



The Log

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

30 April 2020

Physically Distancing — Spiritually Connecting ...

Rector's Reflections



My Dear Friends in Christ:

By now, I suspect that you are growing tired of our time of physical distancing, staying at home, and sheltering in place. I certainly am! I think I'm doing fine, but my spouse tells me otherwise. My stress is expressed in impatience, reactivity, and exhaustion. I hear that I'm

not the easiest person to be around, these days. I think of you and pray for you several times a day. I wonder about our seniors and single people who live alone. The lack of physical touch and personal human interaction must contribute to a profound loneliness. My heart breaks as I hear stories of our high school and college graduates who are missing proms, commencement exercises, and parties that celebrate these important rites of passage. I am especially concerned about our parishioner-parents who are attempting to work from home while caring for children, feeding them, breaking up fights, and structuring instructional time. I wonder how our parishioners are doing, financially, during this time of shut down. I haven't heard of any job losses among our people, but I'm sure many have been affected by the economic recession.

I pray with the psalmist, "How long O Lord?" (Psalm 13:1). How long will this time of social distancing, quarantine and economic decline continue? Only God and the coronavirus know.

I think we are all experiencing ambiguous losses that pervade every aspect of our being, right now. We are grieving deeply but we can't clearly identify a source for our loss. This is because everything has changed, nothing is as it should be, and we don't know when this is going to end. We want to prepare and plan

for what's coming next, but we don't know what that is. This contributes to our ongoing trauma and frozen grief. Since our losses are ambiguous, they cannot be resolved. Instead, they are acknowledged and claimed in a supportive community. I hope this is what St. Andrew's can become for us all. It is possible to live with an untenable situation. I don't like it, but I do have the capacity to live without knowing what's next. The good news is that this IS going to end, someday. Social distancing protocols are in the process of being relaxed, but this will be a long, ambiguous and slow process.

I think this is exactly where we find ourselves as a parish --- everything has changed, nothing is as it should be, and we don't know when this is going to end. I have been spending countless hours in virtual meetings about "reopening our churches." All of this depends upon the movement of the coronavirus in our local community. Of course, we will follow the recommendations of our local governmental, public health and ecclesiastical authorities when that time arrives. I have no idea what that might mean for us at St. Andrew's. One thing is for sure. We will not be moving from "closed" to "business as usual" overnight. Our reopening will be gradual and will likely be instituted in phases. COVID-19 has changed the way we gather as a community and "do" church. Even with severe "adaptation fatigue" we will need to continually adapt to changing circumstances. I regret that we cannot step back into the past when we return to our church building. This is unfortunate because it just adds to our ambiguous loss.

However, "we are an Easter people and Alleluia is our song!" (St. Augustine of Hippo). God has a lot to say about death, loss and grief. Jesus triumphed over death, once, and for all. Our faith teaches us to practice

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Virtual Church at St. Andrew's

Physically Distancing — Spiritually Connecting ...

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. Our Parish Administrator, Natalie Ingrisano also sends out weekly prayer resources for both Wednesday and Sunday by e-mail.

Zoom Virtual Coffee Hour continues. Please sign in at 10:00 a.m. with these credentials: <https://zoom.us/j/96812880236?pwd=RWZyblRhakhtVzhOWG4wdFNtYk0wZz09>.



The following parishioners are celebrating a birthday this month! Please remember them in your prayers and if you are connected with them in some way, perhaps send a personal greeting.

Liz Allyn	Kyle James	Julian Myers	Margo Smith
Kallon Daley	Karla Koon	Sam Newell	Brett Soares
Matthew Donovan	Kelsey Maass	Hannah Oistad	Leo Thompson
Lizzy Farr	Finn McKellar	Alex Pedersen	Calvin Trakimas
Ryan Gleeson	Declan McKellar	Joshua Santiago	Julia Walton

This listing was generated courtesy of our Breeze Database system. Many of you have already updated your contact information but perhaps you missed filling in your birth date, including the year - *we promise we won't tell!* We would love to have that information for a number of reasons - first and foremost so that we can remember you in prayer for your birthday.

The reason we ask for your birth year is because from time-to-time we may want to send information only to a specific age range. If you have already updated your Breeze contact information but did not update your birthday information, we kindly request that you do so. If you have not yet had a chance to update your Breeze contact information, please do so as soon as possible to be included in the soon to be published St. Andrew's directory. For more information on how to do that, please see the related article on page 4 of this issue. Thanks.

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resurrection in our lives every day. We are discerning difficult things in the midst of the Easter season where God brings new life out of death and hope out of loss. I still believe in a God who can make all things new by the power of God's redeeming grace. Our church community has grown through our offerings of virtual services. We have regular viewers and followers all over the world. Parishioners drop off food at our doors and hungry people take what they need. Our pledgers continue to support the parish, and some have increased and accelerated their payments to the church. You have responded generously to my appeals to help those in our community who are struggling. These times are difficult, but I see resurrection, new life, and new possibilities, everywhere.

I pray that you will find resurrection and Easter joy as you live in this moment. The clergy and staff love you, we miss you, and we pray for you, daily. Know that we long for the day when we can be together again in the place of love we know as "St. Andrew's." In the meantime, let us stay connected through prayer. I am,

Your brother in Christ,



The Rev. Richard C. Weyls, Rector

Adult Faith Formation Classes

To All God's Beloved: Paul's Letters in Paul's Time

We read from Paul's epistles most Sundays. They are the oldest texts of the Christian Testament and essential to our faith tradition. Yet they are difficult, and Paul remains a controversial figure, both admired and resented. St. Andrew's is offering a new encounter with Paul's letters through a free on-line course by Prof. Laura Nasrallah of Yale Divinity School. She explains why she loves teaching this material in this short YouTube video:

<https://www.youtube.com/watch?v=u7PpfNtEa8k&list=PLbOINmUy3n7Y-b8SL0N5s9Vwn92VXggci>

We will accompany the on-line videos with a weekly Zoom discussion group which will take place on Tuesdays at 2:30 p.m. beginning on May 5. Sessions will last 45-60 minutes. We propose covering the first 5 days of material initially, then assessing whether and when the group would like to continue. Participants can choose to do a little (watch 15-30 minutes of videos weekly) or a lot (add supplemental videos, read some of the epistles). The course is free, but you do need to register ahead by emailing Kelli Jayn Nichols at lilachouse@comcast.net. Please also feel free to contact Kelli Jayn with any questions about the course.

Practices of Prayer - A Six-Week Faith Formation Series (four sessions remaining)

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 started on Wednesday, April 22 and run from 6:30 - 7:30 p.m. There are four more sessions (listed below): Zoom sign-in credentials

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. Danae	Spirituality Self-Assessment

Deadline for next Log

The next *Log* will be published on **May 14, 2020** (E-Log only). Any articles that you might want to publish in the next issue must be submitted no later than noon, **Monday, May 11, 2020** for publication in our the May 14th 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)

Musings by Mother Danée



Watch this space for more news from Danée in future issues of *The Log*.

Be peace, be light, be love!

~Mo. Danée+

A Message from Jr. Warden, Tere Burciaga

As the new People's Warden for St. Andrews' for the New Year of 2020, we have gotten off to a surprising start with a Pandemic resulting in our St. Andrew's physical closure of our building. However, thanks to the staff and virtual church, we remain connected. For those of you out there who seek to be more connected in other ways, or have suggestions, please contact me at theresaburciaga@msn.com. Blessings and good health to you all.

Contact Update Project - 2020: *LAST CALL*

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.

If you haven't yet responded, please do so as soon as possible so that we hope to wrap up this project up and publish the new St. Andrew's directory. Thank you in advance for your attention to this matter.



Finger Labyrinth Walk To sooth your soul

Thursday Finger Labyrinth Walks
Every week on Thu, 02:00 PM to 3 pm
<https://us02web.zoom.us/j/85713461482?pwd=VIRMNHVUc3R4a0E4WmtZSkN0dWJtZz09>
Mtg ID: 857 1346 1482 Password: 602341

- Come Walk the Finger Labyrinth as a spiritual practice during the Stay at Home time.
 - Explore different ways to use the finger labyrinth
 - Discover how to nurture your soul and reaffirm your faith,
 - Discover how to find peace within, during this crazy time
 - Explore ways to destress and find joy
 - Facilitated and led by Donna Hawkins, Certified Labyrinth Facilitator
- Contact Donna at busybeedgh@gmail.com with questions.

Join us!

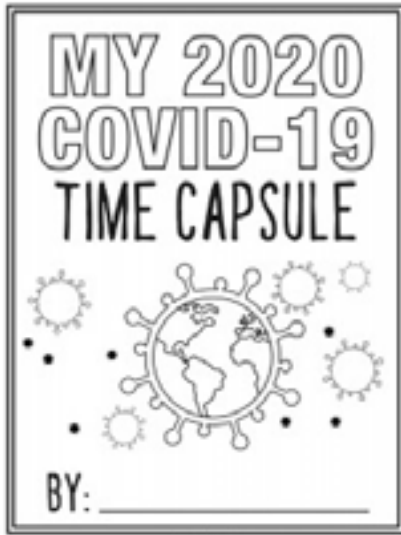


Contemplative Ministries

"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.

CHILDREN & YOUTH



COVID-19 Time Capsule Project

The COVID-19 time capsule is created by Natalie Long, a mother and graphic designer, in Alberta CA. It gives your child an opportunity to document what we're going through. They can write about how they are feeling, what's happening at home and in their communities. Adult version available, as well.

Both our Junior and Senior high youth groups did modified versions of a time capsule in recent weeks. Whether and adult or child, you can print out this PDF and do it online with your own journal.

To download the free COVID-19 time capsule:

<https://letsembark.ca/time-capsule>



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

May 10, 2020

May 24, 2020

High School Youth Group

May 3, 2020

May 17, 2020

May 31, 2020

The Zoom Log-In credentials for both youth group meetings are as follows:

- **Middle School Youth Group:** <https://us02web.zoom.us/j/727053979?pwd=SUd6MDBnenhPMWREd0lTM-lpvSIBSdz09>
 - Meeting ID: 727-053-979; Password: 115475
- **High School Youth Group:** <https://us02web.zoom.us/j/81600291227>
 - Meeting ID: 816-0029-1227; Password: 100818



2020 Graduates - We'd Like to Recognize You!

Are you, or someone you know graduating from high school, college or graduate school? We'd like to know who you are and recognize you in an upcoming issue of the *Log*. Please send your name (or the name of your graduate), academic level, school or institution attended and where appropriate, degree level and major to Rebecca Kirkpatrick (rebeccak@saintandrewsseattle.org) no later than Tuesday, May 26. We will publish the list in our May 28 issue of the *Log*. Congrats to all upcoming graduates.

Parishioner Reflections: Living Life During the COVID-19 Pandemic

Parishioners of all ages are invited to share their reflections on living life during the COVID-19 Pandemic. Feel free to submit a reflection at any time. Thanks to Br. Stephen Gerhardt for sharing his latest thoughts.

Heaven on Earth by Stephan Gerhardt

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The roads are quiet these days as are all the urban spaces. The people have begun to spend their days playing in the yard and enjoying time with their children. The airplanes and restaurant workers who ensure our daily rush to keep the urgency of life before us are few and far between now. Although thousands have died, the world is coming to life in a new way. People are rediscovering the joy of hearing a human voice, neighbors greet each other in passing, families are taking their meals together, and the birds are singing loud and clear while the fish reclaim their waters. The skies are getting clearer by the day. Even Calcutta has clean air now. It seems that the earth is finally starting to recover from man's desire for progress. Will it last? I don't know but I hope so. I think our hearts have been broken long enough by what we have failed to do better, by what we have chosen to ignore or been too busy to appreciate. Maybe the world has slowed enough that people will finally come to appreciate the little things long enough to see that there really is a heaven on earth. It is the realization that yesterday's seedling is now a small tree, it is the sound of a kitty purring in your arms, it is the warmth of a loved one's hand as you share the silence, it is the realization that you love this world and the simple things in it are enough to sustain you. Heaven on earth is here right where it's always been waiting for us to slow down and experience it; waiting for us to acknowledge the never-ending flow of presents that has and remains a never ending sign of God's presence.

Br. Stephan

A Fun Little Game to Play During Quarantine (submitted by Margo Rogers)

I ran across this fun little game on Facebook a couple of weeks ago and thought I'd share it with you.

In the paragraph to the right are hidden sixteen (16) books of the Bible. It took me awhile but I finally found them all. See if you can find them as well. Let me know if you do!

Have fun!



I once made a remark about the hidden books of the Bible (merely a fluke). It kept people looking so hard for the facts and for others it was a revelation. Some were in a jam, especially since the name of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says brews a cup of tea so she can concentrate better. See how well you can compete. Relax now.



The Green Corner

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

Take action for the Environment From the Comfort of Your Home

Just because we can't march doesn't mean we can't make our voices heard. Citizens' Climate Lobby is a non-profit, nonpartisan, grassroots advocacy organization focused on national policies to address climate change. The Seattle chapter sponsors an online letter-writing group on the third Saturday of each month. Join them on Zoom on May 16 from 10:00 a.m. to 12:00 p.m. and write a letter to the editor or your member of congress.

For more information, see www.citizensclimatelobby.org or search for "Seattle area Citizen's Climate Lobby (CCL)" on Facebook.

Support Local Farmers

These are tough times for farmers. Restaurant closures mean loss of business. Farms are also grappling with new measures to protect the safety of farm workers and customers alike. Fortunately, there are steps you can take to protect our local food supply.

- **Shop at a Farmers Market.** We were excited to see that the University District Farmers Market and the Ballard Farmers Market have been reopened. Farmers and shoppers will be following strict social distancing practices. Check their websites for details. This is a great way to support our farmers and get healthy and tasty produce for your table.
- **Order from local farms online.** The PCC Farmland Trust has a list of farms that offer everything from goat milk soap to ethically raised meat to organic compost online. Get more info here: www.pccfarmlandtrust.org/supporting-local-farms-during-covid-19.
- **Join a CSA.** In a Community Supported Agriculture farm, members buy a share for the season and enjoy the harvest all year long. Some farms have delivery; others invite you to come visit the farm. CK member Christine Dubois and her family are long-time members of the Root Connection Farm in Woodinville and can't imagine life without it! See www.rootconnection.net.

For a list of other local farms, see the Tilth Farm Guide: www.farm-guide.org.



A Message from One World - How You Can Help

With COVID-19 turning our world upside down, there is much economic hardship in our community and a need for donations. Here are a few ways to help:

1. Please consider sharing some (or all) of your stimulus money with needy organizations and especially St. Andrew's. We have a discretionary fund that the clergy distributes for those in need. We usually collect funds from the congregation on the first Sunday of the month but of course that hasn't happened (<http://saintandrewsseattle.org>).
2. Bring non-perishable food to the church for Family Food Works food bank. There are two boxes set up, one at the library door and one at the back door. Food is delivered to Family Food Works on Tuesdays. Cash donations always accepted (<http://familyfoodworks.org>).
3. St. Luke's Edible Hope Kitchen in Ballard continues to feed more than 150 individuals with to-go meals, Monday through Friday. Cash donations can be made at <http://www.stlukesseattle.org>.
4. Teen Feed in the University District:
 - Community members are sewing masks for the kids, Teen Feed staff and outreach teams and they are sharing with partners in the homeless community, including seniors. They can always use quality masks to prevent the virus spread. (<https://fortune.com/2020/03/23/n95-mask-shortage-coronavirus-sewists-seamstresses/>).
 - Folks are cooking at home and dropping off entrees, vegetables, and healthy desserts for the youth as well as packaged items for the STOP outreach teams (carton milks, juices, beef jerky, oatmeal, tarps, tents and sleeping bags for those without shelter). Choose from the updated wish list here: https://smile.amazon.com/hz/charitylist/1s/XF6KZKVP061O/ref=smi_cl_lol_lls0_ls0.
 - If you order from Amazon, consider using smile.amazon.com instead. Choose Teen Feed as your charity and a small percentage of ANYTHING you purchase ANYTIME goes to their organization. It's just like using your profile and remembers all your data. To get started use the Teen Feed EIN number listed here (94-3034862).
 - Cash is also accepted. Teen Feed budgets carefully but like so many, did not budget for COVID-19. Every team that doesn't cook means additional staff and food costs. The community can donate money online at www.teenfeed.org/donate with secure "Click and Pledge" to help defer that direct cost.

Contact Cris Blair (crisblab2comcast.net) with questions. Let's hold our brothers and sisters in prayer during this pandemic and thanks for all you do.

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. Danáe 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
Church Phone:	206-523-7476
Church e-mail:	info@saintandrewsseattle.org
Church web-site:	saintandrewsseattle.org