

## Services

### Sunday

- 8:00 am Eucharist with hymns  
9:00 am Fellowship  
9:15 am Adult Forum  
10:15 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)  
9:00 am Friday Morning Prayer (Chapel)  
(no Saturday service)

## Music Rehearsals

St. Thomas Singers  
Thursdays – 7:30 pm  
Sundays – 9:15 am

Early Music Ensemble and Choristers  
(see schedule on p. 7)

## Calendar

### September 6

Father Lex's First Sunday

### September 7

Labor Day, Office closed

### September 12-13

Youth Overnight

### September 13

Kick-Off Sunday  
Father Lex presents Adult Forum  
Special Welcoming Reception  
following 10:15 service

### September 19

Men's Breakfast w/Father Lex  
8:00 am

### September 20

Young Adults Fellowship  
Skagit Pilgrimage Stockholders  
Dinner, 6:00 pm

### September 27

Acolyte Training  
11:30 am

# THE COLLECT

September 2009

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



From the Rector

## WHAT'S IN A NAME? HOSPITALITY

by *The Reverend Alexander N. "Lex" Breckinridge*

One reason I love my job is that I love stories. I love to tell stories in preaching and teaching. I love to hear the stories of the people of God as I read and study and discuss scripture and commentary. I love to hear personal stories in pastoral care and the healing ministry, where there is so often the invitation to enter into the narrative of a life, to be witness to the unfolding story of joy and struggle and laughter and tears that mark all of our journeys. And it is always striking to me that when a person who is experiencing a difficult time is called by name in prayer, a certain lightness and peace become part of the sacred conversation. Our deepest desire as human beings is to know and be known, to love and be loved. Hearing our name called, being looked in the eye, being acknowledged as a person of dignity and worth, we experience God's love incarnated for us.

So names are important. In his letter to the little community in Philippi, Paul describes the saving power of Christ Jesus as being found in his emptying of himself, taking the form of a servant, becoming obedient even to the point of death on a cross. Therefore, says Paul (he's actually quoting a hymn here), God has highly exalted Jesus, giving him the "name that is

above every name so that at the name of Jesus, every knee should bend ... and every tongue confess that Jesus Christ is Lord." In Hymn #525, "The Church's One Foundation," which provides the thematic framework for this month's *Collect*, we sing of the church: "... one holy Name she blesses, partakes one holy food, and to one hope she presses, with every grace endued." In the Gospel of John, Jesus teaches his disciples that he is the Good Shepherd, the One who calls his own by name. All of which is to say, that the One whose Name is above all names calls each of his own, beloved children of God, you and me, by name. Names are important.

There are many names at St. Thomas I don't yet know. The Transition Committee is busy arranging a series of informal small group events beginning in late September that will give you and me a chance to introduce ourselves so we can begin to call each other by name. In the meantime, though, may I make a request? Please consider wearing your name badges, not only on Sunday, but

*continued on page 3 . . .*

## GRATEFUL HEARTS

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

Driving up Bellevue Way, I pass by St. Luke's Lutheran Church. During July, their reader-board declared: "Gratitude is Godliness." I began thinking about how grateful I am for the blessing of my recent leisure and travel with my husband Philip.

Our summer 2009 trip started with an invitation to my husband and nine other college people to attend summer meetings at Cambridge University. This year I would be able to accompany Philip to England; and since we were going abroad, we would take his mother along and visit the French family in Bordeaux. It would more than likely be Philip's Mom's last visit home to see her sister in Bordeaux. We would also arrange five days in Burgundy for just the two of us.

Burgundy is an area in France that neither Philip nor I had visited. It is famous for its wines, of course, but also for its history. Here, Julius Caesar defeated the Gauls, and much later, the Abbey of Cluny rose from the ashes of the Roman Empire to vie with Rome for religious power in the 12th century. At that time, Cluny headed a powerful monastic "empire" of 10,000 monks.

Today, Burgundy is bucolic with its soft, rolling hills and quiet villages nestled in its valleys. There are white Charolais cattle grazing in the fields, and the area is crisscrossed by canals with slow-moving vacation barges.

We stayed in Beaune and took leisurely day trips in every direction. We love getting off the beaten path to explore back roads where we can really experience a region. One day we visited

France's best-preserved medieval abbey at Fontenay. It is one of the oldest Cistercian abbeys, founded in 1118 by St. Bernard. On another day, we visited Vezelay with its hilltop church, the Basilica of Ste. Madeleine, where, in the 12th century, pilgrims filed past the supposed remains of Mary Magdalene. Three of the Crusades also were launched from this site.

We flew from Lyon to Bordeaux to spend time with Philip's family. They wined and dined us with much love, and they showed us all the restoration that has happened in their city. We spent one day at the ocean and another driving through the vineyards of Bordeaux.

We left Philip's Mom in France and went on to Cambridge where Philip had meetings during the day, leaving me free to explore. But dinners brought the whole U.S. and British groups together: the first evening at Jesus College and the second at a pub. The last afternoon, we all went punting on the Cam River. Such fun! Then, back to Paris where we joined Philip's Mom to fly home.

But back to the message on the reader-board and my reflection on gratitude. Yes, I was grateful for this travel opportunity. We had planned this trip for last year but had to cancel for two reasons: Philip's Dad was dying from lung cancer and our first grandchild was born with a heart defect. During summer 2008, we drove to Yakima every weekend to be with Philip's father, and I drove three times a week to Issaquah to take dinners and help my daughter with Noah.

Now, I truly believe that God gives himself to us in the midst of our lives, in all circumstances. When he promises to give us repose in green pastures, it is not for us to judge whether or not the pastures are green. If he has put us in a place, even though it appears barren and full of struggle, it is the pasture we need for spiritual growth. And when we pray "give us our daily bread," then everything that comes to us is nourishment. This is what faith is: to believe and eat our daily bread with love and gratitude. What appears to us as difficult is not the viewpoint of God. All of life is God's domain, and it is our choice to utterly trust in his goodness and respond to his "come," and in faith, "walk on the water" of daily life.

While initially I was disappointed not to have a vacation last year, I was grateful for the opportunity to be helpful and a source of support. The family closeness we experienced more than made up for the grief and challenges. Where there is gratitude, there is also joy. Truly, gratefulness is at the heart of prayer where all of life is experienced as a gift from our loving God.



## OUR CHANGING, CONSISTENT LEADERSHIP

by Josh Hosler, Associate for Christian Formation

A church community is nothing if not fluid. Not only are members always coming and going, being born, dying, moving, returning, but the leadership also changes continually. And that's why it's important to remember that "the Church's one foundation is Jesus Christ her Lord." This statement asserts two things at once: the reassurance of consistent leadership and the excitement of change and growth.

The arrival of a new rector is a feel-good time for any church community. Months of hard work have paid off: we have someone new at the helm to guide St. Thomas into its next chapter. This can also be a time of trepidation. How will St. Thomas change? Will it still be the same place I love so much? Those who have been around through several rector transitions may have an easier time putting this fear to rest. Some newcomers may see this as a time of testing, to find out whether they want to stick around or search for a different community. We all wait to discover which of St. Thomas' priorities will change and which will remain the same.

If St. Thomas were just another civic organization doing good things for our community, we might find change all the more unnerving. But we also might have less of a stake in membership. If I belong to a club, and the club starts moving in a different direction than I'd like to go, I can just go somewhere else. No big deal.

But St. Thomas is part of the Body of Christ, the worldwide organization of the followers of Jesus. Most of us are deeply aware of the spiritual side of St. Thomas, and it's easy to get anxious about whether this community will continue to hold forth our vision of God at work in the world. That's where faith becomes crucial. Do we really believe our leader is not the rector, but rather, Jesus? And what does that mean, anyway?

I believe that just because we acknowledge Jesus as the leader of our community does not mean that we can expect the church to remain the same from one era to the next. God is always doing a new thing, and it's up to us to perceive it and follow along. When we resist change, we may slow down the process. But God continues to work with us and to urge us patiently toward greater compassion, hospitality, generosity, and a deepening of our spirits. We may feel lost sometimes as we're trying to grasp new ideas and stretch our hearts wider. But God is ever present, supporting our belief that the Church is founded on Jesus, not on any temporal guide.

I plan to move into the Lex Breckinridge era in a spirit of play, asking: "I wonder what God is planning to do next around here? How will this leadership team and the current congregation work together to create something that has never existed before?" Let's celebrate the playful work that is to come.

*From the Rector  
continued from page 1 . . .*

any time you're around the parish. When we see each other, it will allow us to greet each other by name right away. Just as importantly, when new folks come to visit, they will know immediately that they are in a place of welcome and openness, a place where they might, if they wish, also be called by name.

The calling of a new rector marks a new chapter in the ongoing story of this wonderful place. You and I are each important characters in this story. As we begin this new chapter, let's renew our commitment to call each other by name. After all, the church is here to be a witness to the power of the Good Shepherd. The church is here to speak each of our names in the name of Jesus. So we're called to greet one another by name in the name of Jesus. This is at the heart of Christian hospitality. This is at the heart of the hospitality of God.

Faithfully,

*Lex*

### WELCOME, FATHER LEX

Please save these dates as we welcome Father Lex to St. Thomas.

- **September 6** – First Sunday in the pulpit with informal coffee hour after 10:15 service
- **September 13** – Lex will present the Adult Forum at 9:15 am  
Special welcoming reception following the 10:15 service

## “THE CHURCH’S ONE FOUNDATION ...”

by Jim Hughes, Vestry member

Most of us will easily recognize the tune and words of Hymn #525 but possibly not the history. It was one of a set of 12 hymns written in the 1860s by Rev. Samuel John Stone in Capetown, South Africa. Each hymn dealt with a section of the Apostle’s creed, and this one centered on the ninth article: “I believe in the Holy catholic (universal) church, the communion of saints.”

Rev. Stone was speaking to a schism in the Anglican Church in South Africa at the time – the Bishop of Natal had published a treatise that disputed fundamental parts of the Old Testament, and he was deposed by 40 of his peer bishops for his heresy. The Anglican Church didn’t have the final word, though, as a secular court overrode the church’s decision and reinstated the Bishop of Natal ... and the schism continued until his death.

So what does this story have to do with us today? I think you need not look far to see signs of division in the Episcopal Church – certainly, the affirmation of the ordination of homosexual priests and bishops by this summer’s General Convention comes to mind, but we could also consider divisive issues such as slavery and the ordination of women. Rev. Stone’s words, which speak to schism and the perseverance of the church, are just as valid 150 years later.

The hymn also speaks to the communion of the saints – all those who have preceded us in faith and who encourage us to maintain the foundation of the church, despite the schisms and turmoil that always seem to be a part of our daily lives. Their voices can

help us comprehend and show the one foundation we have in Jesus.

And what of a “foundation?” It seems to me that a foundation isn’t of much use unless it’s supporting something – though we have only to look in downtown Bellevue to see a recently built foundation being put on hold while funds are raised to build the expected 15-story tower. Sometimes we just can’t completely see what will be coming, but we still prepare and preserve the foundation – just as the Apostle’s Creed says.

I think we also grow in our understanding of the church’s foundation, and must allow the foundation to speak to our real issues in the world today. That only starts with Sunday services, as it’s in the work we do during the rest of the week, in the world, that shows our faith in the Holy catholic church.

With the arrival of Fr. Lex, we move into a new and exciting phase of our church life together ... a phase where we must not only reaffirm the foundation we have but also discern how this speaks to us in the coming years. Your vestry is considering these points when we meet; I invite you also to consider your view of “The Church’s One Foundation” and how this speaks to you in the coming week.

*The Church’s one foundation  
is Jesus Christ her Lord;  
she is his new creation,  
by water and the word:  
from heaven he came and sought her  
to be his holy bride;  
with his own blood he bought her,  
and for her life he died.*

## ST. THOMAS AUTHOR’S WORK BENEFITS LITERACY

St. Thomas member Terry J. LaBrue has recently authored a cookbook for the King County Library System Foundation. Proceeds from book sales will benefit literacy and reading programs in all 44 libraries in the King County Library System. The book is available at [www.thriftbooks.com/Literaryfeast](http://www.thriftbooks.com/Literaryfeast) or at local bookstores.

### ***Literary Feast, The Famous Authors Cookbook***

Favorite recipes from scores of bestselling authors come to life in this exciting gastronomic collection. Compiled by Terry J. LaBrue, APR, with a foreword by noted author and chef Greg Atkinson, *Literary Feast* is a fascinating array of foods, drinks, and desserts. Bestselling author profiles plus their personal stories add flavor to the collection.

If you are what you eat, then reading this recipe book will make you a better writer.

“*Literary Feast* is a wonderful commingling of the literate and the luscious, ideal for anyone who, like me, would rather be reading unless I’m in the kitchen cooking, or at the table eating.” – Providence Cicero, food writer and restaurant critic, *The Seattle Times*

(Classic Day Publishing, Compiled by Terry J. LaBrue, softbound, 194 pages, \$22.95. Literary Cooking Collections, ISBN: 978-1-59849-066-4)

## FIRST SUCCESSSES FOR SOPHIA WAY

by Claudia Ballheim, Parishioner and Sophia Way Board Member

This June, Carol B., a woman who had been without a home for years, moved into a furnished one-bedroom apartment in Bellevue. She was the first client of The Sophia Way program to reach this milestone. The significance of the moment is best expressed in Carol's own words:

My feeling when I first walked into my new place was one of joy and excitement and amazement. I was so overjoyed to finally have a place where I could call my very own apartment to come home to. I had tears of relief and joy in my eyes and I am so grateful for all those who organized and planned to put my apartment together with furnishings and all the wonderful items that make it a beautiful place for me to live. I appreciate all that I have been given. It's a wonderful thing to know that this [is] all mine and I don't have to give it back. This was like walking into a little dream apartment and even now, I still have to pinch myself to know that it's mine and I'm not on a schedule anymore. It's such a blessing.

Carol moved in after spending six months in The Sophia Way overnight shelter where she took part in life skills classes and met regularly with a case manager (with whom she con-

tinues to work as she grows toward fuller self-sufficiency), both parts of the program designed to help women set goals and remove barriers to housing. As Carol puts it, The Sophia Way "holds your hand through the process of getting back what you lost." At the same time, the shelter offers meals, showers, laundry facilities, and a safe place to spend the night. (Through Project Outreach, St. Thomas provided sleeping mats, and our 2009 Maundy Thursday offering helped pay for other shelter needs.) Equally important, it provides a caring, healing environment: "Most women, however they found their way to be at the SW program, can walk through those doors feeling a sense of dignity, pride, and respect in a safe comfort zone," according to Carol.

Two more women are now being supported in apartments and three others have moved into a house that has room for two more. Eight more clients live in the overnight shelter, working toward housing, and other homeless women are waiting to get into the program. Many other women have been helped through referrals to other programs, accessing resources through The Sophia Way and by simply knowing that a path is available to help them out of homelessness.

When a woman is ready to move, an all-volunteer apartment crew gathers all the furniture and supplies she'll need and moves everything in. Typically, a single organization sponsors a crew; recently, homes have been furnished by Bellevue First Congregational Church and Lake Washington United Methodist Church. More crews are needed to furnish the rooms in the house and upcoming apartments. And, of course, more money is needed to provide the rent subsidy used to keep women in housing until they can support themselves and to keep the shelter operating.

*Begun in December 2008, The Sophia Way is the only Eastside overnight program for single adult homeless women. It is part of the Eastside Interfaith Social Concerns Council, and faith organizations provide meals, rent-free space for the shelter, and financial and volunteer support. If you would like to help, contact Claudia Ballheim at 425-398-9829. You can donate by writing a check to Project Outreach with "Sophia Way" on the memo line.*



## St. Thomas Episcopal Church Vestry

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Steve Pedersen  
Nancy Pitarys

## Staff

The Reverend Lex Breckinridge, *Rector*  
The Reverend Kathryn Ballinger, *Deacon*  
*Associate for Spiritual Direction*  
*& Parish Visitor*  
The Reverend Stephen W. Best,  
*Associate for Couples & Family Life*  
Charles Rus, *Interim Associate for*  
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Josh Hosler, *Associate for Christian*  
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## THE COLLECT

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

Deadline: The due date for October is  
September 8.

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.

## Parish Life

### NEW: YOUNG ADULTS FELLOWSHIP GROUP

The St. Thomas Young Adults Fellowship is a newly formed group for parishioners and guests age 21-39. We meet on the third Sunday of each month following the 10:15 am church service to enjoy lunch together and to discuss that day's service. We also have a social meeting one or two times a month, either at a local restaurant or member's house.

Please mark your calendars for the upcoming events. Location, as well as any additional details, will be provided closer to the event date.

August 28 – Appetizer potluck at Jayme Mattson & Jordan Carleton's home  
September 20 – Monthly lunch and discussion  
October 18 – Monthly lunch and discussion  
November 15 – Monthly lunch and discussion  
December 12 – Christmas party

If you have questions, please feel free to send an email to [youngadults@stthomasmedina.org](mailto:youngadults@stthomasmedina.org). Or visit us on Facebook: when logged in, search for the group "Young Adults Fellowship at St. Thomas Episcopal Church, Medina" and click "join group."

Young Adults Fellowship Executive Committee:  
Shelby Scovel  
Lindsey Francis  
Jayme Mattson

## SEPTEMBER MEN'S BREAKFAST

The first men's breakfast of the new church year will take place on Saturday, September 19 at 8:00 am in the Great Hall. We will hear a very special speaker as Father Lex Breckinridge has agreed to talk to us. No specific topic has been selected, but he is willing to address topics or questions submitted by members of the audience. Bob Simeone will act as MC/Interrogator. Because we expect a larger than usual attendance, we request that you e-mail Colin Radford at [c.radford@comcast.net](mailto:c.radford@comcast.net) if you plan to attend. Please feel free to bring a guest. If you have a subject or question for Lex, please include it with your reservation. Topics and questions will be submitted to him prior to the meeting.

## SAVE THE DATE: LAS VEGAS NIGHT FUNDRAISER ON OCTOBER 24

A casino party and silent auction are scheduled for October 24 from 7:30 pm to 10:30 pm. Game tables include blackjack, Texas hold'em poker, roulette, and craps with instructions available for novices. The entrance fee donation includes one free bag of poker chips, a light supper with a glass of wine or soda, and the chance to bid on silent auction items throughout the evening. Music, prizes, and a raffle – for air fare for two to Las Vegas with weekend hotel lodging – promise an evening of fellowship and fun.

Proceeds benefit St. Thomas. Tickets go on sale in mid-September. To volunteer as a dealer or for other tasks, contact Peter Pitarys at 425-635-1191 or [ppitarys@comcast.net](mailto:ppitarys@comcast.net). For information about the silent auction, contact Phyllis Ross at 425-392-8564 or [phross63@aol.com](mailto:phross63@aol.com).

## NEW MUSIC LEADERS FOR CHILDREN AND YOUTH

by Charles Rus, Associate for Liturgical Arts

The Early Music Ensemble is a group of children in 3rd grade and above who are playing tuned percussion instruments and having fun learning about rhythm and music. Other instruments can also be included, depending on their interests or what they may be studying. The Ensemble will be directed by David Ritt, a trombonist from the Seattle Symphony – this is a rare opportunity to work with a renowned orchestral musician.

David Ritt grew up on Long Island, New York. He began studying the trombone at age nine, fatefully inspired by its resemblance to his toy slide whistle. David attended the Eastman School of Music in Rochester, New York. While studying classical music and jazz there, he also played regularly in salsa bands.

David joined the Singapore Symphony in 1978 and later played in the Fort Wayne Philharmonic in Indiana. In 1981 he joined the Seattle Symphony and the Seattle Opera as principal trombone. He has played second trombone since 2004, which is an entirely different job, a welcome thing after 23 years playing first trombone. He also plays bass trumpet for the four operas of Wagner's Ring cycle, a specialty that has taken him to New York's Metropolitan Opera on several occasions.

David strongly believes that rhythm is the backbone of music, which is the reason he particularly enjoys the

prospect of working with the children at St. Thomas.

The Choristers is a choir of children and young people 8 to 18 years old. They will be directed by Heather Mullin, a professional soprano and specialist in choral music who also sings in the St. Thomas Singers. This is a great opportunity to learn to sing with such a talented young woman.

Heather Mullin began her career by touring Washington, Oregon, and California with an elite vocal jazz ensemble. The same ensemble also spent a summer touring Japan in 1993, where she attended school in Kobe.

She received a bachelor of arts degree from the University of Washington and performed extensively in their choir and opera productions. Her most recent travels took her to New York City where she studied voice at NYU, gave several recitals, and performed with numerous world renowned choirs, including the choirs at Trinity Church and St. Bartholomew's Episcopal Church.

Heather continues to study voice and perform a variety of music in the Seattle area including singing with the Seattle Opera Chorus.

Contact Charles Rus if you are interested in participating in either of these music groups: [ruscharles@gmail.com](mailto:ruscharles@gmail.com) or 415-515-0106.

### Rehearsal Schedules

**The Early Music Ensemble** will rehearse on these Tuesdays from 4:00-5:00 pm:

September 8, 15, 22, 29

October 13, 20, 27

November 3, 17, 24

December 1, 8, 22

They will play during the 10:15 Sunday service on these dates:

October 4

November 8

December 13

They will also play at the 7:00 pm Christmas Eve service.

**The Choristers** will rehearse after the 10:15 service on Sundays on these dates:

September 13, 20, 27

October 18, 25

November 1, 15, 22

December 6, 20

They will sing during the 10:15 Sunday service on these dates:

October 4

November 8

December 13

They will also sing at the 7:00 pm Christmas Eve service.



Project Outreach

BE EXTRAVAGANT, GIVE GRATITUDE,  
GIVE YOURSELF ...

by Kathy Smith, Project Outreach member

Are you extravagant? Most of us would answer “no” and would even be embarrassed to answer “yes.” Many people pride themselves on being frugal, or prudently thrifty. We are taught that it is sinful to be extravagant, certainly not a matter of pride. I want to propose the idea that St. Thomas is extravagant in many ways and should be proud of it and continue to strive to be so. Whole-hearted extravagance can do a world of good for others and ourselves. The offering of the gifts within our power to give – hospitality, service, sacrifice, love, or money – should be encouraged, and they are at St. Thomas. Generous, extravagant giving begets real gratitude, and gratitude goes hand in hand with joy. It may be difficult to think of being extravagant in this time of personal and worldwide hardship, but this is exactly when we need to be our most generous. Providing meals and a place to stay for the men of the Congregations for the Homeless program, hosting 90 children for Vacation Bible Camp, enduring the hottest week in Washington’s history to provide love and service to the people of La Iglesia de la

Resurreccion in Mt. Vernon, and giving \$10,000\* to four charitable organizations so they can continue their work are just the most recent examples of the extravagant outreach of members of St. Thomas. Find out more about Outreach at St. Thomas at three Sunday forums:

October 4 – KIVA  
December 20 – Christmas Offering  
March 21 – Good Friday Offering

We will also present a program to the Men’s Breakfast in the fall.

\*At our last meeting, the Outreach committee was pleased to grant a little more than \$10,000 to four organizations: Overlake Service League, Friends of Youth, Washington Women in Need, and Congregations for the Homeless. Thank you for your generous donations that support the monetary outreach of St. Thomas.

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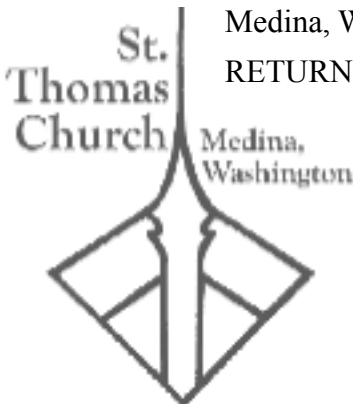
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Practicing the Hospitality of God

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