



# The Log

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

14 May 2020

*Physically Distancing — Spiritually Connecting ...*

## Rector's Reflections



My Dear Friends in Christ:  
These are such unusual and ambiguous times. I wrote to you last time about constant grief, adaptation fatigue, and ambiguous loss. These things contribute to our stress and impact our physical and mental health. I worry about how you are coping as our shelter in place orders

continue. Have you experienced Resurrection in any way as we practice social distancing?

Our adage at St. Andrew's has been "physically distant – spiritually connected." The staff has been working extremely hard to facilitate this. Here are some bright spots and signs of Resurrection as we cope with these unusual times.

- We now have a Virtual Church. Our video productions and on-line offerings have been viewed over 10,000 times since mid-March.
- We have a regular following and receive messages of thanks from New Zealand, Turkey, Australia, Singapore, Russia, and the U.S. from those in our new virtual community.
- The Zoom Coffee Hour each Sunday is a big hit! People feel deeply connected to each other and we now split into small, virtual breakout groups for reflection and discussion.
- Our parishioners have access to faith formation opportunities that they never had before.
- Many of us are learning more about The Book of Common Prayer and practicing our faith at home.
- We have connected with friends and family throughout the world that we have been "too busy" for in the past.

- We are noticing nature and the beautiful details of our natural world more.
- There is much less air, water, and noise pollution.

Some of you may be asking, "When will St. Andrew's be open again? When might we have in-person services?"

This is such a difficult question. Our re-opening depends upon the movement of the coronavirus in our community. The governor and our bishop have issued guidelines for a four-phase reopening plan for business and churches. It appears that smaller group gatherings of 50 people and less may be possible when we reach phase 3. Once again, we do not know when this might be. Furthermore, St. Andrew's may not open as soon as this becomes possible. Your safety is paramount, and the parish may not have the ability to follow the strict conditions for re-opening.

As the staff and vestry consider these many options, I ask "what do our people need?" We will be sending you a survey in the next week to learn more about your needs and expectations as we consider our reopening plan. This will help us sort out our staffing, cleaning, and technology requirements for Sunday worship.

As I said in my recent pastoral letter to you, "when we walk back into our church building, we will not be stepping back into the past." Please take this to heart. Your Sunday experience will not be anything like you are accustomed to. I must say that I struggle with the idea of limiting church attendees and turning people away. How do we live into the slogan "All Are Welcome at the Table," when we limit attendance, exclude those over the age of 65, and turn people away at the doors? This causes me some deep theological and pastoral distress.

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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=RWZyb1RhakhtVzhOWG4wdFNtYk0wZz09>.

## Adult Faith Formation Classes

### **Practices of Prayer - A Six-Week Faith Formation Series (two sessions remaining)**

Fr. Rich and Mo. Danae, along with guest speakers are leading a six week faith formation series entitled The Practices of Prayer. The series started on Wednesday, April 22 and continues through May 27. Class time runs from 6:30 - 7:30 p.m. There are two more sessions (listed below): Zoom sign-in credentials will be provided.

May 20, 2020	Theresa Newell	The Spiritual Exercises and Simple <i>Examen</i>
May 27, 2020	Fr, Rich and Mo. Danáe	Spirituality Self-Assessment

## Deadline for next Log

The next *Log* will be published on **May 28, 2020** (E-Log only). Any articles that you might want to publish in the next issue must be submitted no later than noon, **Tuesday, May 26, 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](mailto:margor@saintandrewsseattle.org). Thank you.

Margo Rogers - Communications Specialist ([margor@saintandrewsseattle.org](mailto:margor@saintandrewsseattle.org))

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The staff, vestry and I will continue to pray, discuss, and reflect upon these many issues in the coming weeks. Your feedback is an essential part of this process. If you receive the survey via e-mail or through the U.S. postal service, please return it promptly. Your voice and your opinions are important to us.

In the meantime, please know that you are in my prayers, and, the prayers of my household. God has not abandoned us, and the Risen Christ has created opportunities for us to live into new life and new possibilities. Let us pray for one another. I am,

Your brother in Christ,



The Rev. Richard C. Weyls, Rector



## Finger Labyrinth Walk To Sooth Your Soul

Thursday Finger Labyrinth Walks  
Every Thursday - 2:00 - 3:00 p.m.

Meeting ID: 857 1346 1482 Password: 602341

[https://us02web.zoom.us/j/85713461482?pwd=VIRMNHVU-c3R4a0E4WmtZSkN\)dWJtZz09](https://us02web.zoom.us/j/85713461482?pwd=VIRMNHVU-c3R4a0E4WmtZSkN)dWJtZz09)

Come Walk the Finger Labyrinth as a spiritual practice during this 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 by Donna Hawkins, Certified Labyrinth Facilitator.  
For more information, contact Donna at [busybeedgh@gmail.com](mailto:busybeedgh@gmail.com)

## Join us!



*What a thing it is to sit absolutely alone, in the forest, at night, cherished by this wonderful, unintelligible, perfectly innocent speech, the most comforting speech in the world, the talk that rain makes by itself all over the ridges, and the talk of the watercourses everywhere in the hollows. Nobody started it, nobody is going to stop it. It will talk as long as it wants, this rain. As long as it talks, I am going to listen.*

~Thomas Merton

It is raining as I write this and this quote from Thomas Merton struck me in several ways. On the surface, it is a beautiful reflection on a man communing with nature. Merton was an American Trappist monk who lived at the Abbey of Gethsemani in Trappist, KY in the midst of an idyllic 1500 acres of forest land with lakes, streams, and wildlife. In this setting, it seems reasonable that God's presence through creation would be easily in reach. Many of us have felt that way here in our own gorgeous Pacific Northwest when we have been in the mountains, on the trails, and on the shores of the ocean. But not all of us have the luxury of living in the forest, quietly listening to God, and those glimpses we have are finite. We have to get back to work, to home, to our many responsibilities, as we hope to carry the peace from creation with us into those other spheres.

"It will talk as long as it wants, this rain." I wonder what it would be like to apply Merton's singular experience of the rain in that moment to current events and to God? What if we said, "It will talk as long as it wants, this virus," while we grow restless as the ambiguity of our shelter-in-place experience lengthens and our fatigue in adapting becomes bone deep? Or what if we saw all the different ways that the rain was making its way to Merton's ridges and hollows as the many ways that God continues to speak to us? As long as God talks, are we going to listen?

I wonder, too, in the midst of this pandemic, where you are hearing the Divine? Is it through the stream of chatter your loved ones at home make? Is it up the ridge of yet another Zoom meeting? Through the watercourse of walking in your neighborhood and saying hello to strangers? Or does it fall on you in a moment of silence in the space between many other things?

God is still speaking in the midst of this. The rain I am listening to is washing out old pathways and making new rivulets in the landscape. It is falling and sustaining my treasured plants from the nursery and the weeds growing next to them. The sound swells from constant whispering background noise to a pounding downpour and back again. The water reminds me of God's presence – soft or loud, but constantly there, holding us and carrying us forward into our future.

Here are some articles that I have found to be nourishing for mind and spirit this month and I hope you find them useful, too:

- <https://www.christiancentury.org/article/reflection/spirituality-quarantine>
- [https://faithandleadership.com/carolina-hinojosa-cisneros-poems-pray-pandemic?utm\\_source=fl\\_newsletter&utm\\_medium=content&utm\\_campaign=fl\\_feature](https://faithandleadership.com/carolina-hinojosa-cisneros-poems-pray-pandemic?utm_source=fl_newsletter&utm_medium=content&utm_campaign=fl_feature)
- <https://faithandleadership.com/debra-dean-murphy-mary-oliver-and-other-poets-can-help-us-perceive-and-protect-natural-world>
- <https://faithandleadership.com/olivia-paschal-social-distancing-spiritual-practice>
- <https://faithandleadership.com/gretchen-e-ziegenhals-mary-magdalenes-perspective-reflecting-resurrection>

Practice resurrection daily!



# The Rogation Days

## Rogation Days: For At-Home Use

“The Rogation Days, traditionally observed on Monday, Tuesday, and Wednesday before Ascension Day” (*Book of Common Prayer*, 18)

Rogation Days in the church may be new to you, but they have a long history in our Anglican tradition and are echoes of pre-Christian rituals to honor our relationship with the earth. For 2020, our Rogation Days are May 18, 19, and 20. We have collected information, liturgies, and prayers that you can do at home (links are below).

Here’s the official definition of Rogation Days from our Episcopal Church website:

Traditionally, these are the three days before Ascension Day on which the litany is sung (or recited) in procession as an act of intercession. They originated in Vienne, France, in the fifth century when Bishop Mamertus introduced days of fasting and prayer to ward off a threatened disaster. In England they were associated with the blessing of the fields at planting. The vicar “beat the bounds” of the parish, processing around the fields reciting psalms and the litany. In the United States they have been associated with rural life and with agriculture and fishing. The propers in the *Book of Common Prayer* (BCP) (pp. 207-208, 258-259, 930) have widened their scope to include commerce and industry and the stewardship of creation. The BOS contains material for a Rogation procession, including petitions to be added to the Great Litany and the prayers of the people. The term is from the Latin rogatio, “asking.” (<https://episcopalchurch.org/library/glossary/rogation-days>, accessed April 28, 2020)

- **Rogation Days At-Home Services** (<https://www.saintandrewsseattle.org/wp-content/uploads/2020/05/Rogation-Days-St.-Andrews-2020.pdf>): This is a document with historical information, plus two services you can do at home or in your neighborhood.
- **A Listening Walk** (<https://www.saintandrewsseattle.org/wp-content/uploads/2020/05/Listening-Walk-for-Kiddos.pdf>): A combination of the adorable book by Paul Showers and the spirituality of reflecting with the five senses, this document can be brought with you for use in either of the liturgies we provided or on an every day family walk.



# CHILDREN & YOUTH



## 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](mailto:rebeccak@saintandrewsseattle.org)).

### Upcoming Virtual Youth Group meetings:

#### Middle School Youth Group

May 24, 2020

June 7, 2020

#### High School Youth Group

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](mailto: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.

## Safeguarding God's Children Classes at St. Andrew's

Due to the COVID-19 closures, all in-person Safeguarding God's Children/People classes scheduled at St. Andrew's have been canceled, including the class scheduled for Saturday, May 30. There are some classes being offered on-line if you are interested. To learn more about on-line class offerings, click <https://ecww.org/safeguarding-online/>. We hope to be able to resume in-person classes in the Fall.

For questions or more information, please contact Barbara Larson at [larson818@comcast.net](mailto:larson818@comcast.net). Thanks for your patience and understanding.



## The Green Corner

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

## The Gift of Nature

*“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated reframing of nature — the assurance that dawn comes after night and spring after winter.”*

—Rachel Carson, author of *Silent Spring*

What's keeping you sane these days? For many people, it's watching birds.

Birdwatching is gaining new popularity as people notice nature right outside their window. With quieter streets, people are hearing bird songs, some for the first time. Plus, it's spring migration time here on the Pacific Flyway, a perfect time to watch for new arrivals.

If you don't have a bird feeder, consider putting one up in your yard. Need a project for the kids? Have them identify and count the birds that come to the feeder. They can also keep a nature journal where they sketch and describe the birds they see. Check out Audubon for Kids for more fun activities: <https://www.audubon.org/get-outside/activities/audubon-for-kids>

Smartphone apps like **Merlin Bird ID** and **Audubon Bird Guide** can help you identify unfamiliar birds. Or check websites like Cornell Lab of Ornithology (<https://www.birds.cornell.edu/home>). And you can't beat those bird guides you may have tucked away in your bookcase.

A birdbath, or just a dish of water on a deck railing, will bring hours of enjoyment and be much appreciated by our feathered friends. Also, don't forget to hang a hummingbird feeder.

Many birders keep a “life list” of every species of bird they've seen. You may also want to keep a “year list” and a “yard list.” It's a great way to track how changes in the environment are affecting the birds you see.

A recent study found that wild bird populations in North America have declined by nearly 30% since 1970, a loss of 2.9 billion birds. For more information, see <https://www.allaboutbirds.org/news/vanishing-1-in-4-birds-gone/>.

Providing food, water, and habitat for birds in your yard can help protect birds and pick up your spirits as well. Tell us what you're seeing in your yard!

## Did you Take the Pledge?

Join others in signing the Episcopal Church's Creation Care Pledge. You'll find it here: <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. Go to <https://www.sustainislandhome.org/>.

## Remembering our Neighbors in Need

The following article was published in the April 30 issue of *The Log*. Given the continued state of the world, it seemed appropriate to run this again. Please consider making a contribution in one of the following ways to help our Neighbors in Need. Thank you.



### 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](https://smile.amazon.com/hz/charitylist/1s/XF6KZKVP061O/ref=smi_cl_lol_lls0_ls0).
  - If you order from Amazon, consider using [smile.amazon.com](https://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](http://www.teenfeed.org/donate) with secure "Click and Pledge" to help defer that direct cost.

Contact Cris Blair ([crisblab2comcast.net](mailto: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 <sup>^</sup>	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

<sup>^</sup>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.

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*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](mailto:richw@saintandrewsseattle.org))

The Rev. Danae Ashley, Associate Rector ([danaea@saintandrewsseattle.org](mailto:danaea@saintandrewsseattle.org))

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

The Rev. Connie Carlson, Priest Associate ([conniec@saintandrewsseattle.org](mailto:conniec@saintandrewsseattle.org))

Tim Drewes, Director of Music ([timd@saintandrewsseattle.org](mailto:timd@saintandrewsseattle.org))

Natalie Ingrisano, Parish Administrator ([nataliei@saintandrewsseattle.org](mailto:nataliei@saintandrewsseattle.org))

Margo Rogers, Communications Specialist ([margor@saintandrewsseattle.org](mailto:margor@saintandrewsseattle.org))

Kevin Deffinbaugh, Bookkeeper ([finance@saintandrewsseattle.org](mailto:finance@saintandrewsseattle.org))

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