



Saint Andrew's Episcopal Church

Ash Wednesday and Lenten Offerings from St. Andrew's



My Dear Friends:

The season of Lent will soon be upon us. Wednesday, February 17th marks the beginning of Christianity's 40 day retreat in the desert with Our Lord. We are encouraged to fast, pray, and give alms to the poor in a different way during this special season of renewal. Our **Lenten Food Drive** will happen on Sunday, March 14th at the church. Please consider how you might connect your fasting and "giving something up" with your donations of food alms for the poor. In my household, we consciously give up take-out food so we can donate the cost of those meals to purchase food for our Lenten Food Drive.

I also wish to call your attention to our Lenten Formation Series, **Sacred Ground**, a film-based dialogue series on race and faith. As I watch and listen to coverage of the current

impeachment trial for former President Donald Trump and reflect upon the January 6th insurrection at the Capitol, I am convinced of our country's long history of deeply ingrained racial privilege and white racism. It is clear to me that white racial resentment, anxiety, and fear have fueled violence and incivility in our nation. Participation in Sacred Ground can be one way to learn as we confront our own unconscious racial bias and history.

- Sacred Ground is a sensitive, prayerful resource that creates space for difficult but respectful and transformative dialogue on race and racism.
- It invites participants to walk back through history in order to peel away the layers that brought us to today, reflecting on family histories and stories, as well as important narratives that shape the collective American story.
- It holds as a guiding star the vision of beloved community – where all people are honored and protected and nurtured as beloved children of God, where we weep at one another's pain and seek one another's flourishing.

Please read more about opportunities to participate in this excellent program in the Adult Formation section below. I pray that this important work will lead to the transformation and conversion of heart that is at the core of all Lenten observance. I am,

Yours in Christ,

Rich+

The Rev. Richard C. Weyls, Rector

CELEBRATE MARDI GRAS AT HOME



Ways to Celebrate Mardi Gras @ Home

Eat!

Eat your favorite Mardi Gras inspired dishes. On the reverse side: find two recipes:

- 1) Gretchen Hayslip's famous Saint Andrew's Jambalaya Recipe
- 2) Shrove Tuesday Pancakes

That, or order in from some Seattle restaurants serving Southern food (and are black owned):

Lil Red Take Out in Rainer: <https://lilredtakeout.com/>

Pam's Kitchen in Wallingford: <https://pams-kitchen.com/wallingford/>

June Baby in Ravenna: <https://www.junebabyseattle.com/>

Simply Soulful in Madison Valley: <https://www.simplysoulfulcafe.com/>

Dress-up!

Put on your party beads and masks! Just like decorating, dressing for Mardi Gras is as easy as grabbing the gold, green, purple, and sparkly pieces from your closet.

Listen!

Listen to a selection of Mardi Gras dance music from NPR:

<https://www.npr.org/sections/ablogsupreme/2011/03/09/134087202/the-music-of-mardi-gras-history-you-can-dance-to>

Watch!

The Princess and the Frog (G for families): Set-in New Orleans, this animated Disney movie features a waitress, desperate to fulfill her dreams as a restaurant owner, who sets out on a journey to turn a frog prince back into a human being, but first she has to face the same problem after she kisses him.

Déjà vu (PG-13 Crime/Action): Set in New Orleans, this movie is not for children but does feature Denzel Washington, an A.T.F. agent, who joins a unique investigation using experimental surveillance technology to find a bomber, but soon finds himself becoming obsessed with one of the victims.

Mardi Gras: Made in China (two versions: PG and not rated): This examination of cultural and economic globalization follows the life-cycle of Mardi Gras beads from a small factory in Fuzhou, China, to Mardi Gras in New Orleans, and to art galleries in New York City. There are two versions. I recommend the 48-minute educational version.

Gretchen Hayslip's Shrimp and Sausage Jambalaya Recipe:

1 lb andouille sausage (I use the Cascioppo brothers pork andouille available at the Holman road QFC)

1 pound large to medium shrimp

Olive oil

1 onion

1 green bell pepper

1 stalk celery

2-4 cloves garlic

2 teaspoons creole/Cajun seasoning

Salt to taste

2-3 cups chicken stock

1 can diced tomatoes

2 cups uncooked basmati rice

Pickapeppa sauce (optional)

Tabasco sauce (optional)

+Cook rice separately according to package instructions. When it's done, I put it in a larger dish to get it to unclump & to get the steam out.

+Heat oven to 350 & cook the sausage about 25 minutes. When it's done slice into 1/4-1/2 inch slices. Save any grease & stuff that comes off to add back into the pot.

+While the rice & sausage are cooking, chop and sauté onion (5 minutes) in olive oil (about 1-2 tablespoons). Then chop the bell pepper and celery and add in. Add garlic and sauté another 5-10 minutes. Add in seasonings, canned tomatoes and chicken stock (& leftover sausage grease). Taste! Add in more seasonings as needed (it should be a bit strong at this point, the rice will mellow it out a bit). Cook for 15-20 minutes.

+Add in the rice, you may need to add more stock. Add in shrimp & cook until they are pink (5 minutes). Serve with pickapeppa sauce and Tabasco sauce.

* to make this vegan/vegetarian: use vegetable stock and substitute 1 can garbanzo beans & 1 can black beans (both rinsed and drained) for sausage & shrimp. I also add in 1 chopped red bell pepper when you add the green pepper.

Epicurious' Shrove Tuesday Pancakes:

4 large eggs

1 cup milk (do not use low-fat or nonfat)

1 tablespoon butter, melted

1 tablespoon sugar

1 teaspoon vanilla, extract

1/2 teaspoon salt

1 cup all purpose flour

Additional melted butter

Powdered sugar

Fresh lemon juice

+Preheat oven to 350°F. Blend first 6 ingredients in blender. Gradually add flour; blend until smooth. Let stand 15 minutes.

+Heat medium nonstick skillet over medium-high heat. Brush with butter. Add 2 generous tablespoons batter, tilting pan to coat bottom. Cook until golden on bottom, about 45 seconds. Turn pancake over. +Cook until bottom is speckled with brown, about 30 seconds. Turn out onto paper towel. Cover with another paper towel. Repeat with remaining batter, brushing skillet with butter as needed.

+Butter ovenproof dish. Sift powdered sugar over speckled side of each pancake, then sprinkle lightly with lemon juice; fold pancakes into quarters. Overlap pancakes in prepared dish. Cover; bake until heated through, about 10 minutes. Serve with more powdered sugar and lemon juice.

LENTEN FOOD DRIVE



Lenten Food Drive at St. Andrew's Sunday, March 14th, 10am-12pm

Hello All

THANK YOU for the tremendous giving from December. Family Works Food Bank recorded our gift in at 1662 **pounds of food and 34 lbs of diapers!!** That is the second largest single donations received. We were able to distribute most of your gifts prior to Christmas. We had so much fun giving sharing in the joy! We now have a goal – we want to bring in **1901 lbs of food** to break the record!

We are going to do another food drive on **Sunday, March 14, from 10am – Noon.** In honor of Saint Patrick, instead of driving the snakes out of Ireland, we will work toward driving the hunger out of Seattle! There are some very specific needs that the food bank has; while we welcome all non-perishable food gifts, the items below are especially needed. While it is tempting to buy the HUGE cans / tubs / containers, we can actually serve more of our guests if we get the smaller, “family size” containers. If we get a 1 gallon jug of oil – it goes to 1 family; but four quart size containers, serves 4 families!

Non-food Items:

- Travel size** - soaps, lotions, shampoo, conditioner, toothpaste, toothbrushes

- Dish washing liquid
- Dishwasher soap
- Paper towels
- Toilet Paper

Food Items:

- **Shelf stable beverages:** milk, alternative milks (coconut, almond, soy, etc). Stable is needed, as many of our families have limited refrigeration space
- **Chicken or Beef Stock** – this helps to extend soups, and provides needed added protein
- **Spices!** Often food is bland, so these are always asked for – even salt & pepper.
- **Condiments** – ketchup, mustard, pickles, salad dressing. These are expensive and often not available on WIC
- **Crackers**
- **Cereal** – so many kids are at home all day, and cereal is a child favorite and very expensive at the grocery store
- **Granulated Sugar** – 1lb boxes are best
- **Flour** – 5 lb bags go a long way to helping a family
- **Jam / Honey** – always asked for and we rarely have much to give out; really makes the peanut butter go down!
- **Cooking Oil** – olive or canola or sunflower or any really! Best in 16-24 oz bottles

You can reach me anytime (I am in the church directory). If you want to drop off items prior, please do so on the few days before the 14th.

In thanksgiving and faith,

Jennifer Rogers

ADULT FORMATION DURING LENT

Sacred Ground

A Race Dialogue Series

Sacred Ground Race Dialogue Series Sign Up

This coming Lent, Saint Andrew's is putting on the "Sacred Ground" curriculum! The Sacred Ground is a race dialogue series that is thoughtfully designed for our current times. It is designed to challenge our ideas about race and racism, while also creating a respectful and meaningful dialogue with one another. We will spend time walking through the history of race in the U.S as a way to understand our current racial climate. It holds the vision of beloved community as a guiding star – where all people are honored and protected and nurtured as beloved children of God, where we weep at one another's pain and seek one another's flourishing. I invite you to come alongside us during this lenten season and journey with us as we seek growth in our racial dialogue, while also seeking the flourishing of all people.

This class will be offered starting on Wednesday, February 24th from 7pm-8:30 via Zoom and is a ten week course which will end on April 28th.

For more information or to sign up for the class, please email Megan McInnis at mcinnism@spu.edu. We are looking forward to journeying and growing with you!



Becoming the Story We Tell Small Group Bible Study for Lent/Eastertide

Lent is a time for delving deep into the life of Jesus through studying Scripture and praying together. We invite you to join one of our small group Bible studies via Zoom during Lent, in preparing our hearts for Easter. The groups will be reflecting together weekly on the Gospel reading for the coming Sunday and praying for one another. They will also be gathering during the season of Easter to reap the full rewards of our renewed engagement in Christ, crucified and risen. The groups will run February 21-May 23.

Please contact the group leader directly to join the group.

Wednesdays @ 11:00 am (begins 2/24) - Liz Santiago, sfooliz@gmail.com

Thursdays @ 6:30 pm (begins 2/25) - Theresa Newell, theresa.newell01@gmail.com

Fridays @ 9:00 am (begins 2/26) - Carrie Littauer, carrie.grace.littauer@gmail.com

Questions about the Bible study groups in general? Please contact Mo.

Danae: danaea@saintandrewsseattle.org or call/text 425.248.9224.



Lenten Bible Study

February 24th – March 31, 11am – 12:30pm We will resume our Wednesday Bible Study sessions beginning February 24th – March 31, 11am – 12:30pm. We hope that you will join us. Our themes will be based on Lenten Meditations. You are welcome to come to one or all classes. Our facilitator will be The Rev. Pat Eustis, a retired clergy who attends St. Andrews. We will continue to offer a Labyrinth Meditation by Donna Hawkins, trained Labyrinth Facilitator. If you are interested in joining the bible study, please email Donna Hawkins at busybeedgh@gmail.com.

AN ACADEMIC ADULT FORMATION OPPORTUNITY THIS LENT



Anglican Origins: Uncovering the Roots of our Tradition

<https://montrealdio.ca/courses/anglican-origins/?fbclid=IwAR2xwPH2JRSybzK288W7ixiO7dXFcthMkU4VNFWBfSZGD5sTLQ2jpo10s>

Dk

5 Tuesday evenings, February 23 to March 23, 2021, from 7pm to 8:30pm (Montreal time) What is Anglicanism and where does it come from? Many people might answer this

question by pointing to the English Reformation, Henry VIII, and the Church of England. But Anglicanism's roots are deeper and broader than this history suggests. This latest offering in Dio's popular series of non-credit courses explores the origins and development of the Anglican tradition, beginning with the arrival of Christianity in Britain and culminating in a worldwide Anglican Communion.

This class is taught by Mo. Danée's friend and colleague, The Rev. Dr. Hilary Bogert-Winkler, Director of Pastoral Studies at Montreal Diocesan Theological College, who is well-respected in the field of Anglican/Episcopal history.

RESOURCES FOR AT-HOME USE



Finger Labyrinth from Donna Hawkins

Even with the Church closed, our labyrinth is out in the fresh air, feel free to go and walk it whenever you have the time. Just remember if you are not with members of your household you need to be masked and keep physically distanced. I recommend one person walk and when they are done the next person can do their walk. Hello Fellow Labyrinth Lovers, St. Andrews weekly Finger Labyrinth Walks are continuing in 2021. Every Thursday at 2 pm. The attached Link is for 2021 only. This is a fabulous way to relieve the stresses that are occurring during our stay at home time. Come join us. If you would like to join but are hesitant, please contact Donna Hawkins busybeedgh@gmail.com or 206-849-4989 and I can give you a brief explanation of what a labyrinth is and what we do in these walks.

Peace and Health,

Donna Hawkins
Veriditas Advanced Certified Labyrinth Facilitator
Walk for Peace and Solace – dgh

Here are the finger labyrinths for you to print:

- [Chakra Vyuha Labyrinth](#)
- [Medieval Labyrinth](#)
- [Celtic Triple Labyrinth](#)

The Green Corner – Creation Keepers



Celebrate a Green Lent

Lent is a time to deepen our relationship with God through prayer, study, and action. We invite you to celebrate your calling to care for God's creation by making one or more of the following actions part of your Lenten discipline.

Prayer

1. Take a meditative (socially distanced) nature walk. Focus on the plants and animals you see. Thank God for the beauty in your patch of the universe.
2. Check out national church resources for prayer and add them to your daily devotions. Here's one we like from Prayers and Liturgies for the COVID-19 Pandemic.

A Collect for Hope

Bountiful God, source of the greatest good for all of us: Guide us in the right direction towards a better future for your creation. Help us to overcome our own limitations during this pandemic, and grant us steadfast love to look after each other. Give us humbleness of heart to accept that without you we cannot be real stewards of your creation. Show us ways to spread the gospel that will touch hearts and change minds for a better tomorrow for all humanity, the preservation of every creature, and the planet. In the name of your beloved Son, we ask it. Amen.

Study

1. Lent is a great time to read a book about environmental issues. Be the first on your block to read Bill Gates's new book, "How to Avoid a Climate Disaster: The Solutions We Have and The Breakthrough We Need," scheduled for release on Feb. 16. Or pick up a classic like "Drawdown" by Paul Hawken or a lyrical read like "Braiding Sweetgrass" by Robin Wall Kimmerer

2. **Need more ideas? Here's a list of [13 Must-Read Books on the Environment and Climate Change](#) from [EarthDay.org](#).**

Action

Reduce your carbon footprint. This Carbon Footprint Calculator from the Nature Conservancy helps you measure your carbon footprint and suggests steps to lower it.

Lobby your elected officials. The Faith Action Network's Interfaith Advocacy Day, will be held virtually this year on Feb. 11. This is a great opportunity to lobby our legislators on behalf of the environment. Read more about FAN's climate priorities for the Washington State Legislature [here](#).

--Christine Dubois for Creation Keepers



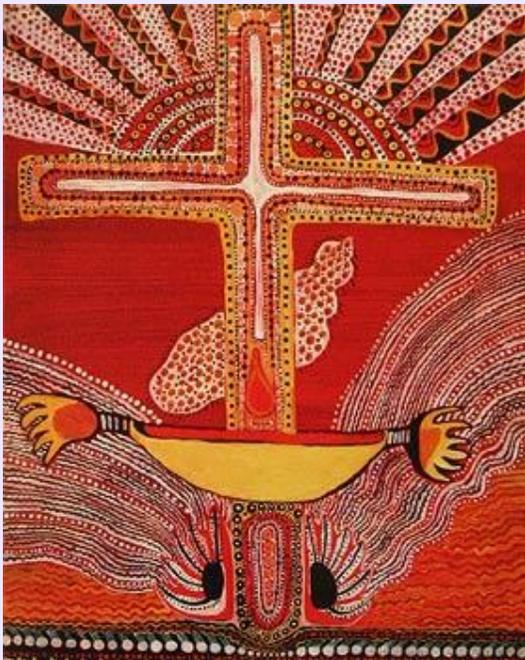
Ash Wednesday - Bonfire at Home

<https://buildfaith.org/ash-wednesday-home-fire-ashes/>

In many liturgical traditions Ash Wednesday is marked by a formal worship service in which the priest or church leader will make the sign of the cross on the foreheads of the congregants. Often the ashes are palm fronds that have been burned from the previous year's Palm Sunday service. The purpose of this service is to mark the beginning of the Lenten season of repentance and reflection.

An at-home Ash Wednesday fire can be done around a small fire pit in any backyard, on a roof top, on the beach, or on your deck. The activity can be large-scale with a community; or small-scale individuals/families around a group of candles or indoor fireplace. The point is not how grand your fire, but instead that you make time for the occasion in the first place.

Lenten Resources Curated from Gospace



Resources for Lent - The Latest for 2021

<https://godspacelight.com/2019/02/12/resources-for-lent-the-latest-for-2019/>



The Spirituality of Gardening in Lent

<https://godspacelight.com/shop/spirituality-of-gardening-online-course/>

<https://godspacelight.com/2014/02/11/gardening-for-lent/>

<https://godspacelight.com/2014/02/17/more->

[about-gardening-for-lent-by-kristin-king-carroccino/](#)



The new [HYMN SING VIDEO](#), with hymn requests from you, has posted on our YouTube Channel! Ten well known hymns will be available for you to sing along with in this video. [Click here](#) or search for "Saint Andrews Seattle" to find our YouTube channel and check out the many music videos there!

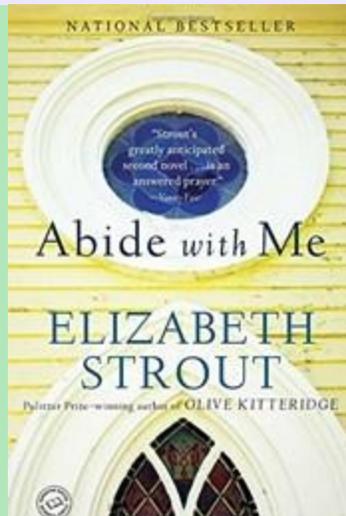
FELLOWSHIP DURING LENT



Ladies' Night Out on ZOOM
MARDI GRAS

Come Join us Tues 2/16 from 7 pm to 8 pm to enjoy each other's company and share craziest thing you have done that turned out to be fun, favorite podcast / show / pastime that you think others may enjoy, and / or guilty pleasure!

Be sure to have your favorite beverage and snack, it is *Mardis Gras* after all! Please notify **Donna Hawkins** (busybeedgh@gmail.com) if you plan / hope to attend. Hope to see you there!



NEW St. Andrew's Book Group

Did you have trouble reading in 2020? We did, and we resolve to do better in 2021! Please join us for a new St. Andrew's book group. We'll read (mostly) fiction as a way to explore spiritual themes. The books may or may not have overtly religious content; as our Jesuit friends say, "God in all things." Our first book will be *Abide with Me*, by Elizabeth Strout; the group will select future books and determine how often to meet. Our first meeting will be Thursday February 25th at 7:00 p.m., via Zoom. To join, email Kelli Jayn Nichols at lilachouse@comcast.net or Laurie Stewart at lkstewart@att.net.

OPPORTUNITIES IN OUR LOCAL COMMUNITY



Introduction to an 11th Step Prayer Practice: The Method of Centering Prayer for those in 12 Step Programs

Saturday March 6th 2021 | 9:00 AM – 1:00 PM PST | Online (Zoom)

The primary purpose of the 12-Step outreach team of CONW is to deepen our practice of the 11th step: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” We try to pass on the simple method of Centering Prayer to others in recovery.

Centering Prayer is a type of prayer that has been used over the centuries, but it is different from what we may think of as prayer. It is simply moving deep within ourselves, in silence, saying nothing, asking for nothing, just being and allowing our Higher Power to be with us. For those who are working a recovery program, parallels can be found between the transformation that Centering Prayer brings and the process of growth facilitated as we work the 12 Steps. We believe that, when applied as a daily supplement to the 12 Steps, Centering Prayer opens us to the deepest

dimension of spirituality.

This half-day Zoom workshop will introduce people in recovery to the practice of Centering Prayer, with time to learn and practice the method, ask questions, and learn about local and national resources for continuing and deepening your practice.

Hosted on Zoom by the St. Placid Priory Spirituality Center, Lacey, WA

About the presenters:



Gordon Coffey is a recovered alcoholic and drug addict with over 40 years of sobriety. He has been practicing Centering Prayer for 35 years; he is a founding member of Contemplative Outreach Northwest and a commissioned presenter of Centering Prayer.



Adina Meyer is in recovery from alcoholism as well as from an eating disorder. She is a commissioned presenter of Centering Prayer which she has been practicing since the 1990s. She is the coordinator of the 12 Step outreach team for CONW.

[Pledge/Donate to St. Andrew's](#)



