



St. Andrew's Episcopal Church

The Log

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

16 April 2020

Physically Distancing — Spiritually Connecting ...

Rector's Reflections

Alleluia! Christ is Risen! The Lord is Risen Indeed! Alleluia!



My Dear Friends in Christ:

On behalf of the Staff and Vestry of St. Andrew's Episcopal Church, I wish you and your loved ones a most happy and blessed Easter.

It was strange to celebrate Holy Week and Easter without the crowds we usually experience at

church. Everything was different. However, despite a global pandemic, social isolation and loneliness, cagey children, and the threat of financial ruin, Christ is Risen! Thanks be to God that, no matter the wrenching chaos of the world, and no matter where or how or even if we marked the day, Easter happened and continues to happen in our midst. Life flourishes in the face of death, and we are offered resurrection hope.

The staff and I seem to have moved from "crisis to chronic" in our workflows and service to you. All of us are working our typical hours, again, as we try to maintain appropriate boundaries between work and home. Now that Holy Week is over, we will be communicating to you twice a week via e-mail and social media. We, typically, send a mid-week communique on Tuesday with worship resources and updates for Wednesday. On Saturday, we endeavor to distribute information about our virtual Sunday worship. The e-LOG will also be published every two weeks on Thursday. We cannot convene volunteers to do the mass mailing of the paper LOG, so we send a limited number of copies to our active parishioners who do not have e-mail.

I am pleased to announce that we will be offering several faith formation opportunities during

Eastertide. The "Becoming the Story We Tell" bible study groups will continue to meet in their current formats. There will be an on-line course that you can take, for free, from Yale Divinity School. Beginning this **Wednesday, April 22**, Mother Danée, and I will be offering a six-week series on Practices of Prayer. This will be a weekly, live, Zoom course that will be 60 minutes, from 6:30 – 7:30 p.m. The topics are:

- The Divine Office and Devotions from the Book of Common Prayer (Fr. Rich)
- Praying with Mandalas (Mo. Danée)
- Praying with a Labyrinth (Donna Hawkins)
- Praying with Our Bodies (Rachel Bass Guennewig)
- The Spiritual Exercises and Simple Examen (Theresa Newell)
- Spirituality Self-Assessment (Fr. Rich and Mo. Danée)

You will hear more about these faith formation opportunities in a separate e-mail soon. In the meantime, I pray that you can remain "physically distant and spiritually connected" to each other. Please join us for our weekly Virtual Coffee Hour and Community gathering, via Zoom, at 10:00 a.m. each Sunday. You can sign-in here: <https://zoom.us/j/96812880236?pwd=RWZyb1RhakhtVzhOWG4wdFNtYk0wZz09>

Be assured of my continual prayers for you, those you love and our faith community. God is with us and this crisis will pass, someday. I am ----

Your brother in Christ,

The Rev. Richard C. Weyls, Rector

In This Issue

Rector's Reflections	Page 1
Virtual Church at St. Andrew's	Page 2
Practices of Prayer: A Six-week Faith Formation Series	Page 2
Musings by Mother Danáe	Page 3
Next Log Deadline	Page 3
Contemplative Offerings at The Center - A Farewell Message from Cherry Haisten	Page 4
Contact Update Project - 2020	Page 4
Children and Youth	Page 5
A Message from our Senior Warden	Page 6
Make a Difference - Get Involved	Page 6
The Green Corner	Page 7
Prayers	Page 8
Vestry and Staff	Page 8

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. Holy Week was made special thanks to the efforts of our staff who worked tirelessly to prepare virtual offerings to observe the week. Thanks to all who contributed to this effort.

Easter Sunday was made extra special with our virtual gathering via Zoom. What a great day it was being able to see everyone's faces to share birthdays, thanksgivings, special blessings and prayer requests. At least 93 households Zoomed in - most local but also some from far away places joined as a community to celebrate the day. For some it was quite emotional. We are all more connected than perhaps we thought. We will once again have a Zoom Virtual Coffee Hour this coming Sunday. Please sign in at 10:00 a.m. with these credentials: <https://zoom.us/j/96812880236?pwd=RWZyb1RhakhtVzhOWG4wdFNtYk0wZz09>.

The church still remains closed due to the COVID-19 pandemic and will stay that way for the foreseeable future. Please continue to check out the Virtual Church Tab on the St. Andrew's website <https://www.saintandrewsseattle.org/virtual-church/> for our latest offerings. If you would like to revisit any of our Holy Week offerings, go to our YouTube site (https://www.youtube.com/results?search_query=saint+andrew%27s+episcopal+church+seattle) and click on "Your Videos" in the menu on the left.

Practices of Prayer - A Six-Week Faith Formation Series

Fr. Rich and Mo. Danae, along with guest speakers will lead a six week faith formation series entitled The Practices of Prayer. The series will start on Wednesday, April 22 and run from 6:30 - 7:30 p.m. More information on how to join this Zoom Series will be forthcoming. The sessions are listed below:

April 22, 2020	Fr. Rich	The Divine Office and Devotions from the Book of Common Prayer
April 29, 2020	Mo. Danáe	Praying with Mandalas
May 6, 2020	Donna Hawkins	Praying with a Labyrinth
May 13, 2020	Rachel Bass Guennewig	Praying with our Bodies
May 20, 2020	Theresa Newell	The Spiritual Exercises and Simple <i>Examen</i>
May 27, 2020	Fr. Rich and Mo. Danáe	Spirituality Self-Assessment



As a priest and Licensed Marriage and Family Therapist, I find that many of the mental health tools I use with clients can also be used as pastoral care tools, as well. The Wellness Society (www.wellnesssociety.org) put out a wonderful resource that I am sharing with all of you on our Virtual Church page: *The Coronavirus Anxiety Workbook*. This 28-page workbook has a variety of support tools from “Planning Your Information Diet” to “Practical Wisdom for Tolerating Uncertainty” to “Creating Your Stress-Resilience Action Plan” and everything in between. Here’s a sample of one of the tools they share:

Starting a Planning Practice

Maintaining structure can work wonders for your mental wellbeing. Routines help you increase your sense of control and defuse feelings of overwhelm.

Planning Tips

- **Schedule regular breaks.** Take time to mindfully drink your tea or focus on your breathing – here’s a great website you can bookmark from Calm.
- **Write a weekly goals list.** Identify what you need to do to achieve your weekly goals. Break tasks down into smaller steps and cross them off as you go to maintain a sense of progress throughout the day.
- **Identify 1-3 “Most Important Tasks.”** Creating a daily MIT list helps you prioritize your most important and urgent tasks.
- **Review your crossed off items at the end of the day.** Taking stock of your achievements can help boost mental wellbeing.
- **Try a to do list app.** You may prefer a digital format such as Google Keep.
- **Experiment with productivity techniques** such as The Pomodoro Technique and Eat The Frog.
- **Write your daily to do list the night before.** You might find that being able to start work straight away helps increase your productivity. Also, this practice can help you clear your mind and switch off in the evening.
- **Tidy your workspace at the end of the day.** Research finds that cluttered environments interfere with your ability to focus.
- **Decide on a regular sleep schedule.** When it comes to improving sleep, research suggests that maintaining a regular sleep schedule is of high importance.
- **Create an end of work day ritual.** To enforce work-life boundaries, you might find it helpful to create an end of day ritual such as changing into comfier clothes, switching off work email notifications and putting on some music.
- **Create weekly family traditions.** Strengthen family routines through traditions such as “Board Game Fridays” and “Movie Night Mondays”. Find more advice and resources for setting up a family routine [here](#), [here](#) and [here](#).
- **Be kind to yourself.** You might suddenly have a lot more on your plate. Be mindful of your inner critic, and remind yourself that you can only do the best you can.

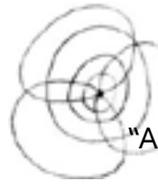
Be peace, be light, be love!



Deadline for next Log

The next *Log* will be published on **April 30, 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 27, 2020** for publication in our the April 30th 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)



Contemplative Ministries

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

Contemplative Ministries at St. Andrew's will continue in some form going into the future. Groups that are meeting now will continue to meet going forward. At this time, the format of those meetings is still being determined. While March 31 was Cherry Haisten's official last day, she is still working on trying to wrap some things up and set things in order for the future. With the ongoing COVID-19 pandemic and related closures, this is taking longer than she had hoped. She plans to write a formal wrap-up for this ministry for an upcoming *Log* publication. Thank you for your patience.

Contact Update Project - 2020

It is time for a much-needed update to our church's contact list so that we can make you a new directory! In these times when we all are staying home for our health and safety, and only staying connected through online communication, it is important that we have your contact information correct in our database.

If you have not yet logged into your profile, please click the link below:

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

It will prompt you to enter your name and email address, and then our Breeze Online Church Management System will send you an email. Click the link in that email to create a username and password for yourself. You will then be able to view and update your personal profile and information in our Breeze Online Church Management System.

You May Have a Few Questions and We Have Answers!

After logging in, how do I click to update information? If you want to edit something within a section, simply click on the section heading and then make the necessary changes. For example, for a phone number change, you would scroll down the page, find the Contact heading. When you hover your mouse over the heading name, it will say "click to edit section" Go ahead and click on the heading, and you should be able to update anything in that section.

The Family Section: This system will only add people to your Family section if their profiles already exist somewhere in our records. For example, if you want to list a family member who does not attend St. Andrew's, then we probably do not have their name, email address, or phone number in our database. Please keep in mind that if a family member does not want to start receiving mailings and emails from St. Andrew's, it would probably be best not to add them to our system.

Be sure to check the information of any family members you might have, and check to 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.

We would love it if you could respond no later than **Thursday, April 23**. We hope to wrap up this project up by the end of April. Thank you in advance for your attention to this matter.

CHILDREN & YOUTH



50 Days of Easter: 50 Family Questions

Families are invited to spend each day of Easter answering one of the questions at a daily meal. You can do this in a variety of ways:

1. Cut each question out and place them in a basket, then have a family member choose one,
2. Go through the list in order
3. Have a family member pick a number and read the corresponding question.

To access the questions, click on the following link:

<https://www.saintandrewsseattle.org/wp-content/uploads/2020/04/50-days-of-Mealtime-Questions-for-50-days-of-Easter.pdf>



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 26, 2020 (Easter)

May 10, 2020

High School Youth Group

April 19, 2020

May 3, 2020

Making a Donation to St. Andrew's: A Message from Sr. Warden, Brad Daley

It was such a pleasure to see so many friendly and familiar faces during the Zoom conference on Easter Sunday! It reminds me that even during these times of separation and anxiety, there is a large community of friends and fellow Christians from whom we can draw support and strength.

Please know that the Staff at Saint Andrew's and the Vestry are fully aware that many of our parishioners have lost their jobs or are suffering right now due to the pandemic and the effects it has had on the economy. It is important for us to take care of ourselves and our families first. Even in these unprecedented circumstances, there are some who have the ability to work from home and who have been asking how they can do more to help the less fortunate. Please know that Saint Andrew's continues to need your financial support, and to that end, I would like to encourage those that can donate to please continue to do so.

There are a variety of methods you can use to donate / contribute to Saint Andrew's, even though we are not gathering at the church:

1. You can mail a check, made out to Saint Andrew's using the following address:
Susan Kromholtz
c/o St. Andrew's Episcopal Church
111 NE 80th Street
Seattle, WA 98115
2. You can visit our website at www.saintandrewsseattle.org and click the 'Donate' button. Just follow the prompts to complete your donation. Please note that the church is charged a small percentage for credit and debit cards. Using a bank account (checking/savings) is preferred, as a smaller fee is charged.
3. You can install the 'Give +' App on your mobile phone. You can find Saint Andrew's by using the zip code 98115 in the search field. Once you select St. Andrew's, you create a Give + account and then setup a payment method. Once this is complete, you never have to do it again. Simply open your app and donate. Please note that it takes three days to process your donation.

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 do not hesitate to reach out to me either by e-mail (brad@daley.com) or cell phone (206.617.6508). Blessings, and please stay safe and healthy.

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. St. Andrew's has been a regular contributor to this important ministry. Please try and remember them (or your local food bank) when you go to the grocery store or place an order online. 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 |
| Canned Chili or hearty soups | enough to give out |
| 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 continued generosity!



The Green Corner

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

Join the Virtual 50th Anniversary Earth Day Celebration

Your Creation Keepers team is staying home and safe. We mourned the loss of being able to worship together during Holy Week along with all of you.

We are also disappointed that we won't be together for our planned celebration of Earth Sunday April 26th. It would have been our 17th! However, we can join the world in a virtual celebration of Earth Day.

Wednesday, April 22, 2020 marks the 50th anniversary of the birth of the modern environmental movement. More than 10 million Americans took part in rallies from coast-to-coast on that first Earth Day in 1970. Their energy led to the passage of the Clean Air Act, the Clean Water Act, and the Endangered Species Act, as well as the formation of the Environmental Protection Agency.

Here are some ideas for celebrating Earth Day while maintaining safe social distancing.

Take the Pledge

Join others in signing the Episcopal Church's Creation Care Pledge. You'll be asked to list three loving, liberating, and life-giving actions you'll take. To make it easy, borrow ours.

1. Take part in the important creation care work in my parish, St Andrew's, Seattle, through its Creation Keepers ministry.
2. Continue to find ways to shop locally and wisely and with less and less harmful packaging.
3. Educate, encourage, and evangelize about the Good News of stewardship of God's creation.

To sign the pledge, go to: <https://dfms.formstack.com/forms/creationcarepledge>

Track your Carbon Footprint

This carbon tracking website from the Diocese of California lets you measure your carbon footprint and suggests actions you can take to shrink it. Last time we checked, 154 households from our diocese had signed on and saved 79 tons of carbon dioxide. Let's make those numbers grow! To learn more, go to: <https://www.sustainislandhome.org/>.

Take Part in Events as Earth Day Goes Digital: Explore online forums, webinars, and events worldwide. See: <https://www.earthday.org/>.

Give Thanks for Your Patch of the Earth: Thank God for the beauty of nature all around you and commit to working to protect it.

Find More Resources: Look on the Diocese of Olympia's Climate and Creation Care page: <https://ecww.org/climate-creation-care/>.



April 22, 2020

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)*	Levana 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)

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
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Church e-mail:	info@saintandrewsseattle.org
Church web-site:	saintandrewsseattle.org