



The Lindisfarne

Lin.dis.farne: An island off the northeast coast of England, for centuries considered holy.

The Newsletter of The Church of the Holy Spirit (Episcopal). Serving Vashon Island, Washington since 1912.



Praying the Stations of the Cross on the Labyrinth

For centuries, Christians have followed the path of Christ's suffering and death by praying the Stations of the Cross. During Lent, you will be able symbolically to follow his path to Calvary by walking the Labyrinth as you reflect on the events of the Passion. Each of the fourteen Stations will be marked with a numbered flag. There are sheets in the narthex providing a scriptural passage and prayer corresponding to each number. Every sheet also includes a printed labyrinth; if you prefer, you can follow the paper path with your finger, pausing at the stations to read and pray.

Religious Exploration Examines the Book of Common Prayer Sundays 9 am in Bennett Hall

March 8th: The Book of Common Prayer -A Closer Look
March 15th: The Holy Eucharist-Why We Do What We Do



New Worship Opportunity

Beginning on March 1st and continuing on through Lent and Easter, we will be holding the Service of Evening Prayer every Sunday at 6 pm. Can't make it on Sunday morning? Come in the evening to experience the richness of the Daily Office.

Holy Week Schedule

April 5th, Palm Sunday: 7:45 am, Liturgy of the Passion; 10:15 am, Liturgy of the Palms
Visitation of Bishop Greg Rickel at both services
April 6th, Monday in Holy Week: 7:30 pm, Service of Reconciliation
April 7th, Tuesday in Holy Week: 7:30 pm, Evening Prayer
April 8th, Wednesday in Holy Week: 7:30 pm, Evening Prayer
April 9th, Maundy Thursday: 7:30 pm, Holy Eucharist and Stripping of the Altar
April 10th, Good Friday: 7:30 pm, Good Friday Liturgy
April 11th, Holy Saturday: 8 pm, the Great Vigil of Easter
April 12th, Easter Sunday: 7:45 am & 10:15 am Eucharist of the Resurrection



Bishop Greg Rickel to Make Visitation

On Palm Sunday, Bishop Greg Rickel is making his visitation to Church of the Holy Spirit. He will be at both services, and there will be Confirmations. To welcome him, we will have a potluck brunch following the later service. Please bring finger food to share.

How to get in touch with us

Office Hours: Mon, Tues, Thurs 7:30-11:30 Wed, 12:30-3:30
Tel: (206) 567-4488.

You may leave a message at any time. Messages from the different boxes are recovered throughout the week.
Priest-in-Charge, Kate Wesch's email: Kate_Wesch@yahoo.com; Deacon Sally Carlson's email: deacon@holyspiritvashon.org
office e-mail: office@holyspiritvashon.org; Website: <http://www.holyspiritvashon.org> Fax: (206)338-2369
In an emergency call the Rev Kate Wesch, (206) 931-2179

Kate's Column

Remembering that we are dust and to dust we shall return...

My Old Testament professor in seminary used to joke about writing a book on the psalms entitled, "Feeling Bad in a Feel Good World." He wanted to focus on those rich psalms of lament, the agonizing and painful psalms that seem to revel in our humanness and brokenness.

"Have mercy on me, O God" "Wash me through and through from my wickedness and cleanse me from my sin...Indeed, I have been wicked from my birth, a sinner from my mother's womb..."

These ancient poems may seem a bit harsh to our post-modern ears, but there is something powerful in the anguished words, something hauntingly beautiful in the twisted phrases. Lent is a time to leave the superficiality behind and engage the depths. Sometimes it is necessary to reflect upon the harsh realities of our world and dwell in the messiness of God's creation because out of the depths, we are called to new life.

Our Lenten discipline as a congregation this year is to engage the Book of Common Prayer on a new level by touching it, seeing it, and coming to know it in a new way. We will be using it more on Sunday mornings. A special class is being offered during the Religious Exploration hour to familiarize ourselves with its history and significance. And Sunday evenings bring a new opportunity to experience the Daily Office in the celebration of Evening Prayer.

Many of you have already participated in a special Lenten devotion by preparing pieces for the Meditation Book. If you haven't received a copy, I encourage you to pick one up. The collective wisdom of our community is humbling and rich in the wide diversity of submissions. There are myriad ways to engage this season deeply and I encourage you to put some thought into your specific Lenten disciplines whether it be giving something up, taking something on, or participating more fully in the life of our church community or our wider community.

In God's peace,
Kate

Religious Exploration Topics Coming Up

March 8: The Book of Common Prayer: A Closer Look. Led by Rev. Kate Wesch.

March 15: The Eucharist: Why We Do What We Do. Led by Rev. Kate Wesch

March 22: Video 11 "The Resurrection of Jesus" in the "Saving Jesus" progressive Christianity series

March 29: Video 12, Conclusion of the "Saving Jesus" progressive Christianity series

April 5 Palm Sunday—No RE

Pastoral Care Team

The Pastoral Care Team began at Church of the Holy Spirit in 2002 with training by and the guidance of Trudy James, of Multifaith Works in Seattle, who has provided pastoral care for many years. We receive on-going training through reading, discussion, workshops, classes and retreats. We work closely with our Priest-In-Charge, Rev Kate Wesch, and our Deacon, Sally Carlson.

ALL PASTORAL CARE CONTACTS ARE STRICTLY CONFIDENTIAL

Our mission is to serve the people of our church and community through home and hospital visits, prayers, cards, e-mails, telephone calls, and in other practical ways. Each member of the team is licensed by the Diocese as a Eucharistic Visitor who can bring the Eucharist to you and celebrate it with you.

While each member is "on call" during two week rotations throughout the year, you

may contact any member of the Pastoral Care Team at any time. Our current members are:

Betty Hawkins, Chair, 463-5062; Megan Belia, 463-3657; Sue Bucy, 463-6345;
Hunter Davis, 567-4530; Wally Fletcher, 567-0068; Susie Kirschner, 567-4086;
Peggy Queary, 463-1977; Bob Weir, 463-3234

ON CALL:

Wally Fletcher, 567-0068

Feb 22-Mar 7

Betty Hawkins, 463-5062

Mar 22-April 4

Please contact Susie Kirschner with pastoral care concerns that you wish to keep "on the radar".

A Wider Ministry Than You Might Think

The Wednesday Night Dinner has been so much a part of our church life that we might not realize how far-reaching it is. Yes, it feeds approximately 40 individuals each week. Yes, our grocery receipts, when returned with name and phone number written on them, are a large part of its funding. Each month or so, the WND pays for extra, deep cleaning of the kitchen in recognition of the fact that it uses the kitchen so extensively.

But did you know that the WND gives a scholarship to a Vashon Island High School graduating Senior? The senior is chosen for devotion to social justice and a strong identification and sympathy for the marginalized in our society.

The ability to do all of these things is, of course, directly related to WND having monies in its coffers. WND stepped forward and paid the entire cost of purchase and installation of the new carpet in Bennett Hall. This was done to take advantage of a blockbuster price we were given for the job, provided it was done promptly.

It is hoped that half of the carpet costs might be recovered through donations from the parish. We have currently received \$500 toward the half, which is \$1,950. If you would like to support WND in this way, allowing it to reach out in many other vistas, please make your check out to Wednesday Night Dinner, and flag it in the lower left corner, "carpet".

Errata From Last Month

Apologies to Diane Ward, whose name was cut off the list of Vestry members. Diane *is* on the Vestry. The box has been corrected in this issue,

Turn Out the Lights

Have you heard about Earth Hour? This is a really exciting event. On March 28, 2009 at 8:30 pm local time, World Wildlife Fund is asking individuals, businesses, governments and organizations around the world to turn off their lights for one hour -- Earth Hour -- to make a global statement of concern about climate change and to demonstrate their commitment to finding solutions. Mark your calendar now, and look forward to the side benefit of a glorious hour of star-watching!

Mid-East Focus Initiative

Saint Mark's Cathedral
1245 Tenth Avenue East
Seattle, Washington 98102
(206) 323-0300

March 14 Fundraiser:

Now More than Ever, Gaza's Ahli Hospital Needs Our Help

A Palestinian editor, a Lutheran bishop, and an international law attorney will be featured at a community fundraiser for Ahli Hospital in Gaza, to be hosted by St. Mark's Cathedral at 7 pm Saturday, Mar. 14.

The speakers include Ramzy Baroud, editor of The Palestine Chronicle. In the forthcoming "Gaza: The Untold Story," Baroud narrates his family's history as a representation of the diaspora of millions of Palestinians.

Bishop William C. Boerger of the Northwest Washington Synod of the Evangelical Lutheran Church in America, will discuss his 11-day tour in the Holy Land with a delegation of 40 bishops from his denomination.

Tom Nelson, an attorney and co-founder of Americans United for Palestinian Human Rights, recently returned from investigating possible violations of international law.

The Rev. David Mesenbring, pastor for Church in the World Ministries at St. Mark's, will be moderator. The cathedral's Mid-East Focus Initiative is organizing the event, which has been endorsed by Bishop Greg Rickel.

Ahli Hospital, which was overwhelmed in the recent Gaza conflict, has for over 100 years served all people in its community. It is a ministry of the Episcopal Diocese of Jerusalem.

Co-sponsors of the event include the Palestine Concerns Task Force of the Church Council of Greater Seattle; American Jews for a Just Peace - Seattle; Sabeel - Puget Sound; the Save Gaza Coalition; the Palestinian Solidarity Committee; the Middle East Peace Partners; and more to be announced.

Contact: mideast.focus@yahoo.com

Your Vestry

Senior Warden: Katharine Golding, 567-4614;

Junior Warden: Deb Dammann, 567-4268;

George Heidorn, 463-4266; Edgar Lee, 567-5002; Laurie Tucker, 463-9812; Megan Belia, 463-3657;

Mariette Spence, 463-4777; Bill Carr, 463-2669; Diane Ward, 567-4589

The Financial How-Goes-It for February

INCOME: In February, we hoped to get \$14,073 in contributions, interest and other income but only got \$10,023. For the first two months of the year we are short nearly \$6,000 from our anticipated income. One bright spot—our insurance company paid us \$3,500 for the theft of the generator and chain saw, which should cover most of money we will have to pay to replace them.

EXPENSES: Our expenses for the month were \$15,046, almost exactly what our budget called for. For the year, we are less than \$1,000 over budget. Due to our shortfall in income, we have had to take \$5,000 from our General Operating Fund Reserve to meet the end-of-the month payroll and ensure we have a reasonable cash cushion in our checking account. \$10,000 remains in the Reserve.

- Doug Clarke, Treasurer

Heartfelt Thanks for Pampering Moms

Bettie Edwards, MJ Hartwell and Heidi Richards were the women who planned and carried out the Pamper Moms Christmas Program in 2008. Items from all over the Island were gathered and presented to moms who otherwise would not have the resources or time to pamper themselves. Church of the Holy Spirit participated in this project.

Over 80 beautiful gifts were distributed: baskets filled with slippers, towels, soaps and lotions. Shopping bags with soft blankets and cashmere socks. Cooking utensils filled with fancy foods, kitchen implements and towels. A picnic basket filled with wonderful food and gift certificates.

Thanks to all for standing with these women and giving them the support that made a real difference in their lives. Thanks to our own Julia Lakey for being the CHS coordinator so we could be a part of the blessing.

The Doomsday Vault!

In March of last year, on a remote island near the Arctic Ocean [Svalbard, I presume?] and not far from the North Pole, the Norwegian government opened a vast underground crypt, more than 425 feet deep inside a frozen mountain, declaring it ready to receive shipments of seeds from around the world. This is the Svalbard Global Seed Vault - a deep, cold-storage cavern with room to hold 4.5 million distinct seed samples.

Project leaders believe this seed collection will be the ultimate backup in case humans do something stupid - like have a worldwide nuclear war, cause massive climate change that wipes out vegetation, or fail to manage agriculture carefully. It's also a hedge against natural catastrophes such as an asteroid strike. Dubbed the "Doomsday Vault," this seed bank will eventually be the repository of the seeds for almost every variety of food crop known to humankind. The low temperatures in the vault, caused by the natural permafrost and supplemented by a refrigeration system, can preserve the seeds and keep them viable for thousands of years.

The vault project grew out of a trust founded by the United Nations in 2004 to support long-term conservation of crop diversity with countries and foundations to provide the funding. As its contribution, Norway provided the location for the vault and paid \$9.4 million for its construction.

We hope, of course, that the seeds are never needed - that no worldwide cataclysm ever occurs, but to some it seems like a smart move to be prepared in case it does.

When the world around us is in a doomsday frame of mind, the message that "faith, hope, and love abide" survives with those of us who follow Jesus. The church is the place where those virtues remain alive.

Hope. That is what we're all about here at Church of the Servant. Hope for the future and hope for right now. Why are we hopeful?

Because we believe in Jesus Christ! -- Rev. Robert Gorrell

P.S. from Bill Carr, who submitted the above article: I think the "doomsday vault" is of interest in and of itself (since I have both interest in farming and the experience of having visited Norway), as well as an analogy of the Church as repository of all that is sacred and good in our culture.

-submitted by Bill Carr

Simnel Cake to Make Appearance

On March 22nd, we have a treat in store. Muriel Watts has been doing some research on Mothering Sunday, the fourth Sunday of Lent, and has discovered some very interesting things. One of the facts is that, in traditional British Anglicanism, a Simnel Cake is baked for this day. Muriel is going to bake Simnel Cake, and offer it after both services for us to sample.

Below is a bit of history on the day and the tradition, to get us ready for the full experience.

The Epistle for the fourth Sunday in Lent as set out in the Book of Common Prayer gives a special place to the theme of maternal love: Galatians 4:26 states that "Jerusalem which is above is free; which is Mother of us all." The other names attributed to this festival include **Simnel Sunday**, **Refreshment Sunday** and **Rose Sunday**. Simnel Sunday is named after the practice of baking Simnel cakes to celebrate the reuniting of families during the austerity of Lent. Because there is traditionally a lightening of Lenten vows on this particular Sunday in celebration of the fellowship of family and church, the lesser-used label of Refreshment Sunday is also used, although rarely today.

Rose Sunday is sometimes used as an alternative title for Mothering Sunday as well, as is witnessed by the purple robes of Lent being replaced in some churches by rose-colored ones. This title refers to the tradition of posies of flowers being collected and distributed at the service originally to all the mothers, but latterly to all women in the congregation.

Another tradition associated with Mothering Sunday is the practice of "Clipping the Church", whereby the congregation form a ring around their church building and, holding hands, embrace it.

In later times, Mothering Sunday became a day when domestic servants were given a day off to visit their mother and other family members.

Simnel cake is a light fruit cake similar to a Christmas cake covered in marzipan, and eaten at Easter in the UK and Ireland. A layer of marzipan or almond paste is also baked into the middle of the cake. On the top of the cake, around the edge, are eleven marzipan balls to represent the true apostles of Jesus; Judas is omitted. In some variations Christ is also represented, by a ball placed at the centre.

Simnel cakes have been known since medieval times, and were originally a Mothering Sunday tradition, when young girls who worked outside the home would make one to be taken home to their mothers on their day off. The word simnel probably derived from the Latin word simila, meaning fine, wheaten flour with which the cakes were made.

Different towns have their own recipes. Interestingly, Bury St Edmunds, the home of Selwyn and Glenys Swift (Sabbatical interim priest, twice over, and his wife) is one such town. Their recipe is printed on the facing page.

We Are Blessed; We Give Thanks

We have wonderful new carpeting in Bennett Hall. Deacon Sally Carlson located a merchant who was gracious in dealings and cost. With the help of many parishioners who came at very short notice to move everything out of the room and back in again, the rug was installed in one day, cleaned the next, and was up and running for Wednesday Night Dinner. Thanks to all involved, from the conception to the completion. We are so much better able to serve all who enter our building with this upgrade. If you feel so moved, you may contribute financially to the carpet by making out a check to the Wednesday Night Dinner and flagging it "Bennett Hall Carpet".

The library is one of the rooms included in Bennett Hall, and so it also received a facelift in the form of carpet. Nancy Kappelman and Deb Dammann were the folks who handled the book moving. In the process, it was obvious that a new shelf was needed for the library to help hold our book collection. Nancy has procured this shelf and assembled it; when it is filled, we will have reached our limit of items in the library. It will be full. Please take time and look over the wealth of reading and research materials which blesses our little church. Nancy Kappelman is the person who is currently the librarian, and she has done a gargantuan task in assembling and cataloguing it for our easy use.

Mark Yelken has stepped forward to take on the task of organizing the Sunday School curriculum and teachers, and is also one of the people who teaches the classes on a regular basis. We are so grateful to him, and to David Culp, who is also teaching, and to the many parents who are standing by, assisting. We have a happy class of involved children and families in our Sunday School, which is cause for great thanksgiving.

Bury St Edmunds Simnel Cake
(not the recipe Muriel will use)

Ingredients

2 cups plain flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon mixed spice
8 tablespoons butter
1 tablespoon candied peel
4 tablespoons currants
4 tablespoons sultanas (golden raisins)
4 tablespoons brown sugar
2 tablespoons chopped blanched almonds
2 eggs

Method

- Put the flour and butter into a big basin.
- Rub the butter into the flour.
- Add all the other ingredients except the eggs and almonds and mix well.
- Then add the eggs and mix to a stiff dough.
- Add a little milk if the mix is too dry.
- Roll out to half inch in thickness.
- Cut into round cakes and sprinkle with the almonds.
- Cook on a greased tray for about 45 minutes at gas mark 5 (375 degrees)

Little Blue Boxes

The United Thank Offering was established at General Convention in 1889. The concept of remembering our blessings by making it possible for others to be blessed has continued over the years. UTO is a program of The Episcopal Church for the mission of the whole Church, founded by and administered by women since 1889. The United Thank Offering Committee is a spiritual and financial partner in the mission work of The Episcopal Church, through every person in every pew. UTO is entrusted to promote thank offerings, to receive the offerings, and to distribute the United Thank Offering monies through grants.


Those "Little Blue Boxes" in which we put our coins in thanksgiving are gathered and used to fulfill the grant requests. In January, we sent \$132.64 from the boxes collected from the congregation.

If you would like a LBB, just ask in the church office.

Youth Winter Weekend at Camp Huston!
March 13-15, 2009

Come on out to Camp Huston for the first Winter Weekend at Camp! Starting Friday March 13th for dinner and ending Sunday March 15th after lunch. Enjoy outdoor adventures, warmth by the fire, worship and campfire songs at night, and strong relationships that last throughout the year. This event is open to ages 14-18 years old. It is a great idea for those interested in a counselor position during summer camp or a fun way to spend time with friends! Cost is \$50.00 per person; includes meals, accommodation, and activities. The date is approaching fast so please send your registrations in as soon as possible! Registration form can be found at www.huston.org. Questions? Call the Huston office at 360-793-0441 or email info@huston.org. We hope to make this great weekend an annual event!

MARCH 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 7:45 am HE 9 am RE 10:15 am HE 11:40 am Choir 4:30 pm Adult In- quirer's Class 6 pm EP 7 pm AA	2 8:15 am Staff Meeting 7:30 pm Pastoral Care Team 7:30 pm AA	3 9:30 am Women's Bible Study 11-noon Silence & Sharing 3:15 pm Youth In- quirer's Class 6:45 Alanon	4 12:30 pm HE 5:30 pm WND 7:30 pm Vestry	5	6	7 Turn Your Clocks Forward! 
8 7:45 am HE 9 am RE 10:15 am HE 11:40 am Choir 4:30 pm Adult In- quirer's Class 6 pm EP	9 7:30 pm AA	10 9:30 am Women's Bible Study 11-noon Silence & Sharing 3:15 pm Youth In- quirer's Class 6:45 Alanon	11 12:30 pm HE 5:30 pm WND 7:30 pm Vestry	12	13	14
15 7:45 am HE 9 am RE 10:15 am HE 11:40 am Choir 4:30 pm Adult In- quirer's Class 6 pm EP 7 pm AA	16 7:30 pm AA	17 9:30 am Women's Bible Study 11-noon Silence & Sharing 3:15 pm Youth In- quirer's Class 6:45 Alanon	18 12:30 pm HE 5:30 pm WND	19	20	21
22 Mothering Sun (see related article) 7:45 am HE 9 am RE 10:15 am HE 11:40 am Choir 6 pm EP 7 pm AA	23 7:30 pm AA	24 11-noon Silence & Sharing 3:15 pm Youth In- quirer's Class 6:45 Alanon	25 12:30 pm HE 5:30 pm WND 7:30 pm Vestry	26	27	28 9-12 Work Party for Easter! 8:30 pm-9:30 pm Earth Hour: turn off your lights (see related article)
29 7:45 am HE 9 am RE 10:15 am HE 11:40 am Choir 6 pm EP 7 pm AA	30 7:30 pm Pastoral Care Team 7:30 pm AA	31 9:30 am Women's Bible Study 11-noon Silence & Sharing 3:15 pm Youth In- quirer's Class 6:45 Alanon	1 APRIL >>>> 12:30 pm HE 5:30 pm WND 7:30 pm Vestry	2	3	4
5 Palm Sunday 7:45 am HE 9 am RE 10:15 am HE 11:40 am Choir 6 pm EP 7 pm AA	6 7:30 pm AA 7:30 pm Service of Reconciliation	7 9:30 am Women's Bible Study 11-noon Silence & Sharing 7:30 pm EP	8 12:30 pm HE 5:30 pm WND 7:30 pm EP	9 Maundy Thursday 7:30 pm HE	10 Good Friday 7:30 pm Good Friday Liturgy	11 Holy Saturday 8 pm the Great Vigil of Easter
LEGEND: AA = Alcoholics Anonymous HE=Holy Eucharist MP = Morning Prayer CS=Church School EP= Evening Prayer RE=Religious Exploration WND= Wednesday Night Dinner						

The Church of the Holy Spirit
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