



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.

A Reminder to be Disaster-Prepared From Your Junior Warden

You've seen news items regarding natural disasters in other states and other parts of the world recently. India. Indonesia. Even England had a quake. They happen frequently. I looked up "earthquake" online this morning -123 in Washington in the last two weeks; 532 small ones recently in California and Nevada. We're rocking and rolling. Will we have a big one unexpectedly? I don't think "unexpectedly" applies. We may dread these disasters, but we can't say we haven't had the chance to prepare. Admittedly, I've slacked off at home: I used to make a point of doing something to prepare each time I read of an earthquake anywhere, my way of honoring the people affected. Italy. If I had stored a gallon of water or a can of soup for every earthquake we've had since the last time I wrote in the Lindisfarne about preparedness, I'd have a good stock of survival supplies. Afghanistan. This morning I read a warning that Oregon can expect a big quake sometime, so I'm renewing my commitment to be ready. Today, I'm going to check our water supply, making sure we have enough and that the dates on our water purification tablets are not expired. I'm going to ask Gib right now if he has a pair of shoes under the bed and a flashlight handy.

-Deb Dammann

Your Flu Questions Answered

Vashon Island Fire & Rescue, VashonBePrepared and other community stakeholders have been working together to ensure that our Island community will be ready to respond in the event of a swine flu outbreak in our area. The team participates in daily conference calls with King County Public Health officials who have overall responsibility for our area in responding to such an emergency. We have also been working with Island medical providers and the 40 plus medical professionals who have volunteered for membership in the Vashon Medical Reserve Corps.

We've been hearing a lot of questions from people on Vashon who have become concerned as they see and hear the media storm of publicity about the swine flu. This is our effort to answer some of those questions as best we can in this rapidly evolving situation. The information has been compiled from many authoritative sources, including King County Public Health, the federal Centers for Disease Control (CDC) and the World Health Organization (WHO).

Everybody has been talking about swine flu. How is it different from regular flu?

The symptoms are about the same. It is defined as an "acute febrile respiratory illness." That means people have a fever and headache, sore throat, nasal stuffiness and cough. Some people have diarrhea or vomiting as well.

Why has it been getting so much attention then?

Good question, because regular seasonal flu kills 36,000 people in the United States every year, mostly people who are already at risk because of their age or because of a pre-existing health problem. Experts worry that this flu might be different because, as counterintuitive as it might seem, it is possible that it might have a greater effect on a different population, the young and healthy. That's not yet clear, but it is one concern. In addition, as preparedness planners, we would be remiss to ignore the alert levels being set by the WHO and CDC. They are taking this seriously and so must we.

Continued on page 5

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

A Pastoral Letter from the Province VIII House of Bishops in Celebration of Earth Day

April 21, 2009

Beloved in Christ,

We are writing to each of you about one of the most urgent issues facing our world today: global climate change, a crisis caused by rapid increases in the emissions of global warming gasses such as carbon dioxide. Most leading climate scientists believe that we have a very limited time in which to address this situation effectively. We must act quickly and decisively if we are to avert catastrophic and irreversible changes to life on this planet. Climate change is already affecting people around the world, particularly those living in or near poverty.

Our recent meetings at Canterbury with colleagues from across the Anglican Communion at Lambeth have caused us to become more acutely aware of the gravity of the challenge that we face. We know what is ahead if we don't find a way to change course quickly: more droughts and floods around the world, more severe storms, a rise in infectious diseases, desperate shortages of fresh water, millions of environmental refugees, and, as one study recently reported, a possible sea level rise of seven feet within this century. As Christians, we proclaim that God created the Earth and that God delights in it ("God saw everything that [God] had made, and indeed, it was very good," Genesis 1:31). God entrusted the Earth to human care, and as faithful stewards of God's Creation, we need to understand the devastating impacts that global climate change will have and is already having on human communities around the world. As faithful witnesses to the power of the Risen Christ, we need to work together to become healers of God's Creation and to do everything in our power to reduce the world's output of greenhouse gas pollution.

We ask each of you as members of this province, as dioceses, as family members, neighbors, and citizens to respond to this crisis in ways that bring healing to our Earth and all its creatures. We appeal to you:

- As members of a congregation

We ask that you establish a faith and environment group in your congregation. We ask you to support it in determining your church's carbon footprint (your production of greenhouse gases from lights, heat, and other sources) and in completing an energy audit of all your buildings. We ask you to take measures to increase energy efficiency and conservation throughout your church, and to educate each other about sustainable living. We ask that you engage in this work with our young members, those who will live out their lives in the world we leave for them.

- As members of a household

We ask that you assess your personal and family carbon footprints, and find ways to decrease and offset your greenhouse gas pollution. For instance, where possible, walk rather than drive, or use public transportation. Turn the heat down; avoid or turn up the air conditioner. Re-use, re-cycle, and buy products that are re-cycled. Use compact fluorescent bulbs, and turn off unneeded lights.

- As citizens

We encourage you to advocate for public policies at local, regional, national, and international levels that serve to decrease global warming emissions, conserve fossil fuels, and build an economy that is based on clean, safe, and renewable energy. We urge you to vote for political candidates who will help our country make a swift transition to clean, safe, and renewable energy. We urge you to support the

Millennium Development Goals developed by the United Nations, which include preserving the natural environment as an essential part of relieving human suffering around the world. As Presiding Bishop Katharine Jefferts Schori commented in her testimony to the U.S. Senate in 2007, "We cannot triumph over global poverty... unless we also address climate change, as the two phenomena are intimately related."

- As Episcopalians preparing for General Convention

We urge you to support the Genesis Covenant, an initiative by which the Episcopal Church will commit to reduce the greenhouse gas emissions from every facility it maintains by a minimum of 50% in ten years (<http://genesiscovenant.org>). We urge you to encourage delegates not to buy bottled water, but instead to bring metal or ceramic water bottles that can be refilled with tap water.

There are numerous resources available to support us. Some dioceses have formed diocesan level Care for Creation groups, such as the Bishop's Committee for the Environment in the Diocese of Olympia. Province VIII also has a Faith and Environment network that will gladly assist you in identifying which measures to take, and in networking with other congregations and dioceses that want to become better stewards of God's Creation. (Chris Christensen convenes this network; she can be reached at chrischris11@msn.com.)

The Genesis Covenant website offers a helpful list of theological and practical resources for greening congregations and households, such as David Gershon's Low Carbon Diet: A 30 Day Program to Lose 5000 Pounds [<http://genesiscovenant.org/resources.htm#general>]. The website of The Regeneration Project and Interfaith Power and Light offers a wide range of resources, including an online store for energy-efficient products and a tool for calculating your church's carbon footprint (<http://www.theregenerationproject.org>).

This is a crucial moment in human history, a time when people of faith have a powerful opportunity to bear witness to hope. As author and environmentalist Bill McKibben has observed, this is the kind of time for which the church was born.

We ask that you pray about this challenge, that you seek wisdom and guidance for your decisions and responses, and that you trust in God's goodness and love for each of you.

Continued on next page>>>>

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 Multi-faith 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, 463-5062; Megan, 909-6079;

Hunter Davis, 567-4530;

Susie Kirschner, 567-4086;

Peggy Queary, 463-1977; Bob Weir, 463-3234

ON CALL:

Peggy Queary, 463-1977 April 19-May 2

Bob Weir, 463-3234 May 3-May 16

Hunter Davis, 567-4530 May 17-May 30

Wally Fletcher, 567-0068 May 31-June 13

<<<<<<continued from previous page

Emboldened by the Spirit given to us by the crucified and risen Christ, we have an opportunity to proclaim: our reverence for the Earth that God has given us to cherish and protect; our commitment to the poor, who are most vulnerable to the effects of climate change; and our concern for future generations, who depend on us to pass on to them a habitable world.

With God, In Christ and By the Holy Spirit,

The Rt. Rev. Marc Andrus, Bishop of California

The Rt. Rev. Barry Beisner, Bishop of Northern

The Rt. Rev. Steven Charleston, Suffragan Bishop of California

The Rt. Rev. Dan Edwards, Bishop of Nevada

The Rt. Rev. Sanford Hampton, Bishop of Oregon

The Rt. Rev. James Mathes, Bishop of San Diego

The Rt. Rev. Mary Gray-Reeves, Bishop of El Camino Real

The Rt. Rev. Greg Rickel, Bishop of Olympia

The Rt. Rev. Nedi Rivera, Bishop Suffragan, Diocese of Olympia & Bishop of Eastern Oregon

The Rt. Rev. Kirk Smith, Bishop of Arizona

The Rt. Rev. James E. Waggoner, Bishop of Spokane

Gardening at the Care Center

Julia Lakey is coordinating volunteers to put up a deer fence at the Care Center. Sustainable Vashon has funded the materials. Volunteers who can work on installing the fence or help with gardening chores should call Julia at 463-6423. Spring has finally sprung and they need to rototill and get planting potatoes and starts of veggies. Also imperative is someone to bring a rototiller and till the garden area. Donating seed potatoes or vegetable starts would be a wonderful way to contribute. They are hoping that the third year in the VCCC vegetable garden can be the best producer ever.

Upcoming Religious Exploration Topics

May 3 "An Introduction to the Bahá'í Faith," Deborah Sales

May 10 "A Statement of Faith: Exploring the Creeds," Rev. Kate Wesch

May 17 "Bishop's Committee on the Environment," Jim McRae and Julia Lakey

May 24 "Being Jewish on Vashon - Practicing in Small Numbers," Dan Asher

May 31 "Zen and the Art of Christianity: Thoughts on the Intersection of Zen and Christianity," Koshin Chris Cain

Is This Your Calling?

In the past several months, our church has been called on to minister to many families in the form of funerals/memorial services. Most of the people involved were outside the parish. Often, receptions in Bennett Hall were part of the family plans. We were able to pinch-hit for them, but we can't count on random availability of congregants to step in and help. It would be wonderful if we were able to offer reception service for funerals, weddings, etc. People are ready and willing to pay for it, to help ease the burden of tasks at these times in their lives. If you have any leanings toward this concept, please speak with Kate Wesch

Meditation Thanks from Down Under

Mary Tuel, who did the typing and formatting of this year's Lenten Meditation Books, sent a copy to former parishioners, John & Julie Blakemore. The Blakemores live in New South Wales, Australia. They shared the meditations with their priest, Fr Stephen Moore. The following is a note Fr Stephen sent back.

Dear John,

A note of heartfelt thanks for sending around the Lenten Meditations from your friends at Vashon Island. We've incorporated them into Morning Prayer every day and found them a wonderful addition to the daily readings.

Easter blessings,

Stephen.

St Anne's Anglican Parish of Gresford Paterson

Gresford NSW 2311

61-2-4938 9313

0411 406 522

<http://www.gresford.info/St%20Anne%27s.htm>

Worship with Vashon Community Care Center goes Ecumenical Sunday, May 17 at 1:00pm in Bennett Hall at Church of the Holy Spirit

Members of the Lutheran, Presbyterian, and Methodist churches join us to explore ways of engaging in worship with the residents at VCCC. You are invited to attend this exciting gathering if you are a current volunteer, a former volunteer, or just someone who is curious. Singers are especially welcome because the residents love to sing!

We have had a beautiful response to the sock drive from April. Deacon Sally Carlson took all those new, dark, natural fiber socks in to the event, where many people were treated to foot care and new socks. One of the workers took photos on her cell phone, and emailed them back. To see the gratefulness on the faces of the recipients is truly a blessing. Muriel Watts' hand-knit pairs were easily identified. Thanks so much to all who participated.

The Financial How-Goes-It for April

On April 26th the Treasurer reported to a meeting of the Congregation on the financial status of the Church of the Holy Spirit after the 1st Quarter of the Year. The following two slides show how we stood as far as our budgeted receipts and expenses were concerned: (GO = General Operating Fund, BF = Building Fund, and DIF = Diocesan Investment Fund, where the bulk of our Endowment Fund is held.

Receipts

Category	1 st Qtr Budget	1 st Qtr Actual	Difference
Pledges GO	\$35,875	\$34,488	(\$1,387)
Pledges BF	\$800	\$300	(\$500)
Donations	\$3,595	\$1,790	(\$1,805)
Plate	\$625	\$625	0
DIF Earnings	\$575	\$682	\$107
Misc. Income	\$747	\$597	(\$150)
	\$42,217	\$38,482	(\$3,735)

Budgeted Expenses

Category	1 st Qtr Budget	1 st Qtr Actual	Difference
Personnel	\$30,444.00	\$30,146.52	\$297.48
Programs	\$663.00	\$815.20	(\$152.20)
Outreach	\$7,086.00	\$7,085.29	\$0.71
Plant	\$3,906.00	\$5,016.73	(\$1,110.73)
Office	\$3,345.00	\$2,654.24	690.76
TOTAL	\$45,444.00	\$45,717.98	(\$273.98)

As most of you know, we are operating with a deficit budget of more than \$20,000. We continue to fall slowly farther and farther behind (in April our Operating Fund dropped by another \$1,600—although the bulk of that amount was money contributed to help repay the Wednesday Night Dinner for the new Bennett Hall carpeting.) We have a number of resources to draw on. We have \$10,000 in our Operating Fund Reserve, and more than \$60,000 in our Endowment Fund. We are hopeful that pledge payments and other donations will pick up as/when the economy improves.

Ministry Resource Day is May 9th. From 7:30—4 we are invited to explore “Being Church in Anxious Times”. Many workshops will be offered, and the cost for the day is only \$25, which includes lunch. Watch upcoming announcements. Check it out on line www.ecww.org

Continued from page 1

Here’s some good news. All the precautions you are hearing about help prevent all flu, not just swine flu. Hand washing and all those tips will help protect you and your family against most diseases. Plus, all this planning we are doing now will be money in the bank towards dealing with a pandemic if we ever do need to face that unfortunate situation.

There seem to be new reports of cases every day. When will things get better?

As with all rapidly developing situations, nobody knows the answer to that question. We can, however, say two things with a lot of confidence. First, everybody that might need to deal with this emergency has already been working on the problem for a couple of years because of SARS and other earlier situations that triggered planning and training for pandemics. Second, the surveillance programs have been snapped into high gear so, naturally, with more people looking and testing for the disease there will be more cases detected.

What medicine can I take now to prevent the disease? Isn’t there a vaccine?

Each year, a new flu vaccine is developed to deal with the latest seasonal flu strain. However, this year’s vaccine is not “tuned” to prevent the swine flu virus. It will take weeks to develop a specific virus for swine flu and even longer to manufacture the quantities that would be needed for mass inoculations.

Two antiviral medicines do appear to have an effect on swine flu, Tamiflu and Relenza. However, those medicines are aimed at reducing the effects of disease on people who already have it. They should not be considered preventatives.

I’m not sure if I should contact the doctor. How can I decide?

Experts, including King County Public Health, have made several suggestions that will help you make a decision.

1. If you are not sick and want some sort of pre-treatment, do not go to the doctor. All medical providers have been asked to screen patients and not to administer medicine unless people have the flu symptoms.
2. If you are mildly ill and would not ordinarily go to the doctor, do not seek medical care. If the situation gets severe, doctors will need to focus on the people who most need help.
3. One exception to that second point: If you have any symptoms and have just returned from an area where the swine flu has been confirmed, contact your medical provider.
4. Finally, if you feel very ill with flu-like symptoms, get medical care right away. Don’t hesitate to seek help.

You mentioned hand washing and some other things. What are those tips?

That’s the good news we mentioned. Take all these steps and get your family, friends and co-workers to do the same and you can be sure to reduce the chances of getting or giving anyone else a disease — not just swine flu, any disease.

Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.

If you use a tissue, use it only once. Throw it in the trash and wash your hands.

Wash your hands often with soap and water. Especially, wash your hands anytime you’ve been out in public and after you cough or sneeze.

If you can’t wash your hands, use one of the alcohol-based hand cleaners.

Avoid touching your eyes, nose or mouth.

If you get flu-like symptoms, contact your health care provider. Symptoms can include fever, body aches, sore throat, cough, runny nose, nausea, vomiting or diarrhea.

If you are sick, stay home from work, shopping, school or church and please stay off that airplane — even if it is not a confirmed case of swine flu. Experts call this social distancing. Other folks just call it being polite.

Do continue to stay informed. There will be updates as developments arise on Voice of Vashon 1650 AM and on VashonBePrepared.org. Another good source is the website operated by King County Public Health:

Vestry Report for April 2009

In a short business meeting, the Vestry heard and approved a proposal to conduct an energy audit of the church being offered by the Genesis Covenant Committee of the Diocese. Our church would be a pilot parish for the program. Following the audit, suggestions for improvements to the building would be made. Jim McRae is a member of the Diocesan committee which offered CHS the opportunity to have a free energy audit conducted on the building. The vestry voted to accept.

While waiting for a new search committee to form to find a new Music Director, the vestry approved engaging supply organists, beginning with our own Amelia Powers. Many, many thanks to Justin Cormier, who is leaving us for new opportunities.

The vestry is tremendously grateful to Doug Clarke for the work he does for CHS as Treasurer, among many other services, and to Connie Frederick for filling in for him while he recuperated from surgery.

The vestry met briefly with Bishop Rickel after the Palm Sunday services. It was a positive conversation about the good health of this parish, the economic downturn and its impact on the community, and about sustaining health and growth in the parish.

- Respectfully, Deb Dammann for the CHS Vestry

We Are Blessed; We Give Thanks

We had a lovely response from Nora Wingate, who offered to assemble the ribbon markers for our paw prayer books. She surrounded the project with prayer and love; the knot at the base of each ribbon is a special figure-8 friendship or love knot. We received a thank you note from Nora, for allowing her to make the markers; she considered it a privilege. Now we are equipped to follow the service, surrounded by the prayers and love of a friend on the journey.

Because Nora ran out of ribbon before all the prayer book markers were assembled, Muriel Watts kindly took on the task of completing 25 more, so that no one is left out.

You may have noticed our big white banner, announcing Easter service times. It was strung between trees next to the road. Several years ago, the diocese gave each parish such a banner, but we have been unable to use ours for awhile because we changed our Sunday service times. This was not an obstacle for Crystal Culp! Crystal graciously agreed to fix the banner. Little did she know that she would end up removing the vinyl lettering and applying new in the process. She was the perfect person to handle the job, as she knew exactly what to do and had the skill and materials to do it. We now have a banner that we can get out of the back corner and be proud of.

Thanks to everyone who planted the daffodil bulbs, donated by Thri ftway. The first round was up on Palm Sunday to greet the Bishop and his family. The next waves have been erupting and blooming ever since. They are a beautiful addition to our property, and give a friendly welcome to all who pass by.

Steve Pendergast mowed the church lawn before we even had a chance to post a Lawn Brigade Chart for 2009. Coming on a Sunday evening, Steve carefully choreographed his work so that Bennett Terrace would be done long before the AA group arrived, thus honoring their anonymity.

We are blessed to be able to share our space with many groups during the week. Some are within our parish; many are not. Three meetings associated with Alcoholics Anonymous use Bennett Hall. They pass on their thanks for the times when celebrational cake has been left from special coffee hours, which was then shared (anonymously, of course) with them. It is a wonderful treat, and fun to find a surprise to go with the coffee. (Note: if you leave goodies in the fridge for AA groups, please put a note by the coffee maker. It is sure to be seen there.)

Office Supplies? Tools?

It is spring, and you may get the cleaning bug. If you do, and any of your sorting-out includes office supplies, keep the church in mind. The items we use to keep everyone informed and connected are a large part of our budget. From the tiniest paper clip, through envelopes, and on to paper, all is appreciated.

Also, in an ongoing effort to have a supply of tools at the church, both for ongoing use and for emergencies, we are collecting in that venue. If you have tools that you think we may need, call Gib Dammann, 567-4268.

Empty Us, Lord

"We give to you ourselves, our souls and bodies"

Here are those we love, dear Lord
And those we cannot love;
Here is
Our day,
Our night,
Our work,
Our play.
Here is
Our pride, our puffed-up selves.
Here are
Our failures,
Our fears,
Our frustrations,
Our resentments,
Our temptations.
We give them all into your hands.
We are empty, Lord-nothing-ready-
Pour into us your Love, 'till we are filled
To overflowing, spilling over-
To others.
Thank you, Lord!

-contributed by Margot Morgan
Source unknown

Sunday Lessons for the Month of May and Beginning of June

May 3: Psalm 23; Acts 4:5-12; I John 3:16-24; John 10:11-18

May 10: Psalm 22:25-31; Acts 8:26-40; I John 4:7-21; John 15:1-8

May 17th: Psalm 98; Acts 10:44-48; I John 5:1-6; John 15:9-17

May 24th, Ascension, transferred: Psalm 47; Acts 1:1-11; Ephesians 1:15-23; Luke 24: 44-53

May 31, Pentecost!: Psalm 1-4:24-34, 35b; Acts 2:1-21; Romans 8:22-27; John 15:26-27+16:4b-15

June 7, Trinity Sunday: Psalm 29; Isaiah 6:1-8; Romans 8:12-17; John 3:1-17

Holy Spirit Hosts the Commission on Ministry on May 27

Most of you are probably wondering what the Commission on Ministry is and perhaps what it does. It is a diocesan group that provides resources and assistance to congregations and individuals in discerning how God is calling them to live out their baptismal ministry. This can include, but is not limited to, ordained ministry.

The Commission on Ministry is made up of nine members appointed by the Bishop, a representative from the Standing Committee and the Bishop. The membership is a mix of clergy (deacons/priests) and lay, male and female. Appointments are for three-year terms; members can be reappointed for a second term. Kate Wesch has just started a three-year term on this commission.

We are hosting this group's monthly meeting here at Holy Spirit on May 27, from 10:30-2:00. *It would be nice to be able to provide lunch for the group while they are here. If you would like to help with hospitality please let Debbie or Kate know in the office.*

