Glad Tidings

March 2022



ST. ANTONY OF EGYPT EPISCOPAL CHURCH 11885 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. Craig Vocelka, Interim Vicar

The Rev. Bill Thaete, Deacon



Interim Vicar's Voice

Dear People of God:

The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the Church, 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. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.

Book of Common Prayer page 264

I'm certain that I'm not alone in feeling that it seems as if we've been in Lent, or at least a desert experience, for two years now. Yet, as we prepare for Ash Wednesday, it also seems so different. In 2020, we had no idea how the corona virus was going to play out. In 2021, many of us thought that surely the end would be soon. And now, as quickly approach Ash Wednesday this year, we are beginning to see light in what a dark period in the world's history this has been. It is my hope that the models and predictions continue to hold true and that we will keep moving in a positive direction. However, we must also remain vigilant and continue to care for one another.

The prayer book speaks of self-denial. While this is tradition many of us have and do observe – that question we've all asked and have been asked, What are you giving up for Lent? I think it is just as important that we perhaps think about rather than giving something up, we do something more. Perhaps we take the time to add more prayer or quiet time each day, or intentionally to reach out to someone we've, for whatever reason, have not kept in touch with. Maybe it's taking the time to write a note or letter, a handwritten one (remember those) to friend or loved one.

We will begin our Lenten prayer on Ash Wednesday with the imposition of ashes. There will be services at 7:00 am, Noon, and 7:00 pm. Starting on Wednesday, March 16th (I am away March 8-14) we will resume our Wednesday evening celebration of the Holy Eucharist at 5:45; at this time, we will NOT follow with the potluck and discussion. (Continued on next page)

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!

On Tuesdays and Thursdays, I invite you to join us for Morning Prayer around the chapel altar at 8:30. This will also be live streamed for those who wish to join from home. On Thursdays, I will continue with our scripture sharing time at noon. I am working with Guy to see if we can somehow have a hybrid class to include those who will meet in person join with others on ZOOM.

As part of our communal Lenten observance, we will hold a food drive, just as we do at Thanksgiving, for the Central Kitsap Food Bank. There will be a table set up at the church where you can drop off your non-perishable foods. I hope that we will all be as generous as possible.

During this season of Lent, I hope that we will continue to open ourselves to realizing the continual presence of God in our lives. As we look in hope to the end of the pandemic, as we try to envision what the new NORM will be like, let us always remember the one definite constant in our lives – the unconditional love God has for each of us.

With blessings and prayers,





Introduction to Mindfulness Group at St. Antony's

What is mindfulness? Most of us have heard the term and have some idea of what it means. Mindfulness practices have roots in the Buddhist tradition, but also in our Christian heritage. In fact, most major religions include practices which support individuals to quiet themselves in order be present with the Divine. Psalm 46:10, 'Be still and know that I am God'.

Mindfulness is a practice of paying attention in a particular way, in the present moment and non-judgmentally. Tara Brach, a well known mindfulness teacher, describes it as coming into full awareness or presence. "Presence is not some exotic state that we need to search for or manufacture. In the simplest terms, it is the felt sense of wakefulness, openness, and tenderness that arises when we are fully here and now with our experience. You've surely tasted presence, even if you didn't call it that. Perhaps you've felt it lying awake in bed and listening to crickets on a hot summer night. You might have sensed presence while walking alone in the woods. You might have arrived in full presence as you witnessed someone dying or being born. Presence is the awareness that is intrinsic to our nature. It is immediate and embodied, perceived through our senses."

nature. It is immediate and embodied, perceived through our senses."

I am offering a four session Introduction to Mindfulness program at St. A's through the month of March, as part of a Mindfulness course I am enrolled in. Sessions will be from 4-5 pm each Sunday beginning 6 March and ending 27 March. Each group will consist of a short teaching, a seated meditation and followed by brief discussion. One of the sessions will be audio recorded for practicum purposes. Topics will include: mindfulness of the breath and body, mindfulness of thoughts and emotions, mindfulness of the heart. Whether just curious or interested in participating as a Lenten practice, please contact me with any questions and/or to sign up for the program.





Notes from our Bishop's Warden

In early February, the Bishop's Committee (BC) spent a Saturday on its annual retreat. These retreats welcome the new BC members which were elected in January, to work on team building, discuss and assign committee commissions, and begin goal setting. As we worked through the agenda for the day, we decided that our overarching goal during this year will be directed at efforts of generating 'RECONNECTION' of our church family.

The Profile Committee has been actively meeting and learning about their part of the process in St. Antony's journey to call a new Vicar. They met with the consulting firm, Holy Cow, who aids in the building of the church story. The church story tells prospective priests who we are, what we have done, our qualities and challenges, and our direction. It is an extremely important document and takes time to put it together. To aid in the building of this story, a church survey is performed using Holy Cow's Church Assessment Tool (CAT). The CAT is a multiple-choice questionnaire. It takes about 30 minutes to complete. It is done anonymously. Each member in your household that is 16 years or older is asked to complete the survey individually. The survey can be completed online or by hard copy. The projected date for the release of the survey is March 21st. This survey is an opportunity for you to 'RECONNECT' with the church family and share your feelings in this assessment. It is important that your voice and all voices are heard so don't hesitate to participate.

This year, the BC decided to make stewardship a focus throughout the year rather than only during the annual pledge drive. Stewardship is about more than just our treasure (money); it is also about the sharing of our talents (skills) and our time. It is how we get done what God directs us to do and involves all of us in the church family. We should look at stewardship as a blessing and not dread the discussion. I am offering another opportunity for 'RECONNECTION.' Please take five minutes of your time to write about and share with me about a time when offering up your treasure, your talents, or your time for the work of God - blessed you. These stories are valuable encouragement to others and link us in our relationships.

The Lenten season begins March 2nd. Along with prayer and fasting, giving is one of the focused actions in the season. In this spirit of giving, St. Antony's will be conducting a food drive. Collection will begin Ash Wednesday. Food bins will be in the church lobby. Food can be brought during church office hours or services. Also, if unable to bring food, cash donations will be accepted. Please designate the funds for Lent Food Drive. Please open your hearts to this effort. Do not simply pull the five-year-old can of cream of celery soup from your pantry. Put yourself in the shoes of someone in need like a parent scared and desperate to provide food for their children. Think about what you would hope to find for your children. Let this compassion compel and drive you as you act on the call. Let this be a part of your journey in Lent as you go deeper with God. By now, you should see a theme in this message. This is another opportunity to 'RECONNECT' with your church family and collectively work to do something loving for our local community.

David Wilkinson, Bishop's Warden



Guidelines for Interim Priests From the Interim Vicar

I have recently been asked by several people how does my role differ as interim from that of the 'regular' vicar. This is a great question and I hope this might help make it a little easier to understand.

As an interim priest, I am very constrained in the range of my decision-making authority. My primary role is to provide liturgical leadership and pastoral care during the search for a new rector. The many other decisions a vicar might normally make concerning staff, finances, and property, are now being made by the Bishop's (Senior) Warden and Bishop's Committee, with the bishop's oversight. I may be invited to advise on these concerns, but I won't have decision making authority. Again, this is fine with me—it frees me up to be a priest in ways I most enjoy being a priest. But for you, as parishioners, it may slow things down somewhat—I may defer to others, questions or concerns that you may have typically brought to Bill in his role as vicar.

Next, I want to address change. I'm sure we all realize that change is the one thing that doesn't change—it is inevitable. And we will face changes during this interim period—we've seen some already just as a result of having different personalities leading services and making decisions. I am different from Bill and whoever follows me will be different from both of us.

We are blessed that St. Antony's is healthy. As I talk with some of my sister and brother priests currently serving in interim ministries around the diocese, I feel so fortunate that I do not have to deal with some of the issues they face in their congregations.

I want to disclose a conflict of interest. As your interim priest I am not the neutral observer of the call process you might have gotten if you had called a priest from outside the parish. I love this congregation and, like all of you, I care very much what happens in the search for a new vicar and during the interim. However, priests are not members of parishes; technically, we are members of the diocese. So, as a priest, I have never voted at the church's annual meetings or run for an office in this or any parish, and I won't have a role in the calling of the new rector—both because I'm not a member of this parish and because I'm now your interim priest. But, because I care very much about the process and the outcome, I'm still conflicted. Nevertheless, no matter how much I care, I won't be involved in calling the new rector—I will hold myself back, and I'm disclosing this conflict so that you can help me honor this promise. Also, the search committee will not share any confidential information with me about persons they're interviewing. I am simply, and properly, being kept out of this loop. If you talk to me about your hopes and fears related to the search, I'll consider that as part of my pastoral care responsibilities. But, if you talk to me about potential or actual candidates, I will refer you to the search committee. In the end, I will, just as we all must, trust the process and the Holy Spirit to lead us to the right person. I will pray and hope for this person to be found and called, but that will be the extent of my involvement.

One of the difficult points I had to deal with as I prayed about accepting this call is that when I am done at St. A's, i.e., when you have called your next vicar, I will not be allowed to attend St. A's for at least a year. This was probably the hardest part in making my decision, but I know that God will likely lead me to a new place and things will work out.

! Finally, the Diocese has now added the following to all Letters of Agreement (LOA) for interim priests to help clarify ! our roles:

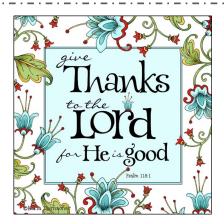
- * Interim clergy in Diocese of Olympia are not in any way involved in the profile creation or search process.
- * Interim will not facilitate or offer opinion to vestry about selection for profile or search committees
- * Interim will not comment publicly or privately to parishioners or others about the profile or search processes all communications will come from the designated people on those committees or the Vestry/BC

(continued on next page)

- * Interim will not attend profile or search committee meetings, and if asked by the profile or search committee to advise or participate will decline and refer them to the diocesan consultant or Canon for Congregational Development and Leadership Formation.
- Interim will not advise Vestry on the profile or search process, and if asked will refer them to the Canon to the Ordinary.
- * If possible, the Interim should delegate communications or administrative staff work related to publishing the profile or updating the congregation. If the interim has a specific role in web or print publishing of important communications, the interim may post profile information or search updates on the website or other communications mediums on behalf of the Sr. Warden, at the Sr. Warden's request.
- * If the Interim has concerns about the process, they will take these concerns either to the Canon to the Ordinary or Canon for Congregational Development.
- * This frees up our interims to focus on pastoral care and transition management for the churches they serve.
- * The Sr. Warden has first option to preside at vestry/BC meetings during an interim and is charged with many of the leadership tasks that during a permanent clergy call would fall to the Rector/Vicar. Please talk to the Canon to the Ordinary if you have questions about this.

! As always, my door is open. Please do not hesitate to let me know if you have any questions about my role as your interim during this time of transition.





St. Antony's Outreach Team

Come join the team! St. Antony's will be gathering via Zoom for an initial Outreach planning meeting on 8 March at 7:00 pm. In spite of the pandemic, Outreach was busy last year, and in 2022 we hope to have more in-person gatherings to support needs of individuals outside our church walls.

Topics we'll cover include: review of St. Antony's current Outreach mission, learning more about current local needs, identifying organizations to support, collaborating with other churches and/or nonprofits to provide outreach, and planning a few fun fundraisers. If you are interested in being part of the Outreach team or are just curious, please join us on 8 March; an invitation to join Zoom will be sent out that morning.

Lenten Food Drive: An initial Outreach project will be a Food Drive from 2 March - 17 April to support the Central Kitsap Food Bank. Please donate non-perishable food items and deposit them in the bins located in the church narthex. If you drop off food directly to the CK Food Bank during this period of time, please let the Outreach team know how many pounds were donated. You can also make a cash donation via check or online; please indicate the donation is in support of the Food Drive. Many thanks!

Loretta McGinley, Outreach Commissioner

Profile Committee Status Report

The Profile Committee has been working to develop the St. Antony's Profile, which will eventually be used by the Search Committee to assist in finding our new Vicar. The Profile is a Resumé, of St Antony's, to allow potential Vicars to know Who We Are. It's been mentioned before that this process is slow, because it has to be done right. To flesh out the Profile, there will be a CAT, Congregation Assessment Tool (Survey), starting in mid to late March. You will receive a link via email and the News Letter. The Survey will be primarily online, but can be completed on paper if you prefer. To assist with on-line completion, the Profile Committee will be setting up laptops after service, so that those that're "Technology Limited", can complete at Church. Holy Cow consulting has informed the committee that the survey should be completed by EVERY member of the household that is sixteen years or older. The survey is completely anonymous.

Survey completion should be around 30 minutes per person, and the available period the survey will be accessible will be limited to three weeks or less. This is intended to keep focus on its completion and ensure a timely completion of the assessment by Holy Cow, our Consultant Organization.

Questions, and/or Concerns can be directed to the St. Antony's Profile Committee (stantonysprofilecommittee@gmail.com). Any questions/concerns will be held in confidence/anonymity.

During the Survey period, if you have a Laptop/iPad that could be used to assist with maximizing the available clients, it would be much appreciated.

Rich Rodgers

Facilities

I am asking that anyone interested in being part of the Landscaping committee that we are starting, to please contact me. The Landscaping Committee will just provide overview, not do landscaping work.

I am also asking anyone interested in giving blood to please do so. There is a great need for blood, I think the last I heard from Bloodworks Northwest was that there is only a one day plus supply of blood available – some surgeries might have to get delayed. You can go online to Bloodworks Northwest and get information or schedule a donation date. You do not have to say you are with St. Antonys – they just need blood.

Dave Peterson, Facilities Commissioner

Bishop's Committee Plea

The Bishop's Committee members are seeking out people who are interested in helping them with their commission. If you would like to be part of their team, or if you have questions, please contact the Bishop Committee member. Please see page 9 for who is on the Bishop's Committee.

Linda

Getting to Know You - verbal sketches of St. A parishioners

Guy Fulton, our unassuming "tech guy," is not one to seek the limelight. Fortunately for us, however, because of his willingness to take on a challenge, over the past two years he has had a pivotal role in bringing streamed church services to fruition. During Covid lock-downs, Guy has been our all-in-one media man-of the hour: audio-visual technician, live-streaming coordinator and social media specialist. He shrugs off his huge contribution to making worship services available in our homes with a modest "It's nice to be part of the church community," adding that he's "fond of everybody, and it's just a nice place there."

Beyond the church environment where his technical ability has been evident, Guy has several varied interests. Before Covid he met regularly with a writing group. Though the pandemic restricted in-person meetings, Guy has continued his writing and now has two novels he considers being "works in progress." As a sideline, he also writes code to develop and service websites. A fan of Dungeons and Dragons, his other pastimes include hiking, especially along coastal waters, and cooking. Currently his focus is Asian food. He likes the healthy ingredients often used, like yogurt



or paneer, and he relishes spicy curries. A favorite dish is tandoori chicken. He says that while cooking he enjoys listening to audio books, but his more serious reading includes ethnographies and books on political extremism and philosophy.

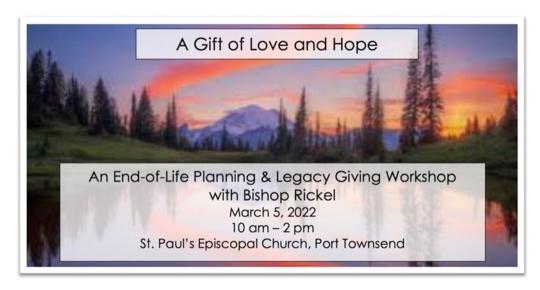
Guy is also a devoted volunteer. Concern for and love of animals leads him to spend time at Melt My Heart Rescue and Sanctuary, a local non-profit dedicated to providing care for all types of animals, big and small, who have special needs.

Meeting special needs, it seems, is a gift Guy offers unstintingly.

He may play down the significance of his technical contributions so that "church could go on" over the last two years, but we are hugely indebted to him for his service. On behalf of the congregation, we would like to take this opportunity to say a heartfelt "Thank You, Guy! - our tech guy, for all you have done (and continue to do) to make worship services available beyond church walls. You are truly a godsend to St. Antony."

And, just incidentally, though Guy's interests and activities keep him busy, if you happen to need a dog-walker, house-sitter, or companion/driver, Guy is available. He comes with excellent recommendations!

Submitted by Sylvia Campbell for the Welcoming Committee



Please join Bishop Rickel and end-of-life and legacy planners from around the diocese in a workshop focused on creating a legacy of love and hope. The work of attending to the details of pre-planning is a true gift to those you love and care about. It is a gift that also ensures that your wishes are known.

Since the first Book of Common Prayer, Episcopalians have been encouraged to make a will to provide for their families and, if possible, to make bequests for religious and charitable purposes. Planning may also include considerations such as a designated power of attorney (POA), as well as options for end-of-life spiritual care, wakes, burial/inurnment, and funeral/memorial services.

At the workshop, clergy members, accountants and lawyers will discuss the benefits of pre-planning and provide the framework and tools for planning your estate and preparing for your last chapter, so that you may live well until it is time to say good-bye.

We hope you will join us!

Lunch will be provided.

Questions? Contact: The Rev. Dianne Andrews rev.dandrews@hotmail.com

REGISTER HERE

(https://docs.google.com/forms/d/e/1FAIpQLSeRfNINi-En_yWpgnYBiAkEP84Jz4o8fzQ-SOtiHACFt4SEAw/viewform)

Meet your Bishop's Committee



David Wilkinson Bishop's Warden Stewardship



Dave Peterson People's Warden Facilities



Loretta McGinley Outreach



Julie Sherwin Faith Formation Youth



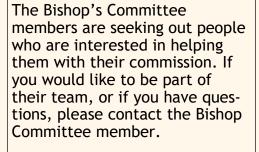
Esther Osborne Faith Formation Adults



Emily Nickerson Welcoming



Dolores Perreira Clerk of the BC Communications





John Stockwell New Facilities

Whenever you have a need or concern, please talk to one of them. They're here to help.



March Birthdays

2.4.4	
2	Liam Rivers
4	David Wilkinson
5	Bob Richardson
	Mercy Zagrocki
7	Moonyeen Marks
12	Maggis Scott
15	Julie Sherwin
16	Carleton McKenney
	Elizabeth Moorhead
	Shaun George
19	Kristen Alessio
21	Chris Eisenberg
24	Ann Daniels
26	Charles Smith
	Mark Westin
27	Kathryn Polignoni
28	Elizabeth Haney
30	Bryan George
	Robert George



March Anniversaries

2 Jim & Eva Smith

Deadline for the April Glad Tidings is **Tuesday, March 22nd** at 10 am. Please send all submissions to: stantonysilverdale@gmail.com. Thank you.

Financial Report			Account Balances	
January		Year-to-date		
Operating Income	\$20,745.11	\$20,745.11	Local Checking	\$66,046.29
Operating Expenses	\$18,713.53	\$18,713.53	Local Savings	\$17,235.42
Net in January \$2,031		\$2,031.58	Diocesan Investment Funds	\$235,119.13
			Total	\$318,400.84

March 2022 Schedule						
JOBS March 2 Ash Wednesday 7 am		March 6 1st Sunday in Lent	March 13 2nd Sunday in Lent	March 20 3rd Sunday in Lent	March 27 4th Sunday in Lent	
EM 8 am		Donna Hilton	Ruth Lindstrum	Donna Hilton	Elizabeth Moorhead	
LC/OT & NT 8 am		Dee Perreira	Donna Hilton	Norma Tipton	Dee Perreira	
GREETER 8 am						
	Noon					
EM 10:15 am	Bill Reeder	Cris McCarty	Sarah Rogers	Esther Osborne	Peter Stockwell	
LC/OT 10:15 am	Norma Tipton	Sarah Rogers	Maggie Scott	Michael Wentworth	Stu Smith	
LC/NT 10:15 am	Norma Tipton	Cris McCarty	Stu Smith	Michael Wentworth	Elizabeth Flagg	
ACOLYTES 10:15 am						
GREETER 10:15 am						
USHER 10:15 am	JSHER 10:15 am		Carole Nau	Chris Crowson	Dave Peterson	
COUNTERS						
COFFEE HOUR						
BPod	Pod Dave		Dee Perreira Loretta McGinley		Emily Nickerson	
1st LESSON	Joel 2:1-2, 12-17	Deuteronomy 26:1-11	Genesis 15:1-12, 17-18	Genesis 45:3-11, 15	Exodus 34:29-35	
PSALM	Psalm 103:8-14	Psalm 91:1-2, 9-16	Psalm 27	Psalm 37:1-12, 41-42	Psalm 99	
2nd LESSON	2 Corinthians 5:20b-6:10	Romans 10:8b-13	Philippians 3:17-4:1	1 Corinthians 15:35 -38,42-50	2 Corinthians 3:12-4:2	
GOSPEL	Matthew 6:1-6, 16-21	Luke 4:1-13	Luke 13:31-35	Luke 6:27-38	Luke 9:28-36, [37-43a]	
	7 pm					
EM 7 pm	Esther Osborne					
LC OT/NT 7 pm	Maggie Scott					
BPod 7 pm	Dave Peterson	1				

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	EUCHARISTIC	GREETERS	COUNTERS	USHERS	ACOLYTES
	MINISTERS				
8 am	8 am	8 am	Bill Cleveland A	Chris Crowson	Carleton M.
Donna Hilton	Donna Hilton	Donna Hilton	Chris Crowson B	Ray Flagg	Cris McCarty
Ruth Lindstrum	Ruth Lindstrum	Darrow Lindstrum	Jim Foley A	Dave & Jan Peterson	Christina M.
Elizabeth Moorhead	Elizabeth Moorhead	Pam Morton	Maggie Scott B	Dave & Carolyn Sorrell	Chelsea R.
Dee Perreira	Bill Reeder	John & Jane Teller	Norma Tipton B	Mark Westin	Laurel R.
John Teller	John Teller		David Wedeven B	Barb Hart - Substitute	Mackenzie W.
Norma Tipton			Heidi Feenstra-Wilson A		
			Marj Zantek B		
10 am	10 am	10 am		Peter Stockwell	
Elizabeth Flagg	Cris McCarty	Suzanne Brock		Carol Nau	
Jim Foley	Esther Osborne	Elizabeth Flagg	A - computer	Linda Robuck	
Cris McCarty	Sarah Rogers	Liz Haney	B - non computer		
Sarah Rogers	Peter Stockwell	Carole Nau			
Maggie Scott					
Stu Smith					
Michael Wentworth		Malcolm & Sylvia Campbell			

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Ash Wednesday Service times: 7am, Noon, 7pm	3 Noon Interim Vicar Scripture Reflection	4	5 10-3 Quilt Group Gathering Room
6 8 am Holy Eucharist 9 am Bible Study 10:15 am Holy Eucharist 4 pm Intro to Mindfulness	7	8 7 pm Outreach Mtg	9 Vicar Away	10 Noon Interim Vicar Scripture Reflection		Spring Forward!
13 8 am Holy Eucharist 9 am Bible Study 10:15 am Holy Eucharist 11:45 BC Meeting 4 pm Intro to Mindfulness		15 11:00 am Witty Knitters 1 pm Worship Planning Mtg.	16	17 St. Patrick's Day Noon Interim Vicar Scripture Reflection	18	19 Time TBD John Zantek Memorial
20 8 am Holy Eucharist 9 am Bible Study 10:15 am Holy Eucharist 4 pm Intro to Mindfulness	21	22 10 am Newsletter Deadline	23	24 Noon Interim Vicar Scripture Reflection	25	26
27 8 am Holy Eucharist 9 am Bible Study 10:15 am Holy Eucharist 4 pm Intro to Mindfulness 1-4 Project Linus Gathering Room	28	29	30	31 Noon Interim Vicar Scripture Reflection		

St. Antony's Episcopal Church 11885 Old Frontier Road, P O BOX 2822 Silverdale, Washington 98383

www.saintantonys.org

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Gather, Grow, and Go!