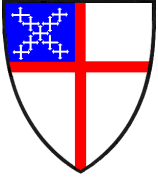


Glad Tidings

February 2016



ST. ANTONY OF EGYPT EPISCOPAL CHURCH

10239 Old Frontier Road

Mailing Address: P.O. Box 2822, Silverdale, WA 98383 360-698-0555
E-Mail: stantonysilverdale@gmail.com Website: www.saintantonys.org
The Rev. Bill Fulton, Vicar



Vicar's Voice

We're about to begin a journey toward Easter, a journey we call Lent. The destination of our journey is the resurrection joy of Easter Day, but before we get there, our path will take us through a wilderness territory. Just as Jesus was driven into the wilderness by the Spirit for forty days of fasting and temptation, so we also embark on a journey of self-reflection and renewal.

In earlier days, Lent was seen as a time of penitence and mortification. People were encouraged to take on the disciplines of fasting and self-denial by giving up something. I think there's some value in that when done in the right spirit, but most of us will benefit from a more positive approach.

If Lent is a time of renewal and growth, then maybe it would be more helpful to take something on rather than give something up. The question is, "How can I grow in my spiritual life during these forty days?" Perhaps reading from the Bible every day, or trying a new form of prayer, or consciously working to improve a relationship.

If you'd like some ideas to stretch your imagination, I've included a list of "Twenty Ways to Keep Lent," condensed from a blog post by Rachel Held Evans. Maybe none of these will appeal to you, but they might stimulate your thinking about how you might want to keep Lent this year.

As usual during Lent we'll have our Wednesday evening Soup Suppers. This year our Lenten theme will be "Teach Us to Pray," the request the disciples made of Jesus. For our first two sessions, spiritual director and teacher Bev Gaines from Soul Wisdom on Bainbridge Island will teach us about centering prayer and mindfulness practices, and we'll continue with other prayer traditions.

I hope you'll take some time before Lent to think of how you might benefit spiritually from a new practice or habit this Lent. Rather than a New Year's resolution that is quickly abandoned, maybe a Lenten resolution will help you grow deeper in your faith and your relationship with Christ.

We begin the season of Lent on Ash Wednesday with the Litany of Penitence and the imposition of ashes. This year we'll try a few new things during our Ash Wednesday worship to mark the beginning of Lent. The use of a few symbols and a short drama will help us enter this remarkable season. May we all have a blessed Lent!

Bill

Faith Formation

St. Antony's is a busy place. From Bible Study, Journey to Adulthood, Sunday School, Centering Prayer, Nursery, Wednesday Night Program, Little Sisters of St. Clare, there is a lot going on. If you don't find the contact information you are looking for in the announcements, please let me know and I will get it for you.

Submitted by: Charles L. Smith
charles_l_smith@yahoo.com



Ash Wednesday

**Imposition of Ashes
and Holy Eucharist**

**Wednesday, February 10
12:00 pm and 7:00 pm**



"I invite you to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word."

St Antony's Neighborhood Ministry Groups - Time to plan for your group's Winter event!

Have you and your group done this yet? We have at least four groups that had successful fall events and even some merged together with another group to plan. That worked so well for the West Silverdale and Seabeck groups for their Mexican food dinner outing in December - that they are again working together to plan their winter event - they will be going to the Tacoma Car Museum on Saturday Feb, 13th - leaving the church around 9 AM for a day at the museum. If you are in that group contact Mark Westin if you haven't already signed up in response to the recent email.

Also, the two Poulsbo groups got together in December - and they have decided to permanently merge into one Poulsbo group - and they are still deciding what to do for their winter event. Penny Whitney is leader for the Poulsbo group. Perhaps other groups might also consider joining together for their events? It's all about team building, fellowship and mutual support; and giving all of us (especially newer folks) a way to get to know people better in an outside the church social setting. Check with your group leader or step forward to plan a winter event for your group. If you have any questions - or are not sure what group you should be with, or just have a question.....check the map in the narthex or contact Mark & Gail Westin or Loretta McGinley.

Submitted by Mark Westin

An Invitation for Lent

A Lenten Service of Centering Prayer will be made available each Monday evening during Lent at 5:30 pm in the sanctuary, starting Feb. 15th. This is a wonderful way to begin each week... getting in touch with the Divine Spirit that dwells within each of us.

All are invited to come and participate in these ancient and beautiful practices that involve the mind, body and spirit in prayer, chanting and meditation.

Before the service begins, it will be our custom to come in and sit quietly for a few moments. You may wish to use this time to silently consider what your intentions are as you pass through this solemn season of self reflection. Welcome! Carolyn Sorrell



Twenty Ways to Observe Lent by Rachel Held Evans ***(rachelheldevans.com)***

1. Participate in an Ash Wednesday service.
2. Pray the offices of Morning Prayer and/or Evening Prayer for 40 days. They can be found in the Prayer Book, or you may find Phyllis Tickle's book, *The Divine Hours*, helpful.
3. Write 40 Lenten Love Letters to people who have had a big impact on your life, including difficult people, and even a letter to God and a letter to yourself.
4. Take the 40 Days of Water challenge from Blood: Water Mission (bloodwater.org). Help bring clean water to Uganda by giving up beverages during Lent.
5. For families with children: Make a thorn wreath with your family, eat fish on Fridays, make paper chains, donate to a good cause, and/or keep a gratitude jar.
6. Practice intentional silence and stillness every evening. One woman wore black for the entire Lenten season in solidarity with the crucified Jesus and people who suffer everywhere.
7. Give up one of your screens for Lent - fast from Facebook, read books instead of watch television, or ignore your smartphone.
8. Practice "The Wilderness Way." Every day for 40 days, spend 10-20 minutes outside in prayer/meditation/just being (rain or shine)!
9. Participate in a Carbon Fast by reducing your consumption of hydrocarbons. Drive less, walk more, turn down the water heater, turn off the lights.
10. Give away 40 things you don't need for Lent.
11. Fully observe the Sabbath for Lent, from sundown on Friday through Saturday.
12. Take some time each day to meditate on a short passage of scripture and place yourself within the story.
13. One woman gave up reading books except for the Bible.
14. Another woman fasted from using her debit card in order to be more aware of how easily she would swipe and waste, and to act with better stewardship.
15. Eat more simply and use the money saved to donate to the Hunger Project to reduce world hunger.
16. One man decided to follow an ancient Celtic tradition by going barefoot for the entire season of Lent (except for the hours he was on the clock at work).
17. Another person's all-time favorite Lenten discipline was to read the Chronicles of Narnia during the course of the season.
18. Traditionally, Christians abstained from eating meat during Lent, so consider joining millions of Christians around the world in this fast.
19. Commit to memorizing a significant portion of Scripture, like the Sermon on the Mount, or Isaiah 58, or 1 John 4.
20. Commit to 40 days of praying for your enemies. Not praying that they will change, but praying that they will be blessed.



Mardi Gras - Shrove Tuesday - Fat Tuesday

Call it what you will, but ...

February 9, 2016 is the date

5:00 to 7:00 PM

At St. Antony's in the modular

Come enjoy a pancake supper with all the fixings



Mardi Gras pancake dinner will be Tuesday, February 9th, from 5 PM to 7PM. Please sign up on the clipboard. Men, please indicate which jobs you can do. We need set-up, cooking, and clean-up. On the clipboard indicate the number of people in your family so we can plan for supply needs.

Valentine Spaghetti Dinner

Saint Antony's Youth (S.A.Y.) invites you to the annual Valentine Spaghetti Dinner. The dinner will be Saturday the 13th of February at 6 PM in the modular.

Date: 13 February

Time: 6 PM

Location: St. Antony's modular

Host: S.A.Y.

Cost: by donation (\$5 suggested)

Submitted by: Charles L Smith
charles_l_smith@yahoo.com

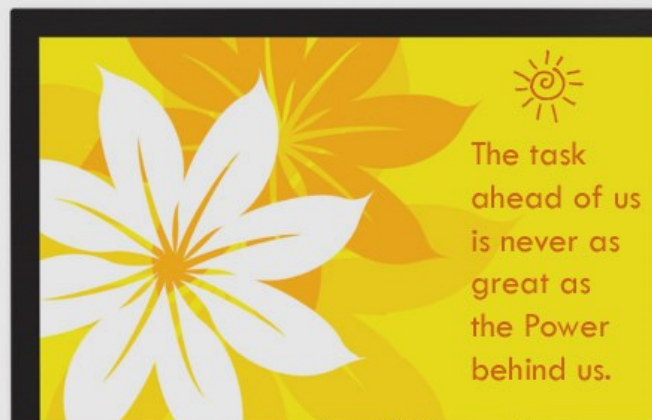


The Monastery of St. Antony in Egypt

If you haven't looked at the bulletin board in the narthex recently, you might want to take a peek at some amazing pictures: photos of the Monastery of St. Antony established by followers of our patron saint as it exists today - including a 1,700 year-old-church that's part of the complex.

The photos are courtesy of a friend who was on a mission to Egypt and who happened to visit this historic site.

Submitted by Sylvia Campbell



<http://Nubiagroup.blogspot.com/>

Greetings, St. Antony Hikers (AKA "Tony's Trekkers")

Here is a summary of our 2016 Schedule. We have a mix of locations and degrees of difficulty. If you are interested, please see the contacts below for more information or to get on the e-mail list. Please mark your calendars and watch for e-mail updates.

<u>Date</u>	<u>Hike</u>	<u>Difficulty</u>
JAN. 18	PORT GAMBLE TRAILS	EASY
FEB. 6	UELAND TREE FARM	EASY
MAR. 19	ILLAHEE TRAILS	EASY
APR. 19-22*	SILVER FALLS OREGON (2 NIGHT HOTEL)	SEVERAL HIKES EASY TO MODERATE
MAY 13	TIMBERTON TRAIL, (Port Ludlow)	EASY
JUNE 16	STORM KING	DIFFICULT
JUNE 23-24*	CAPE ALAVA (1 NIGHT HOTEL)	EASY
JULY 7	MT. TOWNSEND	DIFFICULT
JULY 20	MINK LAKE	MODERATE
AUG. 13	PYRAMID MOUNTAIN	MODERATE
AUG. 24	ELWAH	EASY
SEPT 13-15*	BLUE LAKE-N. CASCADES (2 NIGHT HOTEL)	MOD/DIFFICULT MOD/DIFFICULT
OCT. 10	SEATTLE STAIRCLIMBS (Magnolia)	EASY
NOV. 19	VASHON FOREST	EASY
DEC. 5	ANNUAL PLANNING/POTLUCK	EASY

Important:

*-Advance lodging reservations needed.

-Dates may be changed due to weather or other unforeseen issues. Watch for changes and updates via e-mail.

-If you have any questions please contact the 2016 overall coordinators, Phil and Robin Glass

(prglass@comcast.net), & Ruth Lindstrum (darruth@q.com) or Rod & Marin Mash (rodmask@msn.com).

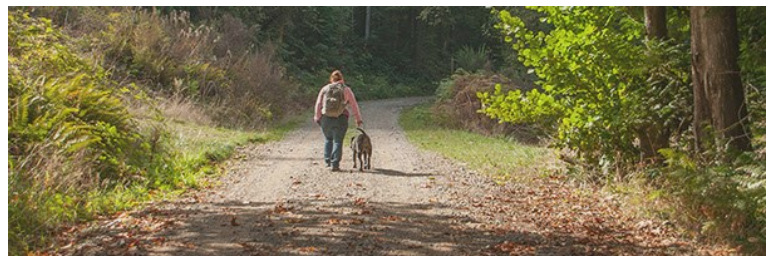
Please keep us updated with any e-mail address changes.

Trekkers Note

Trekkers, mark your calendars for our February 6th hike led by Rick Schoenberg:

We will hike/explore the Ueland Tree Farm. The Ueland Tree Farm is privately owned but is open to the public for responsible, non-motorized recreation. The most convenient public access to Ueland Tree Farm is from the trailhead located at the end of Lebers Lane, just off of Northlake Way, near Kitsap Lake. A map can be found at: www.uelandtreefarm.com. Watch your e-mail for details. Contact Ruth Lindstrum (darruth@q.com) or Rod Mash (rodmask@msn.com) if you are not on our e-mail list.

Submitted by Rod Mash



Getting to Know You – Verbal Sketches of St. Antony Parishioners

It's a long way from Panama to New York to military bases in the Pacific sphere to Bremerton and, finally, to Seabeck, but the journey for Donna Hilton has been purposeful and rewarding.

Born in Colon, Panama, where she attended public Spanish-speaking schools full-time and English -speaking summer schools, Donna moved to New York City with her family when she was sixteen. There she graduated high school and completed two years of college but was uncertain what to do after that. The lure of new experiences and possible travel, however, led her to join the Navy. While she hadn't really intended to make the military her career, one re-enlistment led to another, and, by the time she retired in 1997, she had served in Japan, Guam, the Philippines, and bases in the United States. She says she had always hoped for sea duty, but “women weren't assigned to carriers at that time,” so a three-month stint on the Abraham Lincoln late in her career was her only sea experience.

Assignment to Whidbey Island in 1989 had introduced Donna to the Pacific Northwest, which she immediately loved. Later, when searching for post-retirement opportunities, she came to Bremerton. On the Kitsap Peninsula she found not only employment at Bangor Base in the legal office but also a home in scenic Seabeck.



As she settled into her new surroundings, she started looking for a church. Her religious affiliations during her growing-up years were largely through her mother, an Evangelical. Her father, however, was Episcopalian. When Donna saw an “Episcopal Church” sign, fortunately for us, she followed it to St. Antony. She says she was so warmly welcomed (“Come on. Have coffee with us!”) that she had no doubt she had found her new church home.

Over the years Donna has been involved in several areas of community and church life. In addition to volunteering at the CK Food Bank, she sang in the church choir, was on Bishop's Committee for two years (Environment and Outreach), and worked in the church thrift shop that was active at one time. Today she serves as Eucharistic Minister, is on Flower Guild, heads up the Christmas Angels program, and enjoys outings with Tony's Trekkers. For other recreation she likes watching movies and taking spin and TRX classes at the Y.

What else would she like to do? Donna has ready answers. One goal is to go to New York to visit family, celebrate her mother's ninety-fifth birthday this year, and do the “fun things” New York offers. A more far-reaching hope is to go to Brazil to take in its great sights as well as the next Olympic Games.

These are ambitious dreams, but Donna has a “go-for-it” attitude. Her conversation is sprinkled with words showing her enthusiasm and zest for life: “I really, really liked working at the food bank,” “I love the hiking group,” “I love Seabeck!”

We wish you well, Donna. Yes! Go for it!

Communications

Picture this: You're a young Navy family with one child who just got orders to a unit at Bangor Submarine Base. Think how many questions need to be answered: Where to live? Schools? Weather in the PNW? And ... Are there any churches close to Bangor? Where can this information be found?

There is a new electronic media source for all your military base questions: it is called My Base Guide. At the January 2016 BC meeting, the BC decided to use this state-of-the-art base guide as our primary method of informing Navy and other military personal (active and retired) of who St. Antony's Episcopal Church is, where we are, our telephone number, and where our web site can be found.

MyBaseGuide is distributed to all navy personal as a paper publication, plus it has an online presence with a phone app that allows personnel who are new to a base to explore everything in the community, including churches, before they come to the area. The BC thought this is a more targeted approach to advertising and would make better use of our advertising dollars in 2016. St. Antony will be part of the Digital Relocation and Welcome Guide for "NB KITSAP." (Naval Base Kitsap.)

Here is a "snapshot" of what MyBaseGuide provides:

- Essential information to all service members and families about their installation. Newcomers can find out about check-in procedures, registration, base regulations, maps, and the history of the base's commands, and units, including a telephone directory of frequently called phone numbers.
- Information regarding housing, employment, education and schools, health care and dental services, as well as community activities and recreation, including area religious opportunities.
- Whether the military man or woman is relocating, TDY or just "on the go", the mobile app allows them to easily locate information on any one of 120 military installations in Continental United States, Hawaii and Alaska.
- The main purpose of MyBaseGuide is to provide military personnel with useful information for a smooth relocation.
- It also catalogs Military Friendly Business listings at the user's fingertips, allowing them, to easily find local businesses that actively support the military installation. This information and utility is updated often so it is pertinent for the duration of the service members stay. Therefore, it is extremely useful tool for families, retirees and contractors who want to keep up-to-date on current and up-coming events at bases near their home or travel location.

Please check out the website at www.mybaseguide.com. St. Antony's is already included. The data is presented in a clear, concise format. You'll find each listing contains phone numbers, address' and website information.

For the mobile app, you can go to you phone's application library location such at the iTunes or Google's application store and search for MBG or MyBaseGuide.

Communications Commissioner, Bill Demmon





February Birthdays

01	<i>Barbara Fox</i>
03	<i>John Stockwell</i>
05	<i>Joan Willoughby</i>
	<i>John Steller</i>
07	<i>Bonnie Foley</i>
	<i>Debbie Stockwell</i>
	<i>Jean Mackimmie</i>
09	<i>Katy Fulton</i>
16	<i>Robert Stockton</i>
20	<i>Rev. Dick Scott</i>
21	<i>Benjamin Wentworth</i>
23	<i>Jason Wentworth</i>
27	<i>Norm Andrews</i>
28	<i>Ray Flagg</i>



February Anniversaries

14	<i>Daniel & Donna Smith</i>

Deadline for the February Glad Tidings is
Tuesday, February 23rd at 10 am.
 Please send all submissions to:
stantonysilverdale@gmail.com. Thank you.



Financial Report

Income for November	\$24,029.23	Income for 2015	.\$187,388.74
Expenses in November	\$15,426.96	Expenses for 2015	\$170,596.58
Net in November	\$8,602.27	Net for 2015	\$16,792.16

February 2016 Schedule


JOB	February 7 The Last Sunday after the Epiphany	February 10 Ash Wednesday noon	February 14 The First Sunday In Lent	February 21 The Second Sunday In Lent	February 28 The Third Sunday In Lent
EM 8 am	Elizabeth Moorhead	Ruth Lindstrum	Ruth Lindstrum	Donna Hilton	Charles Smith
LC/OT & NT 8 am	Donna Hilton	Lynda Loveday	John Steller	Norma Tipton	Ruth Lindstrum
GREETER 8 am	Jim Smith	Carolyn & David	Darrow Lindstrum	Jacque Walker	Rod & Marin
		7:00 pm			
EM 10 am	Shane Carlson	Elizabeth Moorhead	Kathy Little	Peter Stockwell	Kathy Little
LC/OT 10 am	Ken Stephens	John Steller	Ken Stephens	Jim Foley	Kathy Little
LC/NT 10 am	Gail C-F	Stu Smith	Larry Little	Stu Smith	Jim Foley
ACOLYTES 10 am	Kate Z. Aina Z. Charles S.		Heather C. Jason W. Christina W.	Benjamin W. Christina W. Charles S.	Christina E. Drew W. Mackenzie W.
GREETER 10 am	Tovi Andrews	Nancy Ladenberger	Elizabeth Haney	Carole Nau	Sylvia & Malcolm
USHER 10 am	Dave & Jan Peterson		Carolyn & David	Chris Crowson	Dave & Jan Peterson
BPOD	Penney Whitney		R		Bill Demmon R
COUNTERS	Bill Cleveland Nancy Ladenberger		Norma Tipton Heidi F-W	Jacque Walker Bill Cleveland	Bill Demmon Nancy Ladenberger
COFFEE HOUR	Sandy Stockwell		Holly Foley	Sarah Rogers	Ken & Loretta
Eucharistic Visitors	Beth Rohlfing		Tovi Andrews	Kathy Little	Loretta McGinley
1st LESSON	Exodus 34:29-35	Joel 2:1-2, 12-17	Deuteronomy 26:1-11	Genesis 15:1-12, 17-18	Exodus 3:1-15
PSALM	Psalms 99	Psalms 103	Psalms 91:1-2, 9-16	Psalms 27	Psalms 63:1-8
2nd LESSON	2 Corinthians 3:12-4:2	2 Corinthians 5:20-6:10	Romans 10:8b-13	Philippians 3:17-4:1	1 Corinthians 10:1-13
GOSPEL	Luke 9:28-43a	Matthew 6:1-6, 16-21	Luke 4:1-13	Luke 13:31-35	Luke 13:1-9

Roster of Volunteers for Services

If you cannot serve on your assigned Sunday, please call someone from this list.
(A strike through a name means they are not available now but will be back.)

LECTORS	EUCCHARISTIC MINISTERS	GREETERS	COUNTERS	USHERS	ACOLYTES
8 AM	8 AM	8 AM	Bill Cleveland	Shane and Allison C.	Heather C.
Donna Hilton	Donna Hilton	Donna Hilton	Chris Crowson	Chris Crowson	Christina E.
Ruth Lindstrum	Ruth Lindstrum	Darrow Lindstrum	Bill Demmon	Ray Flagg	Drew W.
Lynda Loveday	Elizabeth Moorhead	Lynda Loveday	Jim Foley	Pete Morris	Mackenzie W.
Elizabeth Moorhead	Bill Reeder	Rod & Marin Mash	Karen Hauser	Dave & Jan Peterson	Benjamin W.
John Steller	Charles Smith	Jim Smith	Nancy Ladenberger	Dave & Carolyn S.	Christina W.
Norma Tipton		Jacque Walker	Norma Tipton		Jason W.
Mardi Dawson (sub)			Jacque Walker		Aina Z.
10 AM	10 AM	10 AM	Heidi Feenstra-Wilson		Kate Z.
Shane Carlson	Carolyn Segrist	Tovi Andrews			
Gail Ferguson	Shane Carlson	Malcolm & Sylvia C.			
Elizabeth Flagg	Kathy Little	Allison Carlson			
Jim Foley	Charles Smith	Ray & Elizabeth Flagg			
Karen Hauser	Peter Stockwell	Liz Haney			
Kathy & Larry Little	Mary Zabinski	Nancy Ladenberger			
Stu Smith		Carole Nau			
Ken Stephens					
Mike Wentworth					

February 2016

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 9 am Morning Prayer [2 7 am Sonshine Fellowship 6 pm Scouts _____	3 9 am Morning Prayer 2pm Centering Prayer __VICAR AWAY__	4 4:15 pm J 2 Adulthood 7 pm Building Committee Mtg. _____	5 Vicar's Day Off _____	6 1-6 pm Writing Group
7 8 & 10 am Holy Eucharist Nursery / Sunday School	8 9 am Morning Prayer 4:30 pm Outreach Team Mtg.	9 7 am Sonshine Fellowship 6 pm Shrove Pancake Supper Standing Committee	10 <i>Ash</i> Wednesday 9 am Morning Prayer Noon Ash Wednesday Service 2pm Centering Prayer 7 pm Ash Wednesday Service	11 Noon Vicar's Bible Study 4:15 pm J 2 Adulthood 6:30 pm BC Meeting	12 Vicar's Day Off	13 1-6 pm Writing Group 6 pm Youth Group Spaghetti Dinner
14 8 & 10 am Holy Eucharist Nursery / Sunday School 	15 <i>President's Day</i> 9 am Morning Prayer 11 am Witty Knitters 5:30 pm Centering Prayer	16 7 am Sonshine Fellowship 4 pm Worship Planning Mtg.	17 9 am Morning Prayer 2 pm Centering Prayer 5:30 pm Holy Eucharist 6:15 pm Lenten Soup Supper 7 pm Program	18 Noon Vicar's Bible Study 4:15 pm J 2 Adulthood	19 Vicar's Day Off	20 1-6 pm Writing Group
21 8 & 10 am Holy Eucharist Nursery / Sunday School 1-5 pm Casual Celebration of Life for Norm Andrews	22 9 am Morning Prayer 5:30 pm Centering Prayer	23 7 am Sonshine Fellowship 10 am Newsletter Deadline 6pm Scouts _____	24 9 am Morning Prayer 2 pm Centering Prayer __VICAR AWAY__	25 4:15 pm J 2 Adulthood _____	26 Vicar's Day Off	27 1-6 pm Writing Group
28 8 & 10 am Holy Eucharist Pentecost Nursery / Sunday School	29 9 am Morning Prayer 5:30 pm Centering Prayer					

***St. Antony's Episcopal Church
10239 Old Frontier Road,
P O BOX 2822
Silverdale, Washington 98383***

***The mission of St. Antony's is to be a loving and
welcoming people who worship God,
grow in Christ, and serve others.***

Gather, Grow, and Go!