



The Beacon

St. Thomas Episcopal Church

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

April 2020

Volume 21 Issue 4

In this Issue:

- Rector's message
- Liturgy of the Word
- Outreach Ministry
- Endowment News
- Book Group
- Sunday School News
- GrassRoots Garden
- Parish *Virtual Hug*
- Reflections

Vestry:

- Sue Colvin,
Sr. Warden
- Janet Calvert
- Dave Fredmonsky
- Bill Janes
- Ed Johnson
- Erika Hente
- Anne VanDerveer
- Sally Ward
- Judy Wilson
- Tom Whitehead,
Treasurer
- Beverly Jackson,
Clerk

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

“All shall be well, and all shall be well, and all manner of thing shall be well.”
(from Julian of Norwich's *Revelations of Divine Love*)

These words from the 14th century mystic, Julian of Norwich, are particularly resonant for me right now. Dame Julian was a religious recluse who devoted herself to a life of prayer and lived during the time of the Black Plague. At around age 30 she fell severely ill, and while ill experienced a series of visions which she later wrote down. It was during one of those visions that she heard the above words from Christ himself.

We need such words right now, I believe, from both scripture and from others who have suffered, especially from someone like Julian who barely survived grave illness. The words she heard from Christ are not meant to convey that people won't suffer or die, but rather that God in his great love is always with us, and nothing can separate us from that love of God in Christ.

That is why I hope you are able to pray daily and to worship online with us at St. Thomas. Christians are supposed to be a gathered community; that's why we come together for Sunday worship. We can't do that right now, but every time we reach out to one another, every time we treat each other with love and compassion, every time we pray for each other and our world, every time we participate in online worship, we are still a gathered community, though dispersed. I like what Presiding Bishop Michael Curry said in a recent Monday meditation: that rather than talking about *social* distancing, we should speak of *physical* distancing. As long as we are communicating by phone, cards, email, text, Instagram, Facebook, Zoom, or whatever, we are still connecting socially, even though we are physically distant.

I'm sure that many of you are wondering how we at St. Thomas are going to observe Holy Week and Easter. Our diocesan Bishop Michael Hanley has made it clear to the clergy that congregations are not to gather physically for Holy Week and Easter. So, I will be making available to you resources for observing Palm Sunday, Holy Week, and Easter. These will be both online resources and resources that you can use in your home for worship without going online.

Continued on page 2



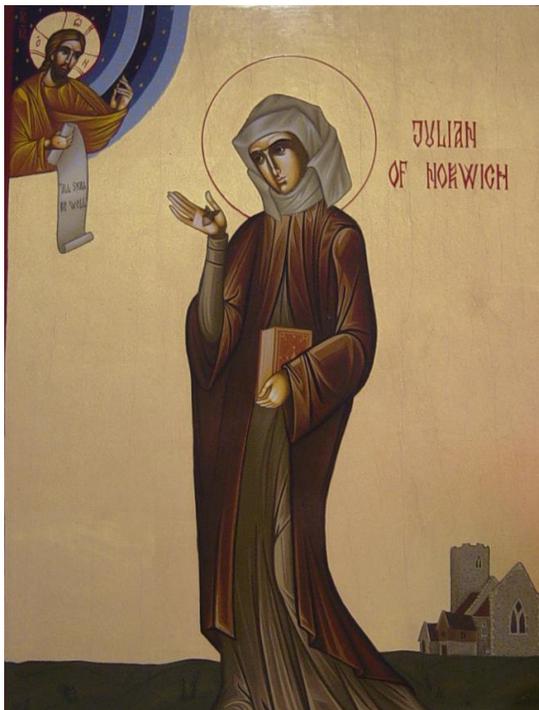
Continued from page 1

Some of you may be anxious that without the sacrament of the bread and wine, Sunday worship isn't really Sunday worship. Something to remember is that our service of Holy Eucharist includes *equally* both the service of the Word and the Service of Holy Communion. Holy Eucharist joins together Word and Sacrament. The presence of Christ is in both, equally. Although we may long for the sacrament of the bread and wine—a “holy longing”—we must remember that the presence of Christ is very much in the Word, because Christ is the living Word.

Remember, too, that God in Christ is present in us, and we in him, no matter where we are. In one of Dame Julian's visions, she saw something very small, about the size of a hazelnut, lying in the palm of her hand. “What can this be?” she asked. “It is all that is made,” a voice answered. Julian worried: because it is so small, might not the hazelnut—a representation of all creation—disappear or be obliterated? Again came the reassuring answer: “It lasts and ever shall last because God loves it.”

Peace and many blessings,

Ann +



The Liturgy of the Word: Our Conversation with God

Our usual Sunday morning worship service has two “parts”: The Liturgy of the Word and The Liturgy of the Table.

This distinction of two liturgical emphases is best seen when we observe who the active ministers are. In the Liturgy of the Word, in addition to the priest, we see deacons and lay persons taking active roles in the various parts of the service, whereas, in the Liturgy of the Table, the bishop or priest is the sole person leading us in our worship, assisted by the deacon and LEM.

Why do I call the Liturgy of the Word “our conversation with God”? I do so because that is exactly what is occurring when we look at the structure of the service. In any conversation there is a back-and-forth sharing of concerns, thoughts and ideas. Instead of the private one-on-one conversation that we may have in our personal prayers, in the Liturgy of the Word, we, as God's people, are joining together to share our mutual joys, hopes and concerns with God, and He responds with His words for our consideration. In fact, the Prayer Book title for this part of our Sunday morning service is THE WORD OF GOD.

So what does this have to do with the change now occurring in our corporate worship through the online streaming of Morning Prayer instead of the usual Sunday Eucharist?

Morning Prayer is, essentially, an expanded Liturgy of the Word. In fact, the rubrics preceding the Holy Eucharist in the Prayer Book state that Morning Prayer may be used in place of the Liturgy of the Word at a Eucharist service. Few churches do this, however, because of the added length it presents to the overall service.

The conversational structure of the two services is the same. Any conversation has a starting point. In Morning Prayer, we are greeted by one or more of the opening sentences found at the beginning of the Morning Prayer service in the BCP (Book of Common Prayer). How this service then proceeds depends on the season of the Church Year. There are

Continued on page 3

Continued from page 2

two ways to begin the Office as the Morning Prayer service is usually called. In penitential times like Lent, that we are currently in, we begin the dialogue by confessing our corporate sins and receiving God's forgiveness in return.

At other times of the year, or if a confession of sin is not desired, the Office opens with a greeting followed by our words of praise to God in one of the Invitatory Psalms (Venite, Jubilate or Christ our Passover) followed by the Psalm of the Day.

It is now time for us to listen to what God has to say to us as we hear the lessons of the day. The first is a reading from the Old Testament. As a bridge between readings, we respond with a song of praise from a biblical source. The second lesson is from one of the letters of the Apostles, Acts or Revelation. This is again followed by our recitation of a biblical song of praise. The Gospel reading is then heard, and our response is "Thanks be to God."

What has God been saying to us 21st Century Christians as we have listened to the messages in these readings? In the sermon the officiant now helps us recall what happened and how it reflected life at that time, and its significance in our own lives today.

Our response is the expression of our faith in the words of the Apostle's Creed in Morning Prayer instead of the Nicene Creed used in the Eucharist. This Creed is proclaiming our personal faith, using the singular pronoun of "I believe," whereas the Nicene Creed uses the plural "We believe."

The remainder of our Morning Prayer service will be spent in our outreach to God by means of a variety of prayers. starting with that which is universally chanted, The Lord's Prayer.

Then the officiant and we exchange a series of requests that cover a range of subjects. These are short petitions and are called Suffrages.

Prayers of more detailed concerns, called Collects, plus other prayers, are offered to God by the officiant, to which we respond with "Amen" after each.

After asking God's help in so many ways, the Office closes with our final prayer in this conversation we have been having with God. We join in the General Thanksgiving, thanking God for all the ways He blesses our lives. This is then followed by a blessing of dismissal by the officiant and our worship time together ends for this gathering time.

Although this communal service of Morning Prayer has always been an important worship opportunity in Anglican Churches, we seldom worship in this way because of the current emphasis on the Eucharist as Sunday's emphasis. The health crisis facing us at the present time, and Ann's offering us the opportunity to still be able to share in a corporate worship opportunity through online Morning Prayer, brings this Office back into our lives. Thank you, Ann.

Barbara Root

Endowment News

2020 – Starting Off Right!

I'm pleased to report to you that a few weeks ago your St. Thomas Endowment Fund

Received a **gift of \$10,000** from an anonymous donor!



This wonderful gift lifted your Endowment Fund total to \$185,658.58, which represents growth of more than \$36,600 over the last year. And it leaves us about \$64,000 shy of the \$250,000 we need to start making grants.

Here's something important for all of us to remember: **Every Gift Counts.** You don't have to give thousands, or even hundreds of dollars for your contribution to be significant. \$200, \$100, \$50 or \$25 – whatever the size, your gift is much appreciated and builds a personal legacy for you.

You might also want to consider including The Endowment Fund in your estate planning. If you'd like to confidentially discuss this, just let Rev. Ann or me know.

Now please join me in giving a great big **"Thank You!"** to our generous anonymous donor.

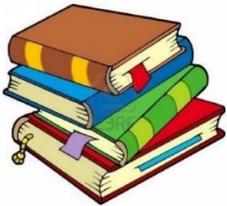
Duncan Murray, Chair

St. Thomas in Springtime



With the restrictions on getting out and about and attending services at St. Thomas, many of us are missing the ribbon of daffodils that grace the front of our church during this time of year. We can only imagine how lovely these welcoming vibrant blooms are for all those who pass by St. Thomas during these first weeks of spring. Circa 2018

St. Thomas Book Group



The St. Thomas Book Group is respecting the social distancing recommendations, but these readers continue to enjoy some good reads. The selected book for April is Daughter of Moloka'i by Alan Brennert.

Sunday School

With our children out of school and sheltered at home during this period of social distancing, the Sunday School teachers recommend some spiritual learning sites on the internet that will enlighten, engage and encourage them during this concerning time.

The Sunday School teachers have used these recommended curriculums in our children's programs at St. Thomas. Take some time to enjoy these learning opportunities as a family.



Check out <https://sermons4kids.com>; <https://missionbibleclass.org>; <https://worshipingwithchildren.blogspot.com/2013/01/playing-church-at-home.html?m=1> and buildfaith.org.

St. Thomas Prayer List

For those who are particularly ill or distressed:

Jane
Dana
Donald Rahe
Courtney
David Brown
The Lake Family
Kay Swan

Jamie Vecanski
Donna P.
Patty O'Neal
Isaac Fones & family
Amanda
John Trammel
Faye Harris

For those with ongoing concerns:

Elijah Cummings
Orson Hodgkin
Nick Gardiner
Sindee Stores
Olympia Minard
Jackson



Rev. Ann offers these additional opportunities for prayer in community by accessing these websites: "The first is Pray as You Go, which offers daily music, scripture readings, and meditations that take about 10-15 minutes, as well as other spiritual resources. (<https://pray-as-you-go.org/>) The other website is The Anglican Mission of St. Clare, which provides on-line worship from the Book of Common Prayer with music. (<https://www.missionstclare.com/english/>) With both websites, you get a real feeling that you are praying together with thousands of others, a real community of faith.

In addition, every Monday our Presiding Bishop Michael Curry is posting a meditation that you can view on-line. It is called "Habits of Grace," and you can find it at <https://episcopalchurch.org/habits-of-grace>; I will also be re-posting it on our Facebook page. Keeping up with the wider Church can also help us feel connected, so I recommend that you subscribe to our diocesan newsletter, the Diocesan Digest; you can find the link to sign up at the bottom of the diocesan website, <https://www.diocese-oregon.org/>. I also recommend checking in regularly with the Episcopal News Service (<https://www.episcopalnewsservice.org/>); you can also subscribe to their newsletter."

Center for Community Counseling

Our Building may have closed –But CCC is still here!

When the COVID 19 pandemic began we were prepared to find ways to still support our clients. We set up a virtual counseling system where counselors can provide sessions via telephone and/or video. We also implemented short term ‘crisis’ support for new clients and continue to offer education and training for our volunteer therapists and interns remotely.

As this crisis deepens we are increasingly concerned about the impact of self-isolating on families. Most of our clients have experienced abuse in their childhoods- physical, emotional or sexual and fear repeating that with their own children. With children now in the home 24/7 stressors are being amplified.

We know that by using virtual contact we can continue to support those who need care and compassion; those who need help with coping strategies; others who need healthy parenting education; and some who need anger management tools.

We are here for you too. Please reach out to us if you or someone you know needs counseling support. Our phone number is 541-344-0620 or feel free to email me at Debbie@ccceugene.org

Stay Safe- Be Positive- We will get through this together

Grass Roots Garden

Spring Plant Sale

We are thrilled to be able to offer healthy plants for sale to our community.

In order to comply with safety requirements during this public health crisis, the plants for our Spring Plant Sale Benefit will now **ONLY** be available by pre-order and pre-payment. Customers will have a scheduled time to pick-up their pre-packaged orders, over the course of 4 days at the Youth Farm. No one will be allowed to browse or shop for plants onsite for safety reasons. We will post the

links to the pre-order page and the scheduling page on our website,

www.foodforlanecounty.org/gardens.

We will have for sale a wide selection of Youth Farm organically grown and tended annual veggie, flower and herb starts, as well as two varieties of strawberry plants and 4 varieties of blueberry plants, donated by Fall Creek Farm and Nursery. Everything for your spring garden!

All sales benefit FOOD for Lane County, the Youth Farm and GrassRoots Garden.

GrassRoots closed: Due to health and safety concerns. We will remain closed through April.

Staff continue to tend the Garden as possible, and are keeping our plants healthy and strong. If you have questions or concerns, please contact Merry Bradley at 541-484-7144 or merrybradley@foodforlanecounty.org.



How did this happen? All of a sudden, we’re stocking up on toilet paper, cleaning the shelves of hand sanitizer and disinfectant wipes and working from home. Overnight, many are out of a job or out of money. Businesses have been deemed essential or non-essential. Some will thrive, others will fall. This pandemic may keep us housebound for many more weeks or months. Our daily routines are upended, and fear of the unknown is real. The world may never be the same again.

Let us be brave. Let us be kind. Let us pray and lift one another up. Let us be present for one another. Let us reach out and take heart with these words:

Isaiah 41:10: So, do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Winston Churchill: Victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory, there is no survival.

Lindy Moore

In these uncertain times, Rev. Ann has shared the following poem:

Pandemic

What if you thought of it

as the Jews consider the Sabbath –
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,

on trying to make the world
different from what it is.

Sing. Pray. Touch only those

To whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.

Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)

Know that our lives
are in one another's hands.
(Surely, that has come clear.)

Do not reach out your hands.

Reach out your hearts.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise the world your love –
For better or for worse,
in sickness and in health
so long as we all shall live.

--- Lynn Unger



Virtual Hug

Members of our St. Thomas family of faith have shared the following messages as they practice social distancing.



“And yes. Really. Now. Now more than ever. To protect the least among us, we are self-isolating. We are drastically changing the way we worship. Our Lenten discipline has all of a sudden gotten very real. What are you giving up for Lent? Community. Church. Togetherness. Tough stuff. A Lenten spiritual practice is designed to bring you closer to God, better understand yourself and your relationship with God. It’s not about giving up chocolate, or something we want to give up.”

Paul

I am hiding at home except to go on two-hour bike rides enjoying the wonderful weather we are having. It’s Spring now so it should be easier to get through these trying times. My brother John and I reside in the same home; he has been out and about more since he is operating a CPA/Tax service, but has closed off all face to face business with his clients now that the IRS has extended the tax deadline. We have supplies stored as a result of earthquake preparedness.



We are thankful for the prayer services from St Thomas broadcast over Facebook.

Brother David is living in Princeton, NJ under stay at home conditions. We are praying that all goes well there and with NY City where his former wife and two daughters live.

Thailand has about 200 Covid19 positive tests primarily from a boxing match and some people attending restaurants and bars. According to the Bangkok Post the government is about to ensure

Continued on page 7

Continued from page 6

everyone stay at home (level 3). My wife works for the Department of Water Resources and is doing well and will probably be working from home soon.

Of course, I cannot travel to Thailand to visit my wife, but we use social media to video chat every day.

Stay well everyone we will get through this...

Dan Paulson

When it comes to what to do during these challenging times, I am reading classic literature. I am halfway through "The Great Gatsby" and will soon get to Joseph Conrad's "Heart of Darkness" and the "Secret Sharer". I have had a lot of these books on my bookshelf my entire adult life and have never read them. Since the library is closed, I can't get new stuff, so I am reading classics.

-Mike Richardson-

I'm currently re-reading *Moby Dick*, but several nights ago I wanted something peaceful to read before going to sleep. After several ideas didn't work, I settled on re-reading some favorite hymns, especially several linked with Compline: "Now the day is over," "All praise to Thee my God this night...", "Abide with me...". "Eternal Father, strong to save" among them. And I could hear the music in my head. Did the trick. I also love the Collect "Keep watch, dear Lord, with those who work, or watch, or weep this night..." All do have that wistful element, but for me also a sense of profound peace.

Ann and I will listen to classical music in front of the fire while eating dinner...often to some plainsong chants. There's always Smetana's "The Moldau"... And Robert Frost's "Nature's First Green is Gold" and, of course, "Directive." In Marcus Aurelius's *Meditations*, I find a deep sense of connectedness to the rest of the universe and our role as an essential part of it, one in which death itself is but part of all the transition and change that takes place with everything. Hard to explain in a nutshell, but you get the idea. And two very moving short stories that reveal the good that often emerges in people are "Shaving" (only 4 pages) by

Welsh writer Leslie Norris and "Sixteen" by Jessamyn West.

These work for me. I hope this helps. I may try to send an image this afternoon or evening, but that will depend on how the light lands on the back fence...

Lee



The pear tree in blossom against the back fence at Lee and Ann's home – hope and promise in a weary world

Hi everybody, things are fine here - life is going on the same as usual - daily walks on a route where I don't meet anyone - enjoying time spent reading, cooking, surfing the internet and working crossword puzzles. The only "problem"? Washing and taking care of my hair, something I haven't done in decades! LOL. Barbara Root

From Karl and Erika Hente:

"Hello to all our St. Thomas friends! We're all doing well and keeping busy, both with Karl and Erika working from home, and learning how to home-school Christopher and Emily! Their teachers have been great in passing on work and activities they normally do in class. And with both of them normally busy with martial arts with our friends Russ and Katrina -- Duers Martial Arts has been doing videos and online lessons to keep them sharp. They have been a great resource. We're thinking of all of our St. Thomas friends a great deal, especially with Easter approaching, and we wish you love and good health, and look forward to seeing everyone again soon!"

Hello everyone! Hanging in there like the rest of you. Catching up on some reading, recording music and finding creative ways to stay connected with all of my "families". No cabin fever yet but looking forward to when this "lockdown" gets lifted. Hope you all are doing well! Miss you <3 Keri

We find inspiration and hope in Ann's online services and Keri's beautiful music. Duncan & Sandra Murray.

Continued on page 8

We are grateful to be able to practice social distancing on our forest hill overlooking Fernridge, but at the same time we are ever-mindful of all those who are vulnerable in our community and around the world. The sunny days afforded us the opportunity to address some much-needed outdoor tasks in the garden and in our forest. Gary continues online communications and meetings with his various forestry interests while I am enjoying sewing, reading, practicing Tai Chi and getting my plant starts going in the green house. We facetime with our kids and grands, but do miss the in person contact with friends, loved ones and our St. Thomas family. Blessings to all and stay well! – Cindy

Celebrations



April Birthdays

- 3 Patty O’Neal
Joan Braun
- 8 Laurinda Andrist
John Paulson
- 9 Barbara Root
- 10 Kathy O’Neal
- 13 Erika Hente
Paul Colvin
- 21 Mary Lusk
- 30 Mason Duer

April Anniversaries

- 16 Stu Hogg & Charlotte Heltman

Committee reports and articles for the Beacon are welcome. Please submit to Cindy Jensen at LAJotKDK@aol.com by the 25th of the month.

Reflections



Our Lenten journey this year has taken an unsettling turn, but perhaps that is the challenge during Lent--- to follow a path that may lead us through travail and sacrifice and in the process test our faith and commitment not only to one another but to Jesus Christ who is the source of our hope and salvation.

As Bishop Hanley reminds us, “We are a resurrection people and Easter is coming. Let us continue to walk the way of the cross, the way of Jesus, and to pray for the safety of those most vulnerable.” As Bishop Hanley said to us on his recent visit to St. Thomas, “Always remember that the story ends in resurrection.”

Bishop Michael Curry in his recorded message posted to FaceBook reminds us “that suspending in-person worship is not the same as suspending worship. There are many ways to be Christ’s hands and feet in the world today. There are many ways to pray. I invite you to be creative, be loving and as joyful as you can. This is a time to be present, to be the church, to serve the needs of our people and to serve the world.”

Schedule for April

MWF 9:00 pm – Compline
Access online at
[Facebook.com/st.thomas.eugene/](https://www.facebook.com/st.thomas.eugene/)

Sunday 10:00 am – Morning Prayer
Access online at
[Facebook.com/st.thomas.eugene/](https://www.facebook.com/st.thomas.eugene/)

April 4 – Palm Sunday

April 12 – Easter Sunday