



The Beacon

St. Thomas Episcopal Church

Give thanks and praise to our Lord and share His love.

November 2019

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In this Issue:

- Rector's message
- Liturgical – Ceremonial
- Outreach Ministry
- Endowment News
- Pledge Sunday
- Sunday School News
- GrassRoots Garden
- Confirmation
- St. Tom's Coffeehouse
- Book Group
- Sacred Welcome Workshop

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Rector – Rev. Ann Gaillard

Secretary – Donna Hall

1465 Coburg Road
Eugene, Oregon 97401

Phone: 541-343-5241

Email:

stthomaschurcheugene@gmail.com

Beacon Editor –

Cindy Jensen

Webmaster –

Lindy Moore



From the Rector's desk ~

The other day when I was at home emptying the dishwasher, I grasped several coffee mugs by their handles to put into the kitchen cupboard. As I did so, I was suddenly struck by how my fingers entwined themselves through the handles, and how my thumb steadied the rims of the mugs. These are the very same fingers and thumbs I'm using now to type this article, the very same that grasp a pen, dig in the garden, scrub the bathtub, rub lotion on my arms, pick up a baby, stroke a cat or dog, and play the piano. What marvelous things are hands!

Then when I went for my daily walk today, on a soft fall morning, I was aware of my hands again as they kept a gentle rhythm in synch with my feet. Back at home as I prayed my morning devotions, I turned my hands palms-up, as a deliberate gesture of release and surrender. I get anxious easily, so I have to remind myself frequently to let go of my fears and surrender them to God. Turning my palms up is an effective, kinesthetic way of releasing my worries so that I can go about my business, confident that the things over which I have no control are in God's hands, not mine.

Each Sunday I am reminded of how our hand gestures are so fundamentally a part of how we worship. We put our palms together or fold our hands in prayers of supplication. We raise our arms and hands in prayers of praise. We extend our hands to one another when exchanging the Peace and grasp the offering plates as they are passed down the pews. At the altar, we cup our hands to receive the bread and use our hands to guide the chalice.

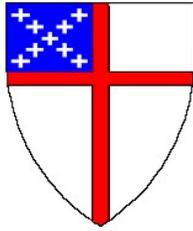
Outside of worship, we hold the hands of our children and place a comforting hand on the shoulder of someone who is in distress. At coffee hour we use our hands to pour the coffee and stir the cream, to cut and eat the banana bread, to wave goodbye as we take our leave. And as we go out into the world each day, God calls us to be the hands and feet of Christ, ministering to all whom we encounter.

Yes, hands are one of God's marvelous creations. As we move into the season of giving and thanksgiving, I have a long list of things for which I am grateful. Hands are definitely on that list.

Peace and many blessings,

Ann +

Liturgical – Ceremonial



As a child growing up in a hard-hit depression-era city in the 1930s, Sundays were very special for me – I could go to church! I was transfixed by the beauty of the stained-glass windows, the ornate vestments of the priest, the pageantry of the procession as the clergy and choir entered, and later left, the chapel. Although I couldn't understand much of the language of the 1928 Prayer Book, I knew I was experiencing something special: some of the things that comprise the ceremonial aspect of a liturgical service – the things we see and do in a worship service.

Much of the ceremonial aspect of a liturgical service is utilitarian – to do reverently and effectively what has to be done. The sacraments, for instance, involve certain necessary motions and gestures, implements and symbols.

But ceremonies may also be interpretive and expressive. The sign of the cross, the bow of the head or the knee, the mixture of the wine and water in the chalice are all meaningful expressions of religious attitudes and beliefs even though they may not be accompanied by any ritual text that explains them. In fact, very few ceremonial actions are actually prescribed by the written word of a liturgical worship service – usually only when to stand, sit or kneel.

Utilitarian or symbolic, some ceremonial action depends on its use at the moment. The procession at the beginning and end of a service is basically utilitarian – a way to get the ministers and choir in and out of the church. But the gospel procession is highly symbolic – bringing the words and actions of Jesus into the center of the congregation. Likewise, when we join the procession from the parish hall into the church on Palm Sunday, we are symbolizing the followers of Jesus on His way to

Jerusalem, waving palm branches and singing “Hosanna”.

The visual aids of worship are generally thought to be part of this ceremonial aspect of a liturgical service. The architectural setting, the furnishings and ornaments of the place of worship, the materials used, the design of the holy table, font and lectern, the craftsmanship of the sacred vessels at communion – all of these can be of such satisfying beauty that they both suggest and express the presence of the holy and invisible God.

As fashions change from age to age, so do ceremonies. Perhaps the best way to illustrate this is the position of the altar and the ministers in the successive periods of the church's history. In ancient times the altar was a wooden or stone table located almost anywhere. At the time of the Eucharistic prayer, everyone would face east, symbolizing the direction of Jesus' Resurrection. In the Middle Ages altars were almost always against the back wall with the clergy's backs to the people, a practice revived in the 19th century after a number of changes had occurred. Nowadays, a return to the ancient practice of having the altar away from the wall and closer to the people, with the clergy facing the people, is almost universal.

The fact that the Prayer Book does not give much ceremonial direction explains why there is so much variation of ceremonies from parish to parish and from priest to priest. It also explains why people may confuse ceremony (prescribed actions) and ritual (prescribed texts). A liturgy may have an elaborate ritual with little ceremony, or a complicated ceremonial with a minimum of ritual. The worship of the Episcopal Church, if judged by the Prayer Book, is ritualistic to a great degree. That is because the words used in worship are almost entirely prescribed. But its worship is not highly ceremonial unless it is made so by the choice and taste of the worshipping congregation.

Barbara Root



Endowment News

Another Way to Give



Maybe you're thinking about leaving part of your earthly treasure to The St. Thomas Endowment Fund. Most members do this by putting into their wills or trusts the dollar amount they want to give. But maybe that's not right for you.

Fortunately, there are several other ways to leave a gift. Over the next few months we'll look at some of the most popular.

Let's say you've got a few hundred shares of Apple you bought for \$2.00 a share. Now you see it's trading at \$235.00. So, for every 100 shares you have a profit of \$23,300. You'd like to sell it and get the cash. But come April 15 you'd cringe at your tax bill.

That's why lots of people leave **appreciated stock** to their church. It's simple and it keeps your heirs from wrestling with the "Do I sell it or keep it?" quandary at a difficult time. Maybe this kind of gift is right for you.

If you'd like to confidentially discuss this, just have a word with Ann, me, or any other Endowment Board member. And whatever your method of giving or size of your gift, know that it is greatly appreciated and that it creates for you a personal, lasting legacy.

Duncan Murray, Endowment Board Chairman

Pledge Sunday



The In-Gathering of Pledges will be on Sunday, November 3rd. The pledge forms will be blessed at the altar and there will be special coffee hours to celebrate the generosity of the St. Thomas parishioners.

Sunday School News



The following Ministry Moment was shared by Sunday School Coordinator, Sue Colvin, during the 10:00 am service on October 10.

The question Ann has posed to all of us who participate in the various ministries of the church is, why do we do what we do? My answer is simple. I'm a member of the Sunday School teaching team because I believe it is critical to the future of the church and to the growth of the children in our congregation to love, nurture and teach them and to support their parents as they work to raise children who are followers of Christ.

In the brief 30 minutes allotted to Sunday School each week, we introduce children to the great Biblical dramas and personalities, connecting God's story with their own. Our message always is that God loves them more than they can ever imagine, and Jesus is with them, always. As you can imagine, the kids often have amazing questions and insights that can take me, as a teacher, by surprise. But that's also the fun of what we do.

Another fun thing is to watch the relationships developing. At this point, we have a regular group of 5 kids in our program who have been together for several years and know each other well. I am hopeful that they will stay together through the formative years of Christian education and be able to look back on their time together as an important part of growing up in the church. I am fortunate to have such memories myself and know how foundational these relationships were for me through my teenage years. I wish the same for these children.

Finally, I would have to say that one of the challenges of offering a Sunday School program at

Continued on page 4

Continued from page 3

the same time as the regular morning worship service is that the kids can end up cut off from the beauty of the church liturgy and music. This is why starting last year, we began occasionally involving the older children in the service as acolytes. We will continue to do so this year. Our hope is to provide a nurturing Sunday School environment while at the same time helping the kids to grow comfortable with corporate worship. To this purpose, I encourage you to engage with the children before and after the service and to greet them during the Peace as vital, interesting members of our congregation. I also encourage you to give your loving support to their parents. As many of you will remember, it's not easy getting a family dressed, fed and on time to church on Sunday morning. And finally, I encourage you to give your loving support to our teaching staff: Judy Wilson, Holly Spruance, Cindy Jensen and our nursery assistant, Lottie Rohde, all of whom go above and beyond for the children of St. Thomas. If you would be interested in helping out with the Sunday School in any way, please feel free to contact any member of this teaching team.

GrassRoots Garden Happenings



Carrots! Carrots! Carrots! Carrots are very important at GrassRoots Garden. They are a coveted and revered crop, loved by all, tended by few. The last several years ostensibly tended by Carrot Sara, carrot planter, thinner, and guardian, with assistance this year from Christina Stovall, carrot thinner.

Our desired carrots are sown usually in the first weeks of July. This year, we planted them 4 rows across in three 4X40 foot beds. Carrots sown in the bottom of a deep, 4-inch, v-shaped furrow, are covered with light little flicks of soil to approximately a ¼-inch depth. As carrots grow downward, they meet resistance in the soil which pushes their shoulders upward. If sun shines on

their shoulders, this will make their crowns purple and their cores green and the carrots less sweet. The extra depth provided by the 4-inch furrow allows for extra soil to cover the shoulders as they grow. The whole bed is then topped with shade cloth and irrigation hose.

Once carrots emerge and are approximately 1½ to 2 inches high, Carrot Sara begins her thinning. For the first round, each row is thinned to 1 finger-width apart. The second thinning, a few weeks later, is 2 fingers apart. By this time, we have true baby carrots that are used for ginger glazed carrots, and the tender greens are coveted for our green garlic carrot top pesto.

Since we grew 3 beds of carrots, by the time Carrot Sara has finished the 2 finger thinning, it was time to thin to 3 fingers, producing carrots about 1 inch in diameter and 6 inches long. Cut with a wavy cutter and served with homemade ranch dressing, they are a favorite of elementary age kids. The last thinning, a palm width apart, usually happens in October and produces carrots 1½ inches in diameter and about 8 inches long. These are stored away in the refrigerator to make carrot ginger soup for Carrot Harvest Day, the day we pull carrots en masse to see who can find the biggest carrot! Carrot Harvest Day usually occurs after a week of 30-degree temperatures, which chills the ground and triggers the carrots to create sugars that act as an antifreeze. This makes the carrots sweeter, crisper and more tender. Usually 75-100 garden participants, friends, and families with grandparents and young kids show up for this very fun, fast-paced and exciting day. This is the one day of the year garden participants, friends and families, can take home these sweet, crisp and tender yummy carrots. Come join us!

Join in the Family Fun! This year's Carrot Harvest Day will be Saturday, December 7. Plan to arrive at 10:30 AM to select your spot for harvesting the biggest carrots. We pull at 11:00 AM sharp. Enjoy carrot ginger soup, carrot cake, hot chocolate and warm, crusty bread while the carrots are judged. Prizes will be awarded for the heaviest, longest and most unique carrots. We will reflect on the challenges and successes of the year and talk about goals for the new year to come.

Continued on page 5

Continued from page 4

“Give a Gift that Grows!” “Our Adopt-a-Plot Program at FOOD for Lane County GrassRoots Garden can fill many of your holiday needs. This worthy GrassRoots fundraiser allows you to select and sponsor a 40-foot vegetable bed from over 100 producing beds while honoring a friend, relative or associate with a gift that grows throughout the 2020 gardening year. You may want to visit the Garden and choose a bed from sections with names such as Ladybird Beetle, Dragonfly, or Damselfly or other beneficial insects. Apple, Pear, Asian Pear, Cherry and Plum trees also make a great gift, heralding the seasons with blossoms in the Spring and lovely fruit in the Fall. Choose a specific tree from over 100 trees in the orchards, and if you wish, create your own garden tag or marker to give with your gift.

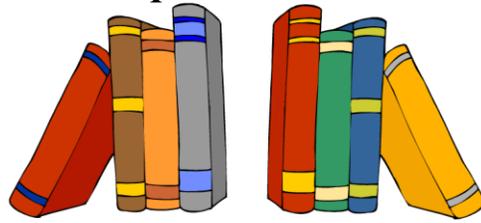
Each bed, tree, or compost bin can be sponsored for a one-year fee of \$50 that includes name placement on our Donor Recognition Wall and a card acknowledging your gift. A new kiwi arbor, blueberry patch, greenhouses and other structures are also available for adoption in 2020 from \$250 to \$1000 each and include a donor or gift recipient's name plaque on the structure. We can send you an Adopt-a-Plot brochure and donation form via e-mail. Please contact Zoë Livelybrooks at zlivelybrooks@foodforlanecounty.org.

Winter Garden Hours are Tuesday, Thursday and Saturday from 9:00 am to 4:00 pm.

GrassRoots Garden is located at 1465 Coburg Rd., across from Safeway, behind St. Thomas Episcopal Church. For more information contact Merry Bradley (484-7144) merrybradley@yahoo.com. Thanks for your caring and support!



Book Group Considers 2020 Reads



At the October gathering of the St. Thomas Book Group members nominated books they would like to read in 2020. Eighteen titles were recommended and at the November meeting members will vote on their favorites. Eleven books will be listed for reading and review from January through November 2020. The final list will be posted on the Parish Hall bulletin board so parishioners can read along with the Book Group.

The November meeting is scheduled one week earlier due to the Thanksgiving holiday. Sandra Murray will host the November 21 meeting at her home at 2:00 pm and will guide the discussion of Everything She Didn't Say by Jane Kirkpatrick. Anyone interested in reading and good fellowship is welcome to attend and join the Book Group.

St. Tom's Coffeehouse Presents...



Spread the word and join the fun on Saturday, November 2 at 7:00 PM for *Harvest Variety Night*, an evening of music, munchies and mirth. The event is hosted by St. Thomas Choir Director, Keri Davis and will feature performances by music and choral students from area high schools, the University of Oregon and the St. Thomas Choir. Admission is free but donations to *The Sock Lady* will be gratefully received. Check out www.giveasock.org for information about this effort to support the collection and distribution of socks to homeless individuals in Lane County.

Offering Sacred Welcome to Immigrants and Refugees Workshop

November 23 @ 10:00 am - 2:00 pm
At St. Thomas Episcopal Church, Eugene



Join the Commission for Sanctuary and leaders from the Interfaith Movement for Immigrant Justice (IMiJ) as we learn to live out our commitment to Confront Hate, Racism, and Poverty in the Diocese of Oregon as declared in our **2017 Resolution II**. Together we will explore our stories of sacred welcome, connect with one another in the work happening in Oregon, and discover our next brave step in offering sacred welcome to immigrants and refugees.



November Birthdays

| | |
|----|----------------|
| 1 | Nancy Thompson |
| 8 | Dick Braun |
| 11 | Diane Landon |
| 13 | Saundra Murray |
| 15 | Gloria Duce |
| 21 | Cindy Jensen |
| 26 | Shari Janes |
| 27 | Keri Davis |

November Anniversaries

| | |
|----|-----------------------|
| 19 | Len and Janet Calvert |
|----|-----------------------|



The St. Thomas Outreach Ministry was happy to welcome Deacon Mike to its October meeting. He told us he was amazed at how many projects our ministry manages to accomplish in each year and we couldn't agree more! Of course, we are helped enormously by the generosity of our congregation because it is definitely a team effort.

We begin each meeting with this mission statement:

“Our purpose comes from Matthew 25 where Jesus tells about the Final Judgement. Under the guidance of the Holy Spirit and subject to the authority of the Vestry, the St. Thomas Outreach Ministry will endeavor, according to the mandate of our Lord Jesus Christ, ‘To feed the hungry, welcome the stranger, clothe the naked and visit the sick and imprisoned.’ Being aware and informed of the particular needs of our community, our Diocese and with our neighbors, we will share our blessings of food, shelter and love with those in need, in so much as time, talent and resources will allow.”

We have several projects coming up for November and December:

- We continue to collect pillows and blankets for the Home Starter Kits.
- We are currently buying warm coats for school children.
- During the month of November, we will be collecting food items from the congregation to fill our annual food boxes. Twenty boxes will be given to River Road/El Camino del Río Elementary School. This school is a two-way immersion program that offers a unique opportunity for native English and Spanish speakers to learn together in order to become bilingual and biliterate. In the next weeks, look for the food “cards” on display in the lobby.
- In December, we plan to collect for and to deliver 75 Christmas gift bags to the school children at Twin Oaks Elementary school.
- We end the year by hosting “Undies

Continued on page 7

Continued from page 6

Sunday.” We collect new underwear items, including pajama bottoms and socks, to deliver to the Eugene Mission and to the St. Vincent de Paul Service Station. The Eugene Service Station (ESS) provides homeless adults with a warm and welcoming place where they can meet their basic needs (food, day shelter, clothing, laundry, showers and supplies) and get assistance stabilizing their personal crises.

Thank you, St. Thomas, for all you have bestowed upon the Outreach Ministry. You help us to serve those who are in need. You are the family and friends who bless us every day with kind words and actions. Our gratitude is never-ending.

Lindy Moore

Confirmation

Are you interested in receiving the Sacrament of Confirmation? Or, if you have been confirmed in another denomination, are you interested in being officially “received” into the Episcopal Church?



Confirmation is the normative rite for baptized adults (i.e., 16 years of age or older) who desire to make a public affirmation of their faith and commitment to the responsibilities of their baptism, following instruction in the faith of the church.

Reception is for adults who are baptized and who have been confirmed by bishops of other denominations in historic succession (e.g., Roman Catholic, Lutheran).

Bishop Hanley will be visiting St. Thomas on February 23rd and will offer the Sacrament of Confirmation/Reception at the 10:00 service. If you are interested in receiving the Sacrament, please let Rev. Ann know. Preparation classes will begin in January 2020.

In Memoriam

We remember Dale Allore, a long-time St. Thomas parishioner, who passed on October 22. Dale joins his wife Wilma in our Lord’s eternal kingdom. God’s peace and comfort be with the Allore family.

Reflections



While the Northeast gets all the autumn accolades and tourists to view the fall colors, those of us who live in the Northwest know how truly special this harvest season can be in our *neck of the woods*. The Northwest conifer forests create a palette of green hues that frame the splashes of color provided by the oaks, maples, cottonwood, ash and alder as they end their annual cycle with glorious vibrance. A walk in our Northwest woods, a drive down a country road to visit one of our farm stands, or a daily commute through town gives one the opportunity to view this brilliant gold, red and purple profusion of colors. Nature gives us a bold exclamation point to the annual changing of the seasons – surely divinely inspired. We are reminded that God’s glory is great, and His gifts are bountiful.



Committee reports and articles for the Beacon are welcome. Please submit in a WORD document, New Times and 12 font, single spaced. Send email attachment to Cindy Jensen at LAJotKDK@aol.com by the 25th of the month.