



LORICA

April, 2011

Good Friday Journey

A good fifteen years ago I started looking for a better way to “do” Good Friday. Somehow, working up to 5:30 p.m. and rushing home to grab a bite before the veneration of Good Friday wasn’t cutting it. Finding a church that held a mid-day Stations of the Cross helped, but then scurrying back to the office grind ruined the mood.

I finally decided that for Good Friday to be more meaningful, I’d have to start taking the day off from the stress and distractions of the business world and spend those hours more introspectively. It was easier to fast and to read scripture in a less hurried setting.

That worked okay for a few years but eventually I found that I needed to go the next level. I needed to find a way to be of service and give back to God because that’s what Good Friday is truly about: giving to the Father. I decided to contact Northwest Harvest and see how I could be of service. I have no idea what brought this particular group to mind. I know who did though.

My first step out at volunteering at the food bank was nine years ago. Back then the Food Bank was closed on Good Friday. I helped bag bulk foods and beef jerky into smaller bags during the morning shift and helped process donor records in the office during the afternoon. It felt good to be giving back.

The next few Good Fridays I was joined by an ever-growing group of friends from All Saints, Bellevue. We were scheduled to work at the Northwest Harvest warehouse in Magnolia, and we helped process thousands of pounds of frozen corn-on-the-cob, hundreds of pounds of rice or beans; pallets of soups. Once we bagged hundreds of pounds of leftover Frangos and other Christmas chocolates donated by Nordstrom and local chocolatiers. The chocolate dust got up our noses and we were still smelling it hours later.

One of the friends who made the trek with us to Magnolia was Matthew Campbell. Matthew had been looking for a change in his business life and working that Good Friday opened his eyes to the possibilities. Within the following year he left his earlier profession and became operations manager for the Cherry Street Food Bank. Along with that move, Matthew felt that it was important to open the Food Bank on Good Fridays, and make a difference in the lives of the clientele.

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The Lorica’s mission is to share the love of Jesus Christ through communication, information, education, and wholesome entertainment.

We intend to make quality and substance a priority and to provide a safe forum for dialogue on the spiritual and social issues of the day in which divergent views are treated respectfully and without judgment.

St. Hilda St. Patrick Episcopal Church
Vicar, Cynthia Espeseth
15224 52nd Avenue West • Edmonds, Washington 98026 • 425-743-4655
office@sthildastpatrick.org • Website: www.sthildastpatrick.org

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Since then, we have been spending up to six hours of our Good Fridays at the Food Bank, moving and stacking pallets, loading freezers, bagging rice and beans, sorting canned goods and peanut butter. More importantly, we have been working on the line itself, interacting with the patrons, dialoguing, watching the dynamics, and discovering just a tiny bit what it means to be impoverished and hungry.

It is so important to be able to put faces on our brothers and sisters who have been less fortunate than we have. Some would argue that these children of God haven't worked hard enough to earn what we have been given. That somehow they are less worthy; that they have squandered their opportunities. I believe that God gives us each what we can handle, that our lives are not neces-

sarily the richer for the niceties some of us enjoy. And sometimes God asks us to be givers as well, especially so we can understand what the true necessities of life really are. So we can appreciate sacrifices made on a gut level for the sake of mere survival.

That is now what I carry in my heart when I walk into Good Friday service. God has given us many gifts in this life. They are not ours to hoard, but to share. Jesus chose not to save his life, but to give it without any promise of reward except eternal life.

We will be making yet another trip this Good Friday to the Cherry Street Food Bank. Please watch your Sunday bulletin for details. Celebrate your gifts by sharing them with others. The reward is exceptional.

In Christ, Michael Rader

from mother cynthia

If you have been following the Lenten exercises, you will be well-prepared to enter into Holy Week and the Paschal (Easter) mystery of our Lord. It is never too late to begin the exercises! Even if you haven't been able to do the exercises, or if they haven't worked for you, keeping a Holy Lent includes worshipping with the community through Holy Week.

If you have never experienced the rich worship and prayers of Holy Triduum (a fancy name for Maundy Thursday, Good Friday, and the Great Vigil of Easter), I encourage you to give yourself this gift. You will be moved and have a deeper appreciation for the whole story of our Lord's passion, death and resurrection. Here is what the Holy Triduum services will be like this year. Please come and see the full richness of our liturgy and prayers as we celebrate the gift of new and unending life in Christ.

Maundy Thursday, April 21: Worship begins with a sacramental washing of hands in the rotunda before we enter the Church and eat together at an Agape dinner. An Agape dinner on this evening is austere and simple. There will be cheeses,

bread, hummus, olives, dried fruit, and other similar foods. While we eat, we will also hear the lessons, pray, and have a different kind of sermon. At the conclusion of dinner we will celebrate the Holy Eucharist, strip the altar and the dinner tables, and prepare for the all night vigil that takes us into Good Friday. The dinner and service begins promptly at 6:30 p.m.

Good Friday, April 22: This is a somber, quiet service, filled with silence and prayer. There is no Holy Communion on this day as it is the day we mark the crucifixion and death of Jesus. There will be a time for adoration of the cross. This service begins at 7:00 p.m.

Great Vigil of Easter, April 23: The first celebration of Easter, and the central service of the church year. This is where death and resurrection meet, and we hear the story of God's salvation for the world. This is a rich service full of stories and drama, and baptism. Filled with joy and light and hope, we celebrate after the service with festive sweets! This service begins at 8:00 p.m.

senior warden's report

There has been quite a lot going on this month.

First, we are working on new roofing for the old parts of the building. We have received an anonymous gift to pay for part of this and Sharon, as our new Junior Warden, is working on the details. The roof has been an ongoing problem. Hopefully, we will get it right this time.

The BC approved an update for our telephone system. This is important because the telephone remains our first line of contact and the current system has very inadequate voice mail.

The BC voted to update our copier, as the lease on the existing one expires in June. The new copier will cost less both in rent and in per copy cost. The BC also voted to send our Good Friday offering to the national church for use in supporting the Anglican churches in Jerusalem. As you may or may not know, these churches have been having a very hard time. Please be generous.

There is more, of course, but I am enthusiastic about our progress and how our church family is working together for our mutual benefit. There will be a work party April 9.

Please mark your calendars and continue to support our community.

In Christ,

Don Kelso, Senior Warden

Music Notes

Lent is upon us and soon it will be Holy Week. I'm sure you noticed the abrupt change in the music. In one sudden moment we changed from the exuberance of Epiphany to the somber chant of the Great Litany and the haunting, discordant sound of the anthem, Prayer. This was a reminder that not everything in our lives and souls is in synch with God and that it's time to reflect and improve who we are.

Lent is a longer version of the Jewish Days of Awe, which are the ten days between Rosh Hashonah (the New Year) and Yom Kippur (the day of Atonement). In Judaism, we turn immediately from the celebration of a new year to thoughts of self renewal and improvement. We consider where we have gone astray, vow to turn ourselves around and apologize to those we have wronged. Only then can we stand before God and ask for forgiveness.

This year I am engaging with you in your Lenten journey. I am practicing the Spiritual exercises that Mother Cynthia has laid out each day. For example, after the first day I decided to renew my efforts to maintain my Kosher eating lifestyle. Yesterday, after reflecting on Psalm 95 in the morning, I went cross country skiing for the first time this year with my daughter Sarah. The journey up Foss River road was continuously uphill and laborious. I did not look around as much as I should have, but on the downhill journey I found myself filled with awe at the beauty around me. Then I remembered the words of the Psalm and decided to sing my joy with the psalm of the hills that God had made. Sarah and I stopped in our tracks and sang the Shehechyanu, the Jewish blessing for the first time you experience something wonderful. I wish I remembered to do that all the time.

So back to music. The music of the first few Sundays of Lent reflects soul searching and a desire for self-improvement and a return to God. The last few Sundays will begin the journey of the Passion of Jesus as you travel to the cross with him. It is here that I will personally divide from you to make my own journey in the Passover Seder. I will relive the Exodus from Egypt. At the end of both of our journeys, I hope we'll be in the same place - closer to God, as each of us imagines the Holy One, and with renewed spirits to go out into the world and continue with the work of creation. As always, I hope the music has enabled and enhanced your journey in a Holy Lent and a joyous Easter.

B'Shalom, Andrea



Rubber Chicken Ramblings

Easter Food Baskets



Do you want to help seven local families and the kids at Scriber Lake High School have a happier Easter? If so, “hop” on over to the grocery sign up list on the South wall of the Parish Hall, or put a monetary donation marked “Food Baskets” in the collection plate! We are providing Easter dinners and other necessities for local families, and we have been asked to purchase some clothing and school supplies for Scriber Lake.

If you want to help out, just sign up to bring one—or several—items on the shopping list and have them dropped off at church by the end of the Palm Sunday service on April 17th.

Our shopping/sorting/delivery date is Tuesday, April 19th, so if you’re interested in participating, call Carol Rypkema, or Jo Rangel and we’ll sign you up!

You are an amazingly generous group of people whose kindness is very much appreciated in the local community.

Scriber Lake High School Needs

In the Counseling Office at Scriber lake High School (the alternative high school for the Edmonds School District), on a table there is a basket that has food items for needy students to take. The last time I visited, the basket was empty. Can you help keep the basket filled? There are two ways to help—buy a box of some sort of nut-free, soft granola or fruit filled bars that can be put into the basket, or buy a \$5 gift card at QFC so the counselors can provide fresh fruit to the students. (QFC cards are the best because there is a QFC within a couple blocks of the school so it’s easy for the counselors to buy the fruit there..)

If you have any questions, call Carol Rypkema. Many, many thanks from many, many students!

Keeping watch while Jesus prays.

Then Jesus went with them to a place called Gethsemane; and he said to his disciples, “Sit here while I go over there and pray.” ... Then he came to the disciples and found them asleep; and he said to Peter, “So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.” Matt 26: 36...41. (New RSV)

Could you, would you take a one hour watch while Jesus prays? All that’s required is that you show up at church and stay awake!

I’ve always viewed it as both obligation and privilege to sit for one of those hours, often picking 1 or 2 AM because there is something very special about prayer in the very depth of night. On such a night in 2008, the meditation below emerged for me and I share it now with you even if you cannot join the vigil in person.

You are invited to share this very special ministry for one quiet hour. Following the Maunday Thursday service and the stripping of the altar, there will be a silent vigil in which members of the congregation are invited to spend one hour, one hour following another until dawn. If we begin at 9 PM, the vigil continues until 8 AM on Good Friday. That means we have 11 one-hour time slots for prayer.

The vigil will only work if we find 11 willing people. The reason is church and personal security, not to mention leaving Jesus alone while he prays! On one occasion I began imagining what it would be like to be left alone in the middle of the night – a night of trial - with not a friend in sight. Not pleasant to say the least.

So come, please. There will be a sign up sheet available at church. Pick just one hour, arrive a moment before your time, knock at the main church doors and your predecessor will let you in. The heat will be on, a place of prayer prepared for you. I’ve already signed up for 2 AM, who will come before and after?

–Sam Magill with Carol Rypkema

First meditation for Lent 2008

Something out there in the dark reminds us that regardless of what we do, we are not enough. Something hideous breathes heavily against the modern day doors of our security and we fear what is beyond the light even more than our ancestors did when they huddled near the fire until the light of day renewed their safety. We have lights all around us 24x7 and still we fear. Bookshelves groan under scores of volumes offering advice for life. To help us reach “the next level”. To have the “best year yet”. To really live our highest purpose. To make more money on less effort. To invest in a place that will return more than we can imagine and protect us from what the majority of humankind experience every day.

And now, in prayer we are reminded of the truth: from dust we have come and to dust we will return. We are people of the clay, the dust, the humus of the earth into whom the breath of God has been breathed. And that is both unbelievably comforting and unbelievably terrifying. Comforting that we don't have to be in charge, that our breath is God's breath, that all we must do is open our airways to life. Terrifying because that's all we are. We are not gods. We do not control the universe. We do not control the moment of birth, or the moment of death.

If we are dust, what are we to do? Look, the earth moves, time is eons, rock bends, folds back upon itself, washes clean in long flowing water.

Earth Homework, Summer 95

Look: Underneath our hurriedness
The earth moves, time is eons.
Rock bends,
Folds back upon itself,
Washes clean in long flowing water.
She was made before you
Lies deep beneath the forest floor
Bears us all with sweet support.

Linger here a very long time.
See?
She moves grain by grain
Washed away, set down again.
Mountain becomes plain,
Plain is cut to gorge,
Sea floor rolls, folds, pushes,
Births mountains.

Tired of your hurriedness?
Go home.
Stay put.
Earth will be there
Still flowing
Like solid rock.

If only we stayed still
Long enough to be so carved,
Settled down grain by unique small grain
And hardened by pressure long endured,
Yet soft enough to be formed
By sacred water and wind exposing our essence,
Then washed away in utter silence.

(Copyright, Sam Magill 1995 Published in Fully Human, a book of verse by Samuel P. Magill, Balcladdoch Press, April 2006. at www.sammagill.com.)

What patience we must have to live like the earth we are! So, I ask myself some questions for this Lent:

- Where in my life will I find a calm place like a still lake in which the smallest grain of earth can slowly settle to the bottom?
- Where in my life will I endure the pressures of living, so that I can become like the rock on which the church is built?
- Where in my life will I allow myself to be carved away by God's sacred wind and water so that my own essence is revealed and I may take the hidden shape only known to God?
- Where in my life will I allow myself to be moulded by the great carver, pushed down to the deepest depths and raised up like the highest mountains?
- Where in my life will I turn from my fear to my trust in God?

– Sam Magill

February Financials

Category	Actuals	Budget Est.	Variance*
Income			
Pledge Income	\$11,385	\$10,658	-\$458
Plate Income	\$636	\$833	\$230
Facility Income	\$636	\$684	-\$48
Other Income	\$2,227	\$294	\$1,933
Non-Operating Inc.	\$40	\$250	-\$210
Total Income	\$14,936	\$12,719	\$2,217
Expenses			
Operating Exp.	\$13,403	\$13,127	\$276
Non-Operating Exp.	\$2,650	\$42	\$2608
Total Expenses	\$16,053	\$13,169	\$2,884
Over Run/Under Run (Income - Expense)			
	-\$1,117	-\$450	-\$667

INCOME

Our Total Income for February exceeded our Budgeted Estimate again. Part (\$1,910), was presale of the Fasching Dinner/Auction.

EXPENSES

Expenses were more than expected due a a non-operating expense payment to the Diocese for College for Congregational Development tuition for which we had been previously given a grant. (Both the January Income and the February Expense are considered By-Pass or Non-Operating but still part of our Total Income/Expense)

Summary: February although over running our Total budget by \$1,100 was not nearly as bad as the numbers appear due to the aberration of money coming in in January and being paid out in February.

–Bernie Johnson, Treasurer

Average Sunday Attendance

Have you ever wondered how many people actually come to church each week? We have that information! It's called the Average Sunday Attendance (ASA), and each Sunday the Ushers count the number of people so that we can record it in our register of church services. At the end of each year this number gets reported to the national church, along with the number of members we have, how many baptisms, confirmations, marriages and funerals we've done, as well as some other statistical information. Tracking the ASA is one measurement of the strength and growth of our congregation. Here is how we are doing so far:

2009 ASA: 93 • 2010 ASA: 92
2011 ASA, year-to-date: 84 • March 2011 ASA: 85

Camp Huston

Register for Summer Camp today!



Horse Camp is filling fast and

Missoula Children's

Theater is excited to

present Snow

White and

the Seven

Dwarves! Early Bird Registration

Deadline is April 15th! Scholar-

ships available through your parish and the Bishop Curtis Scholarship Fund or the Camp Huston Director's Scholarship Fund. To donate and help send a child to camp, visit www.huston.org, contact the Huston office, or donate at church on May 8th

– Camps and Conference Centers Sunday!

Save the Date for Camp Huston's Open House BBQ, May 21st 11am-3pm – enjoy walking the trails, meeting the staff, asking questions you have about camp and hot-dogs!

Other Upcoming Events:

- Work Weekend, April 29-May 1 – Only \$10 per person to spend the weekend at camp, work hard to rejuvenate the grounds and enjoy good food and fellowship! Jobs available for all ages and abilities so don't be shy! Youth under 16 years must be accompanied by an adult.

- Huston Quilters, April 27-May 1 – Quilt the days away and enjoy your weekend at camp with good friends and good conversation! Four, three, and two night stay options available.

- Camps and Conference Center Sunday, May 8th – Bishop Greg Rickel has designated the 3rd Sunday after Easter as C&CC's Sunday, an opportunity to learn more about the programs offered at Camp Huston and St. Andrews House, learn how to be involved, and offer support to their mission and ministries by way of scholarship.

Visit www.huston.org for more information and registration forms!

Chelsea Hendrikx, Program Director
Huston Camp and Conference Center
360- 793-0441

An Army Memory

A couple of Sundays ago as I was standing in the back of the church waiting to carry the cross up to the altar when Mother Cynthia did something that triggered an old memory. I was starting to process up when she put her finger in my belt and gently tugged me back.

As most of you know, when I was in the army I worked on a locked psychiatric unit. There were several different status' of patients: one-to-one, close observation, and normal treatment. Normal treatment was that the patient basically took care of him or herself once they were stabilized on medication. Close observation meant that the patient had to be within eyesight of an assigned tech at all times. One-to-one meant that a tech could not be more than an arm's length away from the patient at any time.

I was working the evening shift and there had to have been a full moon because we had a ward full of really unbalanced patients. We had two one-to-one patients, a close op patient and twenty or so normal treatment patients. There were three techs and a nurse on the unit. I was the NCO in charge (wouldn't you know!). We were unbelievably busy and one of the "no more than an arms length away" guys went over the edge. He became very combative and destructive. We were eventually able to secure him with leather straps and place him in solitary lockdown, which was on the ward across the hall from us.

The head nurse from that ward called about an hour later and related that our patient was banging his head into the wall and we needed to subdue him and move him back to our unit. I know it sounds cruel, but we had to place him in a straight jacket and tie him to his bed and the nurse injected him with a sedative.

You know the old rule, if it can go wrong it will. That evening we ended up putting another guy in solitary and one of my techs ended up having to have a couple of stitches above his eye where that patient had punched him. That night was a nightmare and when the graveyard crew came on we were beyond ready to head for home.

Now you have the basics, except for one piece of information: I have a temper. It has mellowed just a tad with age but ... I know I ended up working psych because God knew that was the best place for me. In those days I lost my temper several times a day. My boss understood me, and my lightning-fast response to what I considered stupidity. Losing my temper was my usual response to the army's motto, "if it makes sense, don't do it."

The evening after our night from hell my boss met me in the stairwell as I was coming on shift. He said, "Don't say a word." I said, "What are you talking about?" He said, "Don't say a word. We are heading to Sgt Goode's office. Don't say a word." "What the h— is going on?" We went into Sgt Goode's office. Sgt Goode proceeded to chew me out for not cleaning up the blood on the wall in the solitary area. He had saved the mess for me, and I was to grab a mop, pail, and cleanser and clean up the area before I reported to duty. My boss was standing next to me. He had his finger hooked in my belt. Anytime I tried to say anything, he pulled on my belt.

Isn't it odd what will trigger a memory?

—*Sharon Rader*

Inclusion: What is it and How Do We Get There

What do you do when it seems like a particular person you used to see in church hasn't been present for a while and you wonder if anything is wrong? Is she sick ... or just on vacation? Is she just taking a break ... or feeling disconnected? Do you wonder what you should do to make sure?

Do you ever notice all the new faces in church and wonder if enough of a welcome is being extended? Will they want to come back? Do you wonder about your role in welcoming them?

What do you do if you notice that a relatively new person has been coming each Sunday for weeks (or months) but hasn't yet connected with any particular ministry or activity in the church? Does he feel welcome to join one? Or does he think he needs to be invited? Do you wonder whether you are allowed to invite him?

We are a vibrant church, and there's a lot going on. That's wonderful, but people can get lost in the shuffle as the church expands and is transformed. Sometimes new people attend a few times and then disappear. Some of that is natural; no church suits everyone. But what if they just didn't know how to take the next step? Sometimes long-time members drift off, perhaps feeling like they no longer know how to fit into a church that's different from it was only a few years ago and perhaps wondering ... will anyone notice if I just don't show up?

Growing pains are natural, but a responsible church tries to make sure that everyone feels invited to be included, that no one is left out. After all, we are led by One who talked about the shepherd seeking out his lost lamb. It seems to me that God expects us to pay attention to the details of how his people feel welcomed into the Body of Christ. No one is to be left out.

Last fall a task force consisting of Eileen Bernat, Nora Cheek, Mary Magill, Donna Radovich, and Marcos Valle met several times to consider how St. Hilda St. Patrick Church might address these issues of welcoming and inclusion. We looked at what SHSP is already doing well and considered ideas for how we might do better. We brought our ideas to the Bishop's Committee and were told, "Great! But who is going to put them into action?" After some consideration, we decided, WE would.

So, with the blessing of Mother Cynthia and the Bishop's Committee, the Inclusion Committee was born. The following is a portion of our charter statement:

"The purpose of the Inclusion Committee is to assess and plan for meeting the inclusion needs of all St. Hilda St. Patrick Episcopal Church attendees, especially the following four groups: 1) First-time visitors, 2) Early returnees (i.e., attending for the 2nd to 5th time), 3) Early members (i.e., attending for 2 months to a year but not yet settled within a satisfactory role within the church), and 4) Absent members (i.e., those who have established SHSP membership but have been absent/drifted away). The focus of the committee includes both adults and youth. In some cases, the committee will make recommendations to the BC regarding a course of action; in other cases, the committee members will themselves carry out the recommended actions, probably with help from other members of the congregation. It should be noted that actions by the members of the committee supplement rather than replace the responsibilities of the congregation to communicate and embody inclusiveness."

Notice that last sentence. We don't replace YOU. Our goal is to encourage what is already working and add more to what YOU are already doing. We plan to work with various ministry groups and individuals to reach out to all new, newish, and longstanding members of the congregation.

But we need YOUR help. The Inclusion Committee at present consists of four people: Eileen as chair, Nora, Donna and Marcos. (Mary moved on to help with the Artist's Guild. We all wear so many hats here!) We have already accomplished two activities: Christmas invitations to recent local visitors and folks not seen for a while, and the breakfast on January 9 to welcome newcomers and acquaint them with the ministry groups within the church. We plan to sponsor coffee hour every quarter, we are working on a brochure to inform and invite members to find a ministry they can be passionate about, we have ideas on how to improve communication, and we have volunteered

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Fill'r Up

Do you remember the days when you could pull into the gas station, roll down your window and magically someone would appear? And you would say, "Fill'r up," pay a mere fraction of your weekly salary, and have a full gas tank. He might clean the windshield as well. Ah, days of old! What joy.

I don't know about you but it is the third week of Lent and as I write this I am running on empty. And there is a long way to go to the fulfillment of Easter.

This Lent, as every Lent, I have spent a lot of time thinking about my failures and moaning over the fact that the list doesn't seem to change much from year to year. As I wrote in my journal this morning, "Lord, I don't seem to be coming any closer to you." I think this may be the classic lament at this mid-point of Lent. And this year to make matters even more difficult, I decided to fast from sweets. Now I am not a big sweet eater, so rashly I thought, "This will be a breeze, just a little something to remind myself each day that I am still on the Lenten journey."

Inclusion *continued from page 8*

to be the go-to persons when someone hasn't been seen for a while. Let me explain that last one. We are asking you to notice when members of the congregation haven't been present for while and inform one of us. We will take it from there. We may check with Mother Cynthia, we may send a note, we may do something else. Whatever we do, we want the absent to know that they were missed. If you feel able to reach out, please do! But we are your back-up in case you're not sure. Contact any of us.

And if you feel called to be part of this ministry, we welcome you! You can attend our meetings, volunteer to help with the activities we plan, or tell us you'd like to plan an activity. If it helps build a sense of inclusion and belonging within SHSP, we welcome your ideas and efforts. Please, come talk to us and give us your feedback. Let's all build a better congregation that reflects the Body of Christ.

—Eileen Bernat

What a misconception! I forgot that as soon as you decide to sacrifice something—that is the time it becomes ENORMOUSLY IMPORTANT. So I have spent three-and-a-half weeks dreaming of cake, pie and cookies. This is just a tad distracting and has become the rock in the road to Jerusalem.

So what to do? I know what you are thinking—just stop the fast and the whole problem will disappear, and admittedly I thought that too. Yes, I could get filled on sweets and then forget about them, but being a stubborn Episcopalian, I decided no, I needed to fill up on something else.

I had the joy this March to attend the Deacon's retreat and the retreat leader brought us to a wonderful place, the place of emptying. He asked the question, "What have you needed to get rid of to walk the walk with God?" Lots of ideas came and went but what did stay was the fact that we have to be empty to allow room for God's grace and mercy. This Lenten journey is not an exercise on how to have a "good Lent." It is a process of emptying and opening, of turning and returning. It is a means of being open to God's love, peace and joy, and I must add, God's call to "Be" in God's name; to prepare to rest and live in the resurrection.

So we are half-way there, heavy times ahead but all is possible when we say to God, "Fill'r up."

—Deacon Phyllis



Elizabeth Crocco gets some last minute encouragement from Sharon Rader as she is an acolyte for the first time

THE PIOUS GOURMET

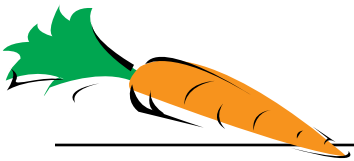
For those of you who are looking for some different side dishes for Easter dinner, or more meatless recipes, I have three.

Marmalade-glazed carrots with candied pecans

Serves 6 to 9

Ingredients:

- 4 tablespoons unsalted butter
- 2 tablespoons orange marmalade
- 2 pounds baby carrots, tops trimmed
- ¾ cup fresh orange juice
- 3 tablespoons packed light brown sugar
- kosher salt and ground pepper
- 1/3 cup chopped candied pecans



Directions:

Melt 2 tablespoons butter in large skillet over medium-high heat. Stir in marmalade, then add the carrots, orange juice, brown sugar, ½ teaspoon salt, and pepper to taste. Bring to a boil, then cover and reduce the heat to medium low. Simmer, stirring occasionally, until the carrots are almost tender, about 13 to 15 minutes.

Uncover and add remaining butter to skillet. Increase heat to medium high and cook, stirring, until the liquid is reduced, about 8 to 10 minutes. Transfer to a platter and sprinkle with the candied pecans (or leave then off if you don't like pecans).

Roasted Potato Medley

Serves 6

Ingredients:

- 2 sweet potatoes
- 4 Yukon Gold potatoes
- 8 new potatoes
(or baby red if you can't find new)
- ¼ cup plus 2 tablespoons olive oil
- 1 teaspoon dried tarragon
- 1/8 teaspoon salt and pepper.

Directions:

Preheat oven to 425 degrees. Peel and cube the sweet and Yukon Gold potatoes. Scrub the new potatoes and cut into cubes. Place all the potatoes in a large saucepan. Add enough lightly salted water to cover, then bring to a boil and cook for about 3 minutes more. Drain thoroughly.

Spread the potatoes in a single layer on a large nonstick baking sheet. Drizzle with olive oil and sprinkle with tarragon, salt and pepper. Roast until browned and crisp, about 25 minutes. Serve immediately.

This recipe has 485 calories per serving. If you can't find tarragon, you can use 1 teaspoon each of thyme and rosemary instead.

Scalloped Garlic Potatoes

Serves 4

Ingredients:

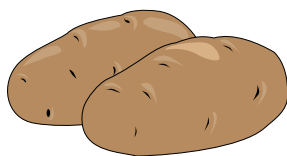
- 3 medium all-purpose potatoes,
peeled and thinly sliced (about 1½ pounds)
- 1 envelope Lipton Recipe Secrets Garlic
Mushroom Soup Mix
- 1 cup whipping or heavy cream
- ½ cup water.

Directions:

Preheat oven to 375 degrees. In lightly greased 2-quart shallow baking dish, arrange potatoes. In medium bowl, blend remaining ingredients; pour over potatoes. Bake uncovered for 45 minutes or until potatoes are tender. This is also a good dish to use your leftover Easter ham in. Just make every other row small slices of ham instead of potatoes when you arrange them in the baking dish.

Enjoy!

—Denice Patrick



Gallery Opening March 27th





**St. Hilda St. Patrick
Episcopal Church**
15224 52nd Ave West
Edmonds, WA 98026
425.743.4655

Bishop's Committee

Bob Cairns
Bernie Johnson
Valerie Kelley
Don Kelso, Sr. Warden
Sam Magill
Denice Patrick
Sharon Rader, Jr. Warden
Carol Rypkema
Nancy Smith

Convention Delegates

Sr. Delegates

Michael Rader
Loretta Matson

Jr. Delegates

Bernie Johnson
Nancy Smith

Alternates

Greg Walrath
Nancy Ariz

Office Hours

Monday through Wednesday: 10 a.m. to 2 p.m.

Thursday: 10 a.m. to 1 p.m.

Friday: Office CLOSED

If you would like to schedule an appointment with Mother Cynthia, you may reach her through the church or email at vicar@sthildastpatrick.org. Cynthia takes her days off on Friday and Saturday.

Lorica

Editors: Loretta Matson, Sue Shepherd

Layout: Martha Walker

Contributors: Mo. Cynthia, Eileen Bernat, Andrea Brown, Don Kelso, Phyllis McCormick, Denice Patrick, Michael Rader and Sharon Rader

Photos: Michael Rader and Giles Shepherd



The April 2011 Calendar can be found here:
<http://www.sthildastpatrick.org/index.php/calendar/>