



LORICA

Late February, 2011

from mother cynthia

I was so impressed at our annual meeting! Thank you all who came and gave voice to your passions for the ministry we are doing. In my four years at St. Hilda St. Patrick, this has been the liveliest and most well attended annual meeting. Hearing all the ways that you are passionate about living the love of God was inspiring for me. I had originally allowed for fifteen minutes in our agenda for feedback from our table conversations, but your well-thought out comments and ideas kept us going for forty-five minutes. This is indeed good news—it means we are engaged with where God is leading us.

Our mutual ministry goals are very much a part of who we are and what we do, and they are truly mutual. All the things we accomplished in 2010 are because of your participation. All the things we will do even more of in 2011 will be because of you. I get giddy with excitement at the stirring up God is doing in our midst! Elsewhere in this edition of the Lorica, you will find the notes from your comments at the annual meeting. And remember, you can take action on these ideas because you are the church!

If you attended the annual meeting, you heard in my address that using our goals, we will focus on two areas this year: tending to our home, meaning our internal spiritual life; and tending to our house, meaning our facility. These two areas are very much integrated into our goals.

Tending to our home

Living an intentional spiritual life has competition with the world's schedule. There are so many external influences that pull us each which-way, and being intentional about tending to our interior selves—our life with God—is the most healthy and important thing we can do. I don't believe that our interior life and the life of the world are in opposition, rather I strongly believe that we can find and see God every day—it is a matter of are we paying attention. The important part of living an intentional faith is to be aware and to pay attention to our souls as we are in the world. We do this by being intentional in doing some spiritual exercises, or disciplines.

Lent is a perfect time to be intentional about addressing habits and ways of being, and with God's help, making changes in our lives that we might draw closer to God. This Lent I am offering a daily guide to spiritual practices in your daily life. The practices we will focus on are:

- Study
- Healing
- Worship
- Generosity of Spirit
- Prayer

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Please Join Us
fashioning
A German
Mardi Gras Festival!

March 5, 2011
 5:30 p.m. - 9:30 p.m.

Silent Auction
 Authentic German dinner
 including wine
 Music by the famous
 Bavarian Village Band!

\$25 per person

Information:
 Karen Haslam

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.

For the five weeks of Lent you will be invited and encouraged to tend to your home with God on a daily basis. This Lenten practice will be distributed via email, with hard copies made available for each week. There will also be three Wednesday evenings when we will gather for a simple soup dinner and have the opportunity to talk and practice more some of these spiritual disciplines. Here's a teaser: St. Augustine is reported to have said, "He who sings well, prays twice." Did you know that our congregational singing is a spiritual discipline of prayer?

Tending to our house

We are blessed with a robust facility. We have a nice piece of property, a large building that enables us to do many things ourselves, and to provide space for the surrounding community to meet and hold events. A facility this size, and age, needs routine attention. It is too big for one person to manage, and the needs are so great that the Bishop's Committee can't manage it alone. Therefore, the Bishop's Committee has clarified the role of the Junior Warden to be one that facilitates a newly formed Building & Grounds Committee. It is the role of the Building & Grounds Committee to assess and prioritize our facility needs, repairs and ongoing maintenance, then to bring that information to the Bishop's Committee for action.

There has been a list of sorts around for a long time about what we would like to do, what we need to do, and what sort of future we can imagine with regards to our facility. Here are few of the ideas that are floating around, listed in no particular order:

- New roof for old portion of building (parish hall, classrooms, offices)
- Re-gravel or maybe even pave the parking lot
- Upgrade external lighting so we have less vandalism
- Fence the children's play area
- Replace some external doors to be up to code, for security, and for repair
- New sound system for worship space
- New siding for old portion of building
- Replace pews with chairs so we can better utilize our amazing worship space

- Finish the flooring of the church
- Reorient the altar as we continue to grow

This is just a short list of many things we have talked about. Some of the ideas are huge and need lots of time to raise money for. Other things are necessary, like the new roof. If we can get our list of facility needs prioritized this year and get started on at least one of the items, that will be a good thing!

Notes from the annual meeting:

#1: Raise Awareness and Participation of Children & Youth in the Life of the Congregation

How do you perceive that what we have done this year has helped us to meet this goal?

- Good Communication about Godly Play
- 2010 Grant \$ for Godly Play supplies
- Fundraiser for Godly Play (Coordinator's salary)
- Children's artwork on display
- Children's artwork made into cards for fundraiser
- Campfire meets here
- Kids involved in the music on Sundays
- Youth Group
- Micah as Youth Leader
- Hosted JYC
- Christmas Pageant
- Nate's trip to the Holy Land

What can we (everybody / as a community) do to further develop in this area?

- More volunteers for Godly Play storytellers
- Make sure all kids know about Camp Huston summer camp
- More adult participation in youth group
- Evaluate our facility for youth (pave parking lot for basketball hoop?)
- Have kids in front of congregation more
- Have kids at the altar and part of the liturgy
- Is there a youth role as acolytes?
- How do we get more youth involved in the youth group (beyond our church)?
- Advertise youth group activities in church (bulletin on easel?)

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- Kids more regularly in music
- Children bring toy/stuffed animal and put under trees at Christmas then take home
- Keep contemporary music
- Have flexibility for needs of moment: kids grow up and their needs change
- Monthly youth trip to Compline at St. Mark's
- Very intentional to invite older youth to participate in all activities, particularly work parties

#2: Everybody Becomes Somebody: You are the Church

How do you perceive that what we have done this year has helped us to meet this goal?

- Lots of involvement in things, especially the new people
- New participation in LEMs, Lectors, Ushers and Greeters
- Many of us are Somebodies
- Good training opportunities for ministries
- Regular ministry groups doing well
- Good participation in donating to food bank
- Art in the Rotunda
- Music program (Andrea really good at inviting people to participate)
- Formation of the Buildings & Grounds Committee
- People feel included, especially new comers
- Greeters are doing a good job
- Nametags are being worn and are great!
- Coffee hour is important

What can we (everybody / as a community) do to further develop in this area?

- Reach out to those who have been around for awhile but haven't been coming
- Have a Golf tournament
- Get a professional opinion about the facility (Building Inspector, Architect)
- More communication about what needs doing (what happened to everybody helping green the church in Advent?)
- Break down tasks that need doing into small segments so they can be more easily done (i.e., "Pkg. lot maintenance" becomes "rake gravel into pot-holes")

- Produce visual communication of what we do (ministry blurbs)
- Help elders see a role, that they are "Somebody"
- Those already involved (the Somebodies) call others and invite them to be Somebody
- Get input for changes that affect involvement by individuals (make sure decisions are made by all those involved and that the decisions get communicated)
- Bring a friend to church on Sunday
- Saturday film festival for youth to bring friends to
- Improve Greeter strategies at front door so people are accompanied through service to coffee hour
- Put ministry involvement on Name tags so people know who to ask
- Coffee hour/Hospitality on Sunday needs much more involvement!
- Do much more outreach (Tent City, Northwest Harvest)
- Increase visibility of our foodbank
- Do a time and talent survey so information can be used by Building & Grounds Committee and others

#3: Become a "Church at the Crossroads," a refuge from the daily troubles of the world that supports the transformation of ourselves and others.

How do you perceive that what we have done this year has helped us to meet this goal?

- Name Tags!
- Prayers of the people are fresh each week
- This is a foundational goal to who we are (and we do it!)
- Growing small groups
- Art in the Rotunda
- Welcoming and inclusion
- Liturgy
- The Peace
- Wisdom group (seniors) feel supported and known
- Honor the talents of each person
- Mutual ministry = mutual friendship
- Gathering of men to support our newest dad
- Fabulous sermons and good variety of preachers

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Mother Cynthia's Message

continued from page 3

- Music
- Godly Play
- Wednesday service
- College for Congregational Development
- Bible Study Groups
- Growth means more involvement at the diocesan level

What can we (everybody / as a community) do to further develop in this area?

- Bigger, more obvious signage outside
- Address our space for better wheelchair access
- People who will intentionally connect to newcomers beyond the Greeters
- More activities open to the public – neighbors and immediate community
- Help people feel as comfortable here as in their own home
- Emphasize our accomplishments and broadcast to the community
- More testimony about ministry involvement
- Fence the play area
- Increase focus on individual spiritual journey
- Have more authors come
- Advertise Wednesday service to community
- Improve facility to enhance perceived value of the church
- Shorten the number of verses sung
- Fewer dark hymns
- Pastoral care to sick and shut in
- Broaden invitation to everyone
- Communicate what we are doing: Ministry groups and who to contact
- Be aware that not everyone has a computer and therefore limited/no access to electronic communications

To the Good People of St. Hilda-St.Patrick,

I have heard some amazing good news about you and wanted to share my gratitude and congratulations. I hear you had a sizable increase in giving commitments to your operating fund for 2011, and an increase in income over last year! What a great accomplishment! While stewardship is so much more than our annual financial giving to our churches, this is an important part of our life together, and even more importantly, a huge part of our spiritual life. Your generosity, of the resources you steward in your life, allows the mission and ministry of the church, both at St. Hilda St. Patrick and for the Diocese of Olympia, to grow and thrive.

As a congregation, you have been amazing in taking on challenges and bringing energy to your future. You have exhibited excellent leadership in a time when such growth is difficult to achieve. Your congregation has a beautiful past, and a great future, one built upon your willingness to embrace your unique mission and becoming an image of Christ to your community.

Your wonderful increase in giving and new commitments received, is testimony to all of that at work even now.

Blessings on you and the bright future ahead.

In Christ,

The Rt. Rev. Gregory H. Rickel

Bishop of Olympia

Looking at Children's Art

Elements in children's art reflect the development of their brains. Very young children begin with what their hands can do as they gain motor control, applying media to surfaces, usually in a horizontal back-and-forth motion, without any attempt to represent ideas. In the next phase, children may begin to show elements in their visual experience, such as faces and objects, but without any meaningful spatial relation. They go on to create symbols that somewhat resemble the objects they represent, such as figures and landscapes with foregrounds and backgrounds. Proportions indicate importance and relationships; realism remains unimportant.

As their brains mature, children begin to find symbolic art limiting, and feel a desire to represent scenes and elements as they appear naturally. Some children become frustrated with their lack of skill and ability to make things look "real." But we see in their drawings an increasing understanding of proximity, alignment, repetition and contrast. Without training, artistic development may

stop and a child may reach adulthood with the belief that he "can't draw."

When you look at children's art, you can expect to see both figurative and abstract elements. A child's love of color, and the use they make of the space they are working with reflect the non-verbal contents of their inner worlds. It is a visual language, much of it inexpressible in words, and we mustn't suppose that a child's work is "about" something. Rather we can notice, over a period of minutes, how we are affected by what we see, as when viewing an abstract painting. Children's art may have a strong visual hierarchy: what do you notice first, and what second? How do the elements lead the eye through the space? What elements unite the whole? How does the media suggest pressure or gentleness, hardness or softness? Depth or shallowness? What relationships are suggested? What receives emphasis? What assumptions do you make as an older person that you can abandon momentarily?



Currently in the gallery: Evidence of Epiphany

How do you see God in your life? What was it like the first time people saw Jesus? When do you feel close to God? Where?

On Sunday, January 9, the children attending Godly Play here at St. Hilda St. Patrick heard the whole story, starting with stories associated with Advent and continuing through the Christmas story of the Nativity. The story tells of signs that a king is coming whom no one has seen before. It is a mystery; how this can be happening? People felt a sense of anticipation, that soon they would see something important. God sent prophets to prepare the people. They knew a scene would unfold at Bethlehem. Mary and Joseph went there. The shepherds received a sign; they saw a light brighter than anything they had ever seen in the night sky and they heard voices. This was strange and frightening for them. As angels usually do, they said, "Don't be afraid."

The Magi, the stargazers, saw an unusual star and decided to follow it. They brought with them gifts for a new king. They traveled a long way, and when at last they arrived and saw Jesus, their mission was fulfilled.

We remember these epiphanies in this holy season, and think about what they meant to the people who experienced them long ago, and how we may see God ourselves, at any moment. Sometimes we invite God's presence, and sometimes we are surprised—somehow we forget God's constant presence. In our time God sends us new signs, some conforming to prophecy, and others we don't expect. Watch for me, he says, and when I appear you will see me.

Seeing God changes you. You have new thoughts and feelings after an encounter with God. What are they? What do they look like?

This exhibit will hang until mid-February.



Reflections

the photographs of Giles Shepherd

On Sunday, February 20, we will greet Giles and he will be available to talk about his art. Of the photographs we will exhibit, he says:

“Water reflections are a popular subject in the visual arts. Water is often used as a metaphor for life. The symmetry of reflections is attractive, and the obvious geometry also has subtleties that are sometimes misunderstood, even by artists.

“For a horizontal reflector like water, each point of the image appears as far below the reflecting surface as the corresponding point in the real scene is above the surface. Also, the viewpoint from which the reflected image is seen is as far below the surface plane as the observer or camera is above it. This means that the perspective of the reflection is not the same as that of the real scene. Some parts of the real scene may be obscured by foreground objects in the reflection, especially if the scene has significant depth. Look closely at the lower part of the snowfield near the center of the Goat Lake photo and compare its reflection, below. This second point of view gives the brain enough information to create a sense of three-dimensionality. A major principle of physics states that symmetry conceals; broken symmetry reveals.

“For me as a photographer, reflections help convey the sense of vastness and solitude of a landscape, while enhancing the geometrical composition of a scene.”

Music Notes

The words of St. Augustine, “He who sings, prays twice,” open the article, *Joyful Noise: Congregational Singing*. I know this is true because through singing we are able to express ourselves and be open to God; our hearts become lighter. Brian Wren, author of *Praying Twice: The Music and Words of Congregational Song*, claims that “congregational song is an indispensable part of Christian public worship.”

It was a joy to conduct the congregation in joining with the choir for the refrain of Pepper Choplin’s *Deep Waters*. I could feel the wonderful connection between this song and our corporate spirituality. I was moved as I witnessed your becoming one in song. Whether we sing an old, traditional hymn or some of the newer, charismatic music, sing out and make a joyful noise to the Lord!

B’Shalom, Andrea



Call to Local Artists | Introspection: Moments of Truth

There are times when we cannot avoid being honest with ourselves, when we must acknowledge failure and weakness, as well as wonder, distinction, and glory. These moments are humbling and yet we may be oddly reassured to understand that we aren't the center of the universe. Not everything depends upon any individual. Each of us has a piece of the truth, and a place in the greater scheme.

Hilda and Patrick Arts seeks artwork that expresses this theme for an exhibit that will hang in our gallery space from March 9 through May 8, spanning the liturgical seasons of Lent and Easter. An artist reception is planned for the afternoon of Sunday, March 27. Artwork must mount on a wall, and size/weight limits may apply.

Although this gallery is inside a Christian church, we invite local artists of all faiths or no faith, and encourage submissions from artists who have not exhibited before. We ask that you keep in mind that this is a family venue, and we must turn away artwork that is likely to offend parents.



Where: The Hilda and Patrick Gallery at St. Hilda St. Patrick Episcopal Church, Edmonds, Washington. Artwork accepted for this exhibit must be delivered in person between the hours of noon and 3:00 p.m. on Sunday, March 6, or by appointment. Email call@hildaandpatrickarts.org to schedule another delivery time.

When: March 9 through May 8

Artist reception: Noon to 2:00 p.m., March 27

How to enter: Send up to five jpeg images (no more than 1920 pixels on the longest side) via email to call@hildaandpatrickarts.org. Please include your name, contact information, and a few words about your work. Also include title, medium, framed dimensions, and retail price of each piece. The work will then be juried and acceptance notifications will be sent out via e-mail by February 27.

Submission deadline: February 20, 2011.

Entry fee: There is no entry fee for this exhibit.

Hanging: Photographs and artwork on paper must be framed with a wire attached for hanging. Canvases must be framed or have a wire attached to the stretchers.

Sales: The gallery will refer buyers directly to the artist and takes no commission.

Publicity: The gallery will take responsibility for publicity, and would be grateful for your independent announcement of the exhibit.

In addition to being displayed in the gallery, accepted artists will be featured on the Hilda and Patrick Arts blog and the church's website.



Christmas Eve at St Hilda St Patrick



THE PIOUS GOURMET

Since Valentine's Day is coming up, I have included a lover's menu, filled with aphrodisiac recipes. Hope you all enjoy them.

—Denice Patrick



Appetizer: Havana-Style Prawns

Ingredients:

1 whole grapefruit
segments of 1 grapefruit, membranes removed
1 cup cooked medium prawns
1 apple, cubed
1 Tbls chopped nuts
2 Tbls mixed cilantro, chervil and mint.

For the dressing:

2 Tbls plain yogurt and lemon juice
1 Tbls honey and vegetable oil
¼ tsp mustard
freshly ground black pepper to taste

Cut the whole grapefruit in half. Scoop out the fruit and discard (or use later); set aside the grapefruit halves. Combine grapefruit segments, prawns, apple, nuts and herbs. Fill the grapefruit halves with this salad and refrigerate. Just before serving, mix ingredients for the dressing except pepper. Stir well and pour over salad, then add the pepper.



Main course: Romantic Chicken.

This is an easy recipe, but the chicken should be prepared the day before. It can be served with saffron rice and raisins.

Ingredients:

1 chicken breast
1 tsp vinegar; salt and white pepper
4 Tbls butter
¼ onion, grated and drained
½ leek, chopped
1 and ½ cups milk
1 tsp flour
1 pinch nutmeg
4 Tbls. sherry

Cut the breast in 2 pieces, rub with the vinegar and let stand 15 minutes. Rinse in cold water and season with salt, pepper and 1 Tbls of melted butter. Refrigerate the chicken overnight. The next day, sauté the onion and leek, then the chicken, in the remaining butter. Add the milk and cook over low heat for 30 minutes. Remove from pan. Add flour to the pan juices and cook over low heat, stirring, to make a sauce. Season with nutmeg and sherry. Pour the sauce over the chicken breasts.



Dessert: Peach Delight.

Ingredients:

1 large peach, peeled;
2 scoops lime ice;
2 maraschino cherries;
1 Tbls maraschino liquid;
1 cup pink champagne.

Cut the peach in half and discard the pit. Place each half in a champagne goblet. Fill each goblet with a scoop of the lime ice, decorate with a cherry and a little of the liquid from the bottle, fill with champagne, and serve immediately.

Of course, then you get to finish the champagne, which is also an aphrodisiac.

February Schedule

	February 13	February 20	February 27	March 6	March 13
Altar Guild	Pam Gaspers Paige Seaborg Christine Cummings Martha Walker	Pam Gaspers Paige Seaborg Christine Cummings Martha Walker	Jill Johnson Sue Shepherd Nancy Smith Nora Cheek	Jill Johnson Sue Shepherd Nancy Smith Nora Cheek	Janet Kowalski Melody Oxley Rosemary Stapleton
Linens	Rosemary Harris	Rosemary Harris	Rosemary Harris	Rosemary Harris	Rosemary Harris
Greeters	Andrea Riseden-Perry Mary Helen Roberts	Carol Aguayo Diane Hendricks	Nora & Jeff Cheek	Janet & Joe Kowalski	Brent Bettis Andrea Riseden-Perry
Ushers	Phil Hatlen Don Kelso	Sam Magill Martha Walker	Maria Han Louise Stanten-Masten	Gwynne Briggs Sharon Rader	Betty & Richard Romero
Rite II -10:00 a.m.	<i>PLEASE TRY TO FIND YOUR OWN SUBSTITUTE</i>				9:00 pm
Lector (OT)	Valerie Kelley	Jeff Cheek	Jill Comings	Loretta Matson	Sharon Rader
Psalm	Chris Kelley	Michael Rader	Marcos Valle	Mike Rizzotti	Kaycee Parker
Lector (NT)	Mary Gates	Gwynne Briggs	Ben Comings	Ray Smith	Brent Bettis
EM	Ben Comings	Michael Rader	Valerie Kelley	Ray Smith	Mary Magill
EM	Mike Rizzotti	Sharon Rader	Marcos Valle	Nancy Smith	Gerg Walrith
Plate	Karen Haslem	Martha Walker	Denise Avery	Karen Haslam	Martha Walker
Counters	Don Kelso	Marcos Valle	Bob Espeseth	Don Kelso	Marcos Valle



February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 •Camp Fire Group 7 pm	2 •Rite II 12:30 pm •Men's Group 6:30pm	3 •Choir Practice 7:30 pm •AA 7:30 pm	4	5
6 •Rite I 8 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	7 •Al-Anon 7 pm	8 •Camp Fire Group 7 pm	9 •Rite II 12:30 pm •Wednesday Wisdom Group 1:30 pm	10 •Choir Practice 7:30 pm •AA 7:30 pm	11	12
13 •Rite I 8 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	14 •Al-Anon 7 pm 	15 •Camp Fire Group 7 pm •Bishop's Committee Meeting 6:30 pm	16 •Rite II 12:30 pm	17 •Choir Practice 7:30 pm •AA 7:30 pm	18	19 •Spiritual Stickers 10 am
20 •Rite I 8 am •Rite II 10 am Art Sunday with Giles Shepherd •The Expedition, parish hall, 4:30 pm	21 •Al-Anon 7 pm	22 •Camp Fire Group 7 pm	23 •Rite II 12:30 pm	24 •Choir Practice 7:30 pm •AA 7:30 pm	25	26
27 •Rite I 8 am •Rite II 10 am Deadline to enter "Introspection" •The Expedition, parish hall, 4:30 pm	28 •Bible Study 6 pm •Al-Anon 7 pm	MARCH 1 •Camp Fire Group 7 pm	2 •Rite II 12:30 pm •Men's Group 6:30pm	3 •Choir Practice 7:30 pm •AA 7:30 pm	4	5 Fasching - German Dinner and Auction 5:30 pm
6 •Rite II 9:30 am Jury Results - "Introspection" •The Expedition, parish hall, 4:30 pm	7 •Al-Anon 7 pm	8 •Camp Fire Group 7 pm	9 ASH WEDNESDAY Imposition of Ashes 12:30 pm 7 pm •Introspection Gallery Opening	10 •Choir Practice 7:30 pm •AA 7:30 pm	11	12



**St. Hilda St. Patrick
Episcopal Church**
15224 52nd Ave West
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Bishop's Committee

Bob Cairns
Bernie Johnson
Valerie Kelley
Don Kelso, Sr. Warden
Sam Magill
Denice Patrick
Sharon Rader
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

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