



St. Andrew's Episcopal Church

The Log

A Bi-weekly Newsletter for
St. Andrew's Episcopal Church

02 April 2020

Physically Distancing — Spiritually Connecting ...

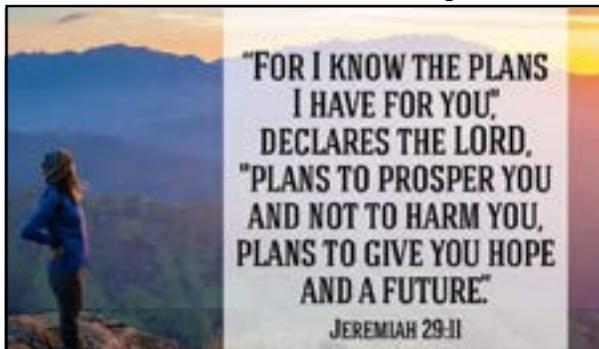
Rector's Reflections



My Dear Friends in Christ:
I love you. I worry about you. I miss you. I feel lost and disoriented because we are not gathering as a Eucharistic community on Wednesdays and Sundays. My strengths as a priest are presiding at Eucharist, preaching, leading prayer, teaching, pastoral counseling, and

interpersonal connection. I am not particularly good at recording videos and sending multiple mass e-mails and messages. I am not a TV Evangelist. The staff and I have done our best to curate a "Virtual Church" to replace our physical gatherings, but, it's not the same. I am grieving and long for the day when we can be together at St. Andrew's again.

Sometimes I just Google "hopeful Bible verses" to see what God and our ancestors in the faith did in times of crisis. The passage above from the prophet Jeremiah is part of a letter written to the Israelites while they were in exile in Babylon. Jeremiah is refuting the false prophets who have told the people that their exile will be short in duration. God speaks through Jeremiah and encourages the faithful to be patient and make the best of their exile and captivity. (Their exile continued for 70 years!) God assures the people that they are not being punished, that they are loved, and that God will restore them to the Promised Land, giving them "hope and a future."



On March 11, 2020 I sent you a letter announcing that our church is closed to the public until March 31. I've had to make difficult decisions each day. I feel deep sadness and guilt about suspending our Jubilee Meal program during this crisis. Bishop Rickel has closed our churches through Easter Sunday and our President has recommended that we continue physical distancing through the end of April.

It appears that our experience of exile and captivity may continue for a while.

It has been difficult to connect in meaningful ways. We have attempted to connect through e-mail, text, website,

social media and telephone calls. Many of you have reached out to your friends from St. Andrew's. Thank you! Please continue doing this. We are working hard to get our database updated with current information so that you can access an on-line parish directory. Hopefully, this will

help people to connect with one another.

The staff is working to assemble resources for your home observance of Holy Week. We also hope to have a more festive celebration of Morning Prayer on Easter Sunday. Now that we are moving from "crisis to chronic" mode, I have asked the staff to return to working their regular office hours from home. I don't know about you, but, my experience of working from home has meant "while I'm home, I'm always working!" For the sake of my mental health and family's sanity, I am trying to put boundaries around that.

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Virtual Church at St. Andrew's

Physically Distancing — Spiritually Connecting ...

We hope that you have found spiritual comfort in the virtual worship options that have been offered to our community over the last few weeks. The staff at St. Andrew's is continuing to work hard to create ways for you to still feel spiritually connected to our community during this difficult time. Below you will find a listing of various virtual services being offered, including special offerings for Holy Week and beyond. We hope you will be able to join us:

Holy Week (April 5 - 11, 2020); Easter (April 12)

- **Palm Sunday (April 5, 2020):**
 - Morning Prayer: Parishioners are invited to go into their own yards or neighborhoods to gather materials to create their own "palms." If do not have easy access to a yard or vegetation rich neighborhood you can find instructions for making paper palms at home under the Virtual Church tab on the St. Andrew's web site (<https://www.saintandrewsseattle.org/virtual-church/>).
 - Children's Chapel, Palm Sunday Children's Church lesson, Virtual Youth Group Meeting
 - Palm Sunday Taizé/Evening Prayer Service
- **Holy Monday:** Children's Chapel with Rev. Rebecca, a video devotion with Fr. Rich
- **Holy Tuesday:** Children's Chapel with Rev. Rebecca, a video devotion with Fr. Rich, Sacred Writing with Mo. Danée (write your own Psalm)
- **Holy Wednesday:** Noonday Prayer, Children's Chapel with Rev. Rebecca, Evening Compline, a video devotion with Fr. Rich
- **Maundy Thursday:** Children's Chapel, At-home Maundy Thursday service
- **Good Friday:** A self-guided meditation on the Stations of the Cross. Using our own stained-glass windows as imagery, members of the parish will narrate the procession through all 14 stations. Good Friday Children's Chapel
- **Holy Saturday and Easter Vigil:** Holy Saturday Children's Chapel; Easter Vigil Readings for personal reflection
- **Easter Sunday (April 12, 2020):**
 - Morning Prayer
 - Children's Chapel

Links to any or all of the services listed above along with a PDF links to service bulletins can be found on the St. Andrew's website (<http://www.saintandrewsseattle.org/virtual-church/>). Should you have any questions about the virtual services being offered or need anything at all, please do not hesitate to contact the church directly by phone (206.523.7476) or by e-mail at info@saintandrewsseattle.org and someone will get back to you as soon as possible. For pastoral emergencies, please contact one of our priests directly. Direct contact information for our priests can be found on page one and for all staff can be found on the last page of this publication.

Virtual Labyrinth Walk (Saturday, April 4, 2020; 2:00 p.m.)



On Saturday March 28 a small group gathered, via Zoom, to participate in our Lenten Labyrinth Walk, Pilgrimage to Your Inner Soul. Definitions of Pilgrimage, Pilgrim, and Soul were given along with how to protect your soul. The history of the Labyrinth was reviewed and then we “walked” with our finger labyrinths. We all appreciated the sense of community and an opportunity to gather as a group to find our way back to our center and emerge refreshed.

Please join us this coming Saturday April 4 at 2 p.m. for another Lenten walk via zoom. Notify Donna Hawkins, busybeedgh@gmail.com, if you want to attend so she will see that you get the invite to participate on the morning of the 4th.

Deadline for next Log

The next *Log* will be published on **April 16, 2020** (E-Log only). Any articles that you might want to publish in the next issue must be submitted no later than noon, **Monday, April 13, 2020** for publication in our the April 2nd issue. This is a hard deadline. Articles received after that time will be deferred to the next issue. All articles should be submitted to me at margor@saintandrewsseattle.org. Thank you.

Margo Rogers - Communications Specialist (margor@saintandrewsseattle.org)

Rector's Reflections (continued from page 1)

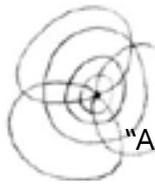
As most of you know, Cherry Haisten, former Program Manager of the Center at St. Andrew's, and, currently, Contemplative Ministries Coordinator and Lay Pastor of the Taizé-Community-at-St. Andrew's, is retiring and completing her paid employment on March 31. I never envisioned that we would be thanking and saying “goodbye” to Cherry amidst a public health emergency. Cherry has done so much to make St. Andrew's what it is today. Her presence will be felt long after she leaves her paid staff position. I, personally, thank Cherry for her deep faithfulness, tremendous spiritual knowledge, and kind companionship. I will miss her very much. I hope we can reconvene when we are “back at church” to celebrate with Cherry and Doug and bless them on their future journey.

Please know that I always carry you in my heart and that I pray for you several times a day. If you need spiritual or emotional support, please call or text me at 206-383-5600. Kindly remember that God loves you, God will restore you, giving you “hope and a future.” Let's stay connected through prayer. I am,

Faithfully,

A handwritten signature in cursive script that reads "Rich+".

The Rev. Richard C. Weyls
Rector



Contemplative Ministries at The Center

"Almighty God, to you all hearts are open, all desires known ..."



Living and Saying Goodbye Unexpectedly from the Cloud

To put it mildly, the last few weeks have not gone the way I expected. I'm willing to bet it's been the same for you. In view of my official retirement on March 31, I had anticipated spending the last two weeks on the job trying to weave together, in honor of our patron St. Andrew, beautiful Celtic knots from the loose threads I have left dangling. The unheard-of closing of the church, the physical isolation and voluntary quarantines hijacked us all and took us in a completely unexpected direction. Instead of spending unhurried time lovingly tying my knots and getting to say many warm goodbyes, I have been, sometimes with frustration, sometimes with excitement, always with love, learning how to make video recordings, figuring out the intricacies of uploading on YouTube, teleconferencing, Zooming, and doing virtual team work. In keeping with the intention of our Rector, Rich Weyls and the St. Andrew's staff and vestry, I wanted to help maintain our deep spiritual and pastoral connections in this time of physical distancing. I have grown to appreciate the capabilities our technology affords us to keep connected from afar.

Suddenly on the brink of retirement I have many new skills!

This time hasn't provided much opportunity to hone goodbye skills, however. I would rather avoid those goodbyes anyway. I spent a workday's worth of hours at the church on Monday without seeing a soul to say hello to, much less goodbye. Ironically, I was alone where I am usually very much in the midst of community. I spent those hours, where I have spent so much time, doing familiar tasks and not-so-familiar ones—recording my last evening prayer for the wider Taizé community in the chancel, gathering materials to set up for the recording in the sacristy and vesting room, running down to the lower level to find a cloth and up and down the hall with printouts and candles and singing bowl, working on some of the loose threads in my office, getting a few things ready to take with me and throwing away a few! The solitude in that beloved sacred space gave me plenty of time to reflect on this place that is St. Andrew's, all the little things in it that we care for lovingly or take for granted, all the things we treat with reverence and hold sacred. It gave me time to reflect on all the beloved faces I'm used to seeing who have been markedly absent during this time. All aspects of this community life have meant more to me than I can ever say. They have been my life for 16 years.

Most of what I know about this kind of disruption to public life has come from oral narratives or history books. I didn't experience the great depression nor World War II nor the Ebola virus firsthand. The scientific and cultural wisdom among us does not seem to be readily accessible for many, and the unknowns seem enormous and overwhelming.

Thinking of this great unknown reminds me of the book *The Cloud of Unknowing* by the anonymous 12th-century monk—or maybe nun. In my contemporary understanding, what I learned from this book, is that we human beings spend years of our lives believing that we know who God is. But God is in reality much bigger than our understanding. God is bigger than "God as we understand him." When we come to this realization, we enter the "cloud of unknowing," that place where we must acknowledge that we believe in God, we long for God, but we are not even sure exactly who or what God is.

This time of great uncertainty is a kind of cloud of unknowing. We cling to what we do know about society and medicine, we cling to what we have known America to be, but in this situation that knowledge is not enough. It's not all there is to know. COVID-19 has challenged us to move beyond the limits of our medical knowledge. It is also challenging us to move beyond our assumptions about our country, our way of life and reality itself.

In many ways, it's been a terrible time to retire — without the usual routine until that routine is no more, without the opportunity for rituals of parting, without the luxury of warm embraces and well wishes. It is certainly an unfamiliar way to go! And yet in many ways how appropriate! “*Does anybody really know what time it is?*” goes a favorite line from the old Chicago song. Does anybody really know with any certainty what retirement will be like or even what tomorrow will bring? I am embarking into the unknown—yet again. I leave the old familiar places and the many beloved faces with much sadness, and yet I embark with joy on whatever adventures are in store for me. I'm hoping I will continue to hear about your adventures too.

Yes, March 31 was my official last day, and yet I do hope to devote some hours in April to carry out some of my implied or expressed promises to you about tying up loose ends and making sure the ropes are strong links to each other and to the future. I hope to report to you news from this front in the next *Log*.

As we all continue to navigate this strange time, I continue to hold you in my heart and my prayer. May you be safe, stay healthy, find healing, and continue resting in the arms of our Divine Beloved.

With many blessings for Holy Week,

Cherry Flaisten

(until a few days ago) Lay Pastor, Taizé at St. Andrew's,



Today, after 77 years of life in a world that's both astonishingly beautiful and horrifically cruel, "sanctuary" is as vital as breathing to me. Sometimes I find it in churches, monasteries, and other sites designated as sacred. But more often I find it in places sacred to my soul: in the natural world, in the company of a trustworthy friend, in solitary or shared silence, in the ambiance of a good poem or good music.

Sanctuary is wherever I find safe space to regain my bearings, reclaim my soul, heal my wounds, and return to the world as a wounded healer. It's not merely about finding shelter from the storm: it's about spiritual survival. Today, seeking sanctuary is no more optional for me than church attendance was as a child.

—Parker Palmer

How are you faring? I am thinking of you and praying for each of you daily. I am glad when I can see you in a virtual meeting or hear your voice on the phone or see you participating in the worship we have been spending countless hours on to get it on-line to you.

In my therapy practice, one population that I work with is those who are struggling with fertility. I have intimate knowledge of that process and find myself using the skills I learned in my own struggle, now, as we shelter in place without knowing when this will end. We as a society are going through ambiguous loss – we do not know what is happening next and we do not know when it will end. Those who have been on a fertility journey or have cared for someone with a long-term illness (they're at death's door and then they rally, over and over again), seem to understand this most acutely. It is the loss with no known end and we just keep grieving. The ambiguity can create anxiety and depression, so it is imperative to find ways to anchor us during these times, especially now.

I love how Parker Palmer talks about sanctuary in the quote above and I wonder how each of us are finding sanctuary during this time of physical distancing. For some of us our homes were our sanctuaries, but now they may seem like prisons. Are you finding sanctuary as he describes his own: "in the natural world, in the company of a trustworthy friend, in solitary or shared silence, in the ambiance of a good poem or good music"? Or are you having to get creative about finding internal and external spaces for sanctuary in this current way of being? I hope that finding sanctuary is one of your anchors as we weather this storm together. Please remember that this will not be forever, even though it is what is right now.

I want to encourage and reiterate the support suggestions I offered in my last Log. Here are some suggestions that my Washington Association of Marriage and Family Therapist (WAMFT) organization passed along to support us and help us support others:

Mental Health Self-Care Tips (Mental Health America and SAMHSA)

• Social Isolation

- Use your smartphone to stay connected to family and friends. Shift from texting to voice or video calling to feel more connected.
- If needed, help loved ones stay connected virtually as well.

• Self-Care Activities

- Keep comfortable. Do the things you already enjoy doing at home; just do more of them.
- Don't do anything you'd consider to be unhealthy for you, such as excess drinking – that will just increase your anxiety afterwards.
- Practice mindfulness.
- Try to get adequate sleep.
- Employ relaxation techniques.
- If you're able, try to move your body (stretching, a quick jog).
- If you can, go outside in nature for a little bit.

- **Anxiety Management**

- Practice stress relief whenever you feel anxiety building – do some deep breathing, exercise, read, dig in the garden, eat some ice cream – whatever works for you.
- Increase tolerance for uncertainty by gradually minimizing certainty-seeking behaviors (e.g., immediately searching for an answer on Google).
- Try to connect with your life’s purpose and what gives life meaning to help manage existential anxiety.
- Limit the news/media you consume about coronavirus to 30 minutes a day.
- Keep looking forward. Make some plans for six months down the road.
- Educate yourself regarding the issues, diagnosis, and treatment.
- Advocate and speak out about your needs.
- Reach out for help and emotional support from your personal friends or your own therapist. Here are some resources for emergencies:
 - Crisis Connections 24-hour crisis line: 866.427.4747
 - Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline: 800.985.5990
 - National Suicide Prevention Lifeline: 800.273.8255 or text ‘MHFA’ to 741741 to talk to a Crisis Text Counselor.

I want to leave you with a beautiful song about sanctuary by Carrie Newcomer, appropriately entitled “Sanctuary.” You may listen to it here (<https://youtube/HjOioWTVA14>)

Be peace, be light, be love!



Contact Update Project - 2020

In these times when we all are staying home for our health and safety, and only staying connected through on-line communication, it is more important than ever that we have your correct contact information in our database. Therefore, it is time for a much-needed update to our church’s contact list.

To try and help with this, Our Parish Administrator, Natalie Ingrisano, has started the Contact Update Project 2020! She will be reaching out to everyone with an email address for today. You will be invited to click the link, create a username/password for yourself, and then from your home computer, you will be able to view/update your personal profile in Breeze (our electronic church management system).

When you do this, please be sure to check the information for any family members you might have, and also make sure they are listed as your family members in your personal profile that you will be updating! Family members include those currently living in your household. Adult children should have a separate entry if they live apart from you.

Want to get a head start? You can click the link below to take care of this right now!

<https://saintandrews.breezechms.com/login/create>

When you do this, you will be navigated to a screen that says “Create Account” and looks like you are creating a profile for the first time. Even if you already have a profile with us, enter your name anyway...this is the correct login screen.

You may see Natalie reaching out to you about this in multiple ways. We are trying to be extra thorough to ensure that everyone knows to participate.

Thank you so much for your time and attention to detail during this very important process. If we can get this done quickly and correctly, we will be able to start the process of publishing an updated parish directory, for those who want one, very soon!

CHILDREN & YOUTH



A Message from The Rev. Rebecca Kirkpatrick; Priest Associate for Children, Youth and Families

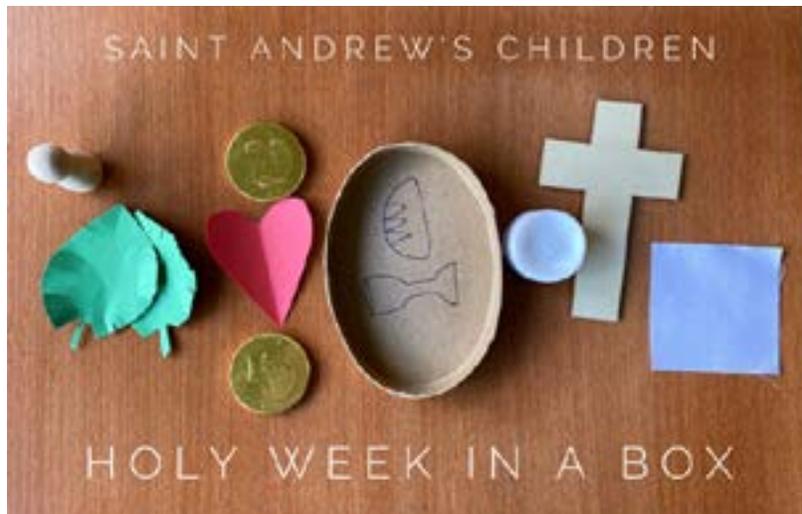
Holy Week Boxes + Easter Bags!

A mailing is being sent to our children and youth this week for Holy Week. Contained within each box will be items to celebrate each of the days of the week. For both children and youth, an Easter treat bag containing chocolate Easter eggs, stickers, and Easter items will arrive as well. Please click on the picture below to see a preview of what will be included with instructions for each day.

If your child does not receive a box by Palm Sunday, please let me know by e-mail so that I can be sure and get one to them.

In prayer,
Rev. Rebecca+

rebeccak@saintandrewsseattle.org



Middle School and High School Youth Group Meetings

During the COVID-19 pandemic, youth groups will be meeting via Zoom on Sunday evenings from 7:00 to 8:30 p.m., following the schedule below. Zoom meeting invites will be automatically sent to our youth and families already in youth group. To be added a new member, please contact Rebecca Kirkpatrick (rebeccak@saintandrewsseattle.org).

Upcoming Virtual Youth Group meetings:

Middle School Youth Group

April 12, 2020 (Easter)

April 26, 2020

High School Youth Group

April 5, 2020

April 19, 2020



Avoiding Scams During the Pandemic: A Message from Sr. Warden, Brad Daley

Even in these uncertain times, I find myself very thankful for my many blessings. One of those blessings is being part of a strong church community whose members don't hesitate to draw strength from one another. I've had the pleasure of calling several parishioners over the past three weeks, and I am pleased to report that each person has several church members and neighbors who regularly check in on them, and help out with groceries and supplies. While we're all feeling a bit more anxious these days, I can see that this predicament has the potential to bring out the very best in us.

Unfortunately, there are people in this world who are using this pandemic for nefarious purposes. They are taking advantage of the fear and anxiety that people feel to aid them in their illegal activities. Credible sources have reported recently that over 35,000 Internet domain names have been registered with either 'coronavirus' or 'COVID-19' in the name. Some could be legitimate, but the likely scenario is that most will be used for SCAMS. My goal with this article is to try to help make our parishioners aware of the dangers. While I can't be beside you when you answer the phone or click on a link, I hope some of the following tips will help. In addition, if you have any questions or concerns, you can call my cell phone (number below) at any time.

The two primary methods for SCAMS are through the telephone and through email messages. Unfortunately, some bad actors will say or write anything to extract money or information from you, so the key is to always be on your guard if you receive a phone call or email. Here are some things to look out for:

Phone Calls:

I never answer the phone if I don't recognize the number. The call then goes to voicemail, and if they don't leave a message, I probably just avoided a SCAM. My phone service will not ring my telephone unless the number is in my contact list. Given the election year, you might consider getting such a service. Let me know if you want more information.

Caller ID information can be altered. Because of this, impostors will often use different numbers when they call you. Blocking these numbers, unfortunately, does not guarantee you won't be bothered in the future.

Unless you arrange for the call yourself, organizations such as the Social Security Administration, the IRS, Microsoft, Apple Computer, the CDC, the World Health Organization and the Power Company (to name a few) will not reach out to you via the telephone. These calls are most likely from importers, and you should just hang up.

Never give your personal or banking information to someone who calls you. If you place a call to an organization using a phone number from a paper statement or paper bill, you should be fine.

If someone calls you asking you to go to your computer right away and visit a website (no matter the reason), tell them that you can't at the moment, and ask for their name and phone number. If they refuse, they are an impostor. Asking you for a better time to call you is also a warning sign.

Email:

Unexpected emails from people that contain attachments are risky. It is best to contact a person or an organization before you open an attachment, just to verify that they sent it to you.

If you receive an email stating that there is a problem with your account, or that services will be shutoff if you don't click on a link and answer questions, there is probably a good chance it was sent from an impostor. Try calling the organization yourself to verify your account is o.k.

If you receive an email (or call) asking you to pay an amount using gift cards, it is absolutely a SCAM.

I hope this has been helpful. Thank you all for your continued participation and support of our Parish. If you have questions or concerns, or just want to say hello, please don't hesitate to reach out to me by e-mail (brad@daley.com) or on my mobile phone (206.617.6508). Blessings, and please stay safe and healthy.

Parishioner Reflections: Living Life During the COVID-19 Pandemic

Parishioners of all ages were invited to share their reflections on living life during the COVID-19 Pandemic. We received a number of responses, some of which are shared below. Thanks to all who participated in this project.

My Day (*Karla Koon*)

My laptop is black and rather unremarkable.
Its age and recommissioning back into service
Was unexpected but appreciated.
It is my lifeline; our lifeline.

It boots with a whirl; I key in all my security codes.
It flickers then explodes like a canon;
Besieging and bombarding my senses.
I brace for impact; fingers poised over the keyboard, at the ready.

My day is filled with consecutive meetings,
Discerning, considering, analyzing, reviewing, synthesizing, interpreting
Orders, legislation, guidance that is newer than the cup of coffee I just poured.
How does any of it impact our people; impact our people; our people; people.

More meetings with disagreements erupting, viewpoints challenged, and disbelief taking hold.
Let it go. It is not personal; oh, but it is.
Stay calm and humble in what you know and what is unknown.
Reassure and look for a way forward and form it together.

What do the numbers say? Can we do it? Should we do it? How can we do it?
The numbers do not lie in their grace and brokenness.
I see numbers, budgets, and financials, but I feel the fear, pain and anxiety
Of each person those numbers represent.

We have a plan.
It is not great; it is not good.
It is the best we can do for now.
I don't know if this is going to be enough; I don't know if this is going; I don't know.

My laptop powers down with that familiar whirl, as the daily fray concludes.
Sitting with eyes closed, my head hovers over my lifeline; our lifeline.
Then I hear it; the quiet and rhythmic tapping of tears, landing on my laptop cover.
As they pool, they begin to cleanse the dust of doubt from my soul.

I pray, starting with the Confession of Sin.
Truth be told, sometimes I cannot tell
If I am healing or adding to the brokenness.
Maybe a little bit of both; it depends on who you ask.

I thank God for sustaining me, knowing that the best I can offer in my earthly humanness
Routinely falls short of the overwhelming need
Created by the magnitude of the situation.
I can feel God's hands holding me.

I affirm myself in the way of Christ; the way of Love.
By keeping Christ in my mind, mouth, heart and hands,
Then whatever I do, it must be enough.
It will be enough; be enough; enough.

I am ironing cloth napkins and Paris dish towels, reading a Time travel book back to Biblical times as well as EFM, playing Candy Crush and fretting about why I am not cleaning my closet. Productivity quotient 25%.

- Cris Blair

Reflections on Living Through a Pandemic by Christine Dubois

I don't consider myself a hoarder, but I've always believed it made sense to stock up on things when they're on sale. So for years I've watched for the 12-roll packs of toilet paper to be marked down, bought five or six, and stacked them in the laundry room.

My kids used to give me a hard time about it. "Mom's cornered the market on toilet paper," they'd say. But who's laughing now? We have worries, but running out of toilet paper isn't one of them.

My March calendar is full of events I was looking forward to that now have been crossed out. March Madness. Shakespeare Theater. Major League Baseball's opening day. (OMG no baseball!) My twice weekly senior aerobics class and our Thursday night Write Night group.

But as life contracts, it also expands. The writing classes I teach through Continuing Education at North Seattle College have gone on-line. I've spent hours in Zoom training. Technology can be a challenge, and is not without its glitches, but I love learning new skills. And on-line learning lets us expand our audience and bring more people in. We're no longer limited by geography.

When something disappears, the Lord sends something else to fill the space. Let's pray to be open to God's call in our new reality.

As much of the country adapts to working from home, we find ourselves ahead of the curve. As writers, we've worked from home for decades. And loved it!

Working from home gave us flexibility to spend more time with our sons. We avoided long commutes. I could do laundry while I proofed an article, cook lentil soup from scratch, and work in my PJs. (Unfortunately, videoconferencing has removed that option!)

I am looking out my home office window as I write this and watching a chestnut-backed chickadee build a nest cavity in a snag in our backyard. If I worked at a downtown office, I might not have noticed it.

So to everyone who's struggling with the adjustment of working from home, hang in there. You may find you don't want to go back.

For more on Christine's adventures adjusting to teaching on-line, see her blog post at: <https://continuingeducation.northseattle.edu/blog/continuing-connection-writing-instructor-christine-dubois-creating-community-while-teaching>

We Live in Strange Times, But All Is Not Lost: My Experience of COVID-19
by Stephan Gerhardt

.....
It was nice to watch the morning begin with its layers of light and sound. First the birds, then the outlines of the trees finally coming into view and at last enough light that I could navigate the 1 mile walk to the grocery without disturbing Mr. Raccoon's routine. Under normal circumstances I would not be shopping at 7:00 a.m.; my wife Muriel would be with me and we would be celebrating the beginning of our weekend - senior day at the grocery store. The grocery is a 2 mile walk round trip full of conversation about everything from what's growing to plans for date night but not this week. This week it is just me thinking, praying and wondering how this will end. Will my wife and I survive? Will people see that there are benefits to living life at a slower pace? Can we turn this pandemic into a world reformation on behalf of the notions that ALL people are "our" people and as our environment begins to heal can we urge that on by maintaining this new slower pace of living? Are we destined for extinction or is this the beginning of a world where people will choose to live out of a sense of care and compassion for others. I prefer to think that all is not lost but only if we are willing to pay attention. How does your morning begin? How is the world outside your door speaking to you?

Peace and Blessings, Br. Stephan

Haikus for This Place in Time by Pat Seaman

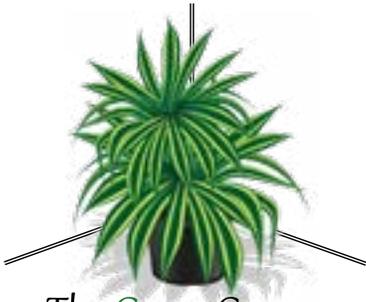
there is a sadness
our world turning upside down
lives being destroyed
March 12, 2020

treasure each new day
while you are not afflicted
pray for those who are
March 12, 2020

sheltering at home
quiet within and without
your love surrounds us
March 25, 2020

Crying helps me in many ways. This has always been true for me. Since my school has been closed, I have been unable to cry and have felt more and more tense. Then I listened on-line to Kester and Andrew sing Taizé songs and Cherry remind me of the comfort always available to all of us. The tears flowed and I am so grateful. I feel so much more grounded and even cheerful. Thank you so much to the Taizé team.

— Martha Swain



The Green Corner

A Column written by
St. Andrew's Creation Keepers
[creationkeepers@
saintandrewsseattle.org](mailto:creationkeepers@saintandrewsseattle.org)

Rent Mason Bees

Are you looking for something to do while at home? Would you like a fun project that helps the environment too? Rent bees!

Here's how it works: You rent a bee house in the spring and let the bees pollinate your garden. In the summer, mail the box, which will be full of eggs, back to the company. Staff will clean the box and safely store the bees. The following spring, they're sent to farmers to pollinate their crops.

You may have seen our bee box last year on the south side of the church between the garden and the memorial bench. Carolyn Rodenberg of Creation Keepers says it was a fun way to teach people about the importance of protecting pollinators. "People were drawn to them," she says. "There was a lot of sweetness and curiosity, fascination and engagement."

Our box of 50 bees produced about 150 young. Recently we received word that our bees are in California, pollinating the almond crop.

Rent Mason Bees, a Seattle company, provides both Mason bees (spring) and leafcutter bees (summer). A kit with everything you need costs \$80. Consider sharing with a next-door neighbor to off-set the cost. The bees will travel 300 feet.

For more information, see <https://www.rentmasonbees.com>

Recycle

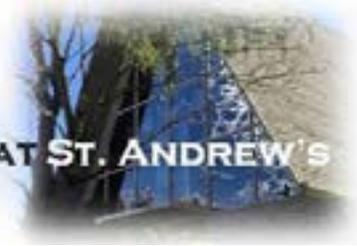
We knew life had changed when the grocery store that always reminds us to "Bring your own bags" told us to leave them in the car. Due to coronavirus concerns, stores are switching to paper or plastic. And food deliveries are coming with lots of extra packaging. What's an avid recycler to do?

Naturally, health concerns take precedence. But there are still opportunities to recycle. Paper and cardboard can go into your curbside recycling. And those thin plastic grocery bags? Take them back to store where you got them. Most grocery stores have a bin where you can drop them off.

Share Photos

Earth Ministry invites you to contribute to their community photo collection. "When you experience a moment of beauty, comfort, or inspiration, snap a photo." Email a high-resolution copy of your photo to: [emoffice@
earthministry.org](mailto:emoffice@earthministry.org). The photos will be posted on Facebook and Instagram.

MAKE A DIFFERENCE • GET INVOLVED AT ST. ANDREW'S



Family Works Food Bank Needs Your Help

During this time of crisis and great need, it is more important than ever to pitch in and help those less fortunate than ourselves. Jennifer Rogers wrote a great faith reflection on her work as a volunteer with Family Works Food Bank for the last *Log*. St. Andrew's has been a regular contributor to this important ministry. Please try and remember them when you go to the grocery store or place an order on-line. You will find baskets outside the church doors on the east side of the building where you can place your donations. Listed below are a few things that the food bank always need:

- | | |
|--|---|
| Cooking Oil | Tea – this is always asked for and we never have enough to give out |
| Canned Chili or hearty soups | |
| Canned Tuna, Chicken or Sardines | Cookies or Crackers or Granola Bars |
| Pudding Cups or Canned fruit or Applesauce | Bottled fruit juice |
| Peanut Butter | |

Thank you for your generosity!

State Legislature Comes Through for Housing This Session!

The Washington State legislature came through with a good package to begin addressing the issue of affordable housing and homelessness in the State of Washington. Overall, affordable housing and homelessness resources included in the final budgets totaled \$173.8 million. Important highlights include:

- **\$40 million** for the Housing Trust Fund to build affordable homes. The majority of homes built by the Housing Trust Fund serve extremely low-income households. According to a recently released report released by the National Low Income Housing Coalition, there are just 31 homes affordable and available in Washington State for every 100 households at that income level. While still an enormous gap, that's better than last year's 29. The improvement is likely due to state and local investments in affordable homes.
- **\$10 million** to rapidly preserve currently affordable homes that are at risk of losing affordability requirements. Over 5,000 affordable homes across the state are at risk of losing their affordability and that number grows significantly over the next ten years if nothing is done to prevent it.
- **\$15 million** to increase the Housing and Essential Needs rental assistance program for disabled adults.
- **\$15 million** for operations and maintenance of permanent supportive housing. Permanent supportive housing is a critical part of the solution to homelessness, housing people with significant behavioral and physical health needs.
- **\$68 million** for shelter for people experiencing homelessness.

Please thank you Legislator for their support. More details to come in next *Log*,

— Cris Blair, One World Committee.

Prayers

Ruth Adams	Sven Couch	Peter Hudson	Diana Santry
Rich Atter	Rosa Ebsary	Jo Anna Klein [^]	Glenn Sassaman
Donna Austin	Gerry Egner	Shirl Klein	Margo Smith
Milton Austin	Bethany Erickson	Marilyn L'Esperance	Gerry Soike
Mark Blindheim	Dick Ericksosn	Judy Madison	Kim Spadafora
Patricia Bryant	Chuck Foisie	Sherry Morgan	Tucker Sparkman
Tove Colfelt	Jay Groh	Mike Rizzotti	Orv Strandoo
Bernie Couch	Todd Grove	Rhys Riddell	Jan Viguers

[^]Mother of Joel Nichols

We pray also for all people discerning God's will in their lives. We especially remember Mark Blindheim, Carrie Littauer and Karla Koon who are discerning possible vocations in the priesthood.

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit now and forever. Amen.

St. Andrew's Vestry and Staff

ST. ANDREW'S VESTRY (2020-2021)

Brad Daley (Sr. Warden)	Mike Cook	Mary Katka
Theresa Burciaga (Jr. Warden)	Ken Feldman	Jaya Matthew
Cara Kirkpatrick (Clerk)*	Lavena Fletcher	Liz Santiago
Rich Weyls (Rector)*	Jim Hawkins	Martha Swain
	Chris Jones	Joe Waltz

*Non-voting member

ST. ANDREW'S STAFF

All Members are Ministers

The Rev. Richard Weyls, Rector (richw@saintandrewsseattle.org)

The Rev. Danae Ashley, Associate Rector (danaea@saintandrewsseattle.org)

The Rev. Rebecca Kirkpatrick, Priest Associate for Children and Families
(rebeccak@saintandrewsseattle.org)

The Rev. Connie Carlson, Priest Associate (conniec@saintandrewsseattle.org)

Cherry Haisten, Coordinator for Contemplative Ministries and Lay Pastor for Taizé at
St. Andrew's (cherryh@saintandrewsseattle.org)

Tim Drewes, Director of Music (timd@saintandrewsseattle.org)

Natalie Ingrisano, Parish Administrator (nataliei@saintandrewsseattle.org)

Margo Rogers, Communications Specialist (margor@saintandrewsseattle.org)

Kevin Deffinbaugh, Bookkeeper (finance@saintandrewsseattle.org)

Office Hours:	10:00 a.m. – 5:00 p.m., Monday-Thursday
Church Phone:	206-523-7476
Church e-mail:	info@saintandrewsseattle.org
Church web-site:	saintandrewsseattle.org