Topics discussed included transition (interim update, overview of the search process, and parish profile process), the parish center renovation plans, upcoming capital campaign feasibility study, and rectory remodel. A copy of the slides used during the presentation is available on the St. Thomas web site. The slides include contact names for each of the topics discussed and parishioners are urged to contact individuals directly if they have questions or want further information. A partial podcast of the forum is also available on the St. Thomas web site.

Clergy and Diocesan Leadership

Father Hollis Williams continues his service as priest-in-charge of St. Thomas. Father Hollis will serve until the Vestry calls an interim rector. He will be working approximately 20

hours per week, typically on Mondays, Wednesdays, and half days on Sundays. He will also be available to preside as necessary for special events such as funerals and weddings.

Bishop Greg and Senior Warden Bob Simeone conferred briefly during the pilgrimage to Chicago on February 2nd and 3rd to celebrate Bishop Lee's consecration. Bishop Greg will provide the name of at least one and possibly more candidates for the Vestry to consider. The wardens anticipate making initial contact with the first of these individuals during the week of February 7th. We hope that the interim rector will be selected and begin work at St. Thomas within the next two months, but the process could take longer depending on the chosen individual's availability.

Search Process

As previously reported, the first step in the search process will be commencing

the parish self study, which will culminate in the parish profile. The Vestry anticipates selecting a parish profile committee during the month of February.

Vestry Leadership

The Vestry has been blessed with the talented and faithful leadership of Senior Warden Bob Simeone and Junior Warden Tammy Waddell, whose terms on the Vestry concluded in February 2008. Under the parish bylaws, the rector selects the senior warden and the Vestry elects the junior warden(s). In the absence of a rector, the Vestry will elect a senior warden and one or more junior wardens at their annual retreat (February 29 through March 2, 2008). The existing wardens will continue as officers of the parish corporation until our successors are elected and qualified.

Practicing the Hospitality of God

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