



Lorica

November 2009

From Mother Cynthia

*Row-wuh, Row-wuh, Row-wuh
Row together to the kingdom
There's room in the boat so get on board
Everybody get a place, everybody get an oar
We're rowing this boat in a kingdom race
Row together to the kingdom
Listen to the captain shout the pace
Come on and row together to the kingdom
Row-wuh, Row-wuh, Row-wuh*

Those are the words to that wonderful gospel song "Row Together to the Kingdom" that the choir performed not long ago. Rumor has it there might be a repeat in the near future. We have an awesome choir and fabulous music director in Andrea! They add such joy and powerful musical prayer each Sunday!

Many of you know that I missed our diocesan convention (and missed Brian Wright's ordination to the diaconate!) so that I could row in the Head of the Charles River (HOCR) regatta held on October 17-18. The HOCR regatta is the largest rowing regatta in the US, with over 7500 athletes competing in 55 events over the two days. This was the 45th year of the regatta. It is called a "head" race

because of the distance: 3 miles.

The event that my crew rowed in was the Senior Master Women's 50+ eight, which means that in our boat of 8 women, our average age was at least 50. There were 23 boats in our race, and we took 5th, which is pretty darn good. That would make us the 5th best crew of 50+ year old ladies in this country. And



we were pleased with our results because in two of the boats that beat us there were several former female Olympic rowers, all who had won gold medals. We were up against stiff competition.

I am one of the Episcopal church's "rowing priests," the only other one I know lives in California – and yes, we have met and have raced against each other several times. So why is it that rowing and competing is important to me? I certainly give most of my spare time to this sport. For me this sport embodies the whole aspect of what it means to be a member of Christ's body. There is the delight

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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.

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Mother Cynthia's Message *continued from page 1*

of being outside, skimming over the top of the water while the eagles, herons, swallows and gulls dip and soar around us. This time of year we see the salmon making their way upstream through Lake Sammamish, jumping clear out of the water. The geese are honking their way south in their migrating V-formations. A few weeks ago we even had a duck decide to climb on the bow of our boat while we were stopped. Three days a week I become a full praying participant in God's earthly creation. The time on the water is indeed holy time.

Then there is the basic actions needed to row a boat, which is so analogous to being part of the Body of Christ. Picture eight women (most of whom are over the age of 50), sitting in a skinny boat that is 60 feet long, intentionally and deliberately synchronizing our actions, every move we make, making it together. We dip and pull our 14 foot oars into and through the water in perfect synchronicity in order to make the boat move fast. The seats in rowing shells are on slides, so along with all eight oars doing the same thing at the same time, our bodies have to move on the seat slides at the same speed, too. Rowing a boat takes a whole lot of patience, humility, working together, and an awareness of each thing one does. When we do this well, and do it right, it is like ballet on water. Or one prayer coming from eight people.



Finally, rowing centers my soul and keeps me healthy, which is very important for my vocation. I am fortunate that my congregation understands my passion for rowing because for me it is my Sabbath and prayer time. Without this time to be centered and outside of the church, I would simply go crazy. Religious leaders in all faith traditions frequently have so many demands made of us that we forget to take care of ourselves. It is my firm belief that having a healthy, physical and spiritual outlet is critical to our ability to pastor and serve God's people.

In rowing we talk a lot about "keeping your head in the boat" and "focus." Those two commandments are essential for a good row. Christ gives us the commandment to love the Lord your God with all your heart and soul and mind, and to love your neighbor as yourself. This is where rowing and faith meet for me. Both require a whole lot of coordination and patience, mercy and forgiveness. Both require me to keep my head (and heart) in the faith with Christ, and to focus on the love he offers for all.

(And a final note: our last race of the season is November 8, Head of the Lake, on Lake Washington. I would encourage you to come down and watch us race through the Montlake Cut, but I'm sure that all of you will be in church that morning, right?)

A Reflection on an Ordination Journey

In 2000 in the final stages of my professional career I felt unsettled in my heart regarding what I was called to do in the church. At the time I, like many of you, felt overwhelmed with other responsibilities; I did my best to ignore whatever it was that was nagging me spiritually, but it just would not go away. In 2003 I retired. During the ensuing 24 months I would make my Cursillo, be mentored in the study of theology by Fr. Gene Lindusky and complete the Diocesan School of Ministry and Theology cycle of studies. I entered into community discernment during the summer of 2005. In the spring of 2006 it became apparent that the nagging disquiet in my heart was most likely a call to serve the church as a deacon, and I was nominated by the rector and the vestry for postulancy.

That summer, in addition to completing the necessary nomination paperwork, I underwent physical and psychological evaluations and a background check prior to meeting with the diocesan Commission on Ministry in November of 2006. Then in December of 2006, I received notification from Bishop Nedi Rivera that I was accepted as a postulant. This will always be the best combined birthday and Christmas present I have ever received.

Over the ensuing 34 months my journey as a postulant and then as a candidate for Holy Orders involved my becoming a member of an active community undergoing formation for the diaconate. As a formation community, we investigated and studied church polity, traditions, diaconal functions, the liturgy, theology and spirituality. We wrote about our reflections and read many

books and lots of additional material. Each of us completed at least one unit of Clinical Pastoral Education and we individually studied specific areas where we felt we had deficiencies through on-line courses and diocesan clergy days. We each completed competency examinations in the Holy Scriptures, Theology, Church Traditions, Ethics and Preaching. In addition I spent two and a half years doing field education, one year working with the Salvation Army regarding emergency homeless shelters and the need for a drop in center for the homeless in Everett, and the past 18 months as a DIT (deacon in training) at St. Hilda - St. Patrick.

All of this culminated on October 17th at the diocesan convention when I was ordained as a deacon. It still does not seem possible that a journey which began almost ten years ago has come to an end and a new one begun. My first assignment as a deacon is at St. Margaret's Episcopal Church in Bellevue; there I will get to know many more wonderful people and encourage them in their ministries. My focus will remain on helping those in need who live on the margins of society. While I will miss the many wonderful people who I have worked alongside both at Trinity and St. Hilda - St. Patrick, you will all remain a part of me as you have all had a hand in molding me on this journey and for that I give thanks. Rest assured that our paths will continue to cross and we will continue to minister together to those in need, seeking to see Christ in everyone we meet.

*Pax,
Deacon Brian Wright*

Senior Warden's Report

On our short vacation last week, my husband and I watched a video of the best-selling book, *The Five People You Meet in Heaven*. Neither the book nor the movie pretend to represent our Biblical view of heaven, but besides the requisite tear in my eye, I took away two ideas that intrigue me.

One is that the value of our lives lies not in worldly accomplishment, but in how we touch the lives of those around us. This is such a simple concept, but can have a profound influence on both ourselves and everyone we meet. It's an idea that's been around for a while in various forms. There's the sort of "pay it forward" altruistic movement of doing a nice thing for another person, not to reap a reward for ourselves, but to have that person do, in turn, something nice for someone else creating a ripple effect. It's akin to Jesus telling his disciples that they were the leavening or the salt in the world. It doesn't take very much yeast or salt to have an effect, but that effect is profound and life-changing for others. On a given day, look at yourself and your interactions with your world – are you the yeast? Is your influence on those around you positive or negative? If you're feeling negative, ask for help. Pray about it and see where you're led.

The other idea I took from the movie was that, for sacrifice to be meaningful, it must be done willingly and intentionally. Again, something we would all say is obvious, but when you stand back and think about it, how many times do we truly sacrifice with joy? I usually end up grumbling under my breath and feeling resentful, not joyous, when I sacrifice something that has value to me - usually either my time or my money.

So, my resolve this month - as we're heading into a season that encourages us to reach out to others, is to be the yeast and to look, with joy, for opportunities to serve my community. May you find the same in your life. Amen!

-Carol Rypkema, Senior Warden



November Chicken

Ramblings

I can't believe the holiday season is upon us again so soon! But, November is here and so is time for our **Thanksgiving Food Baskets** outreach program.

You will notice sign up lists on the wall in the Parish Hall, beginning November 8th. Please take a moment to look them over and see what you can bring for a family in our local community. We expect to be preparing 4 baskets for delivery and providing some grocery gift cards for several other families.

There are also items needed by our adopted school – **Scriber Lake High School** – which will be listed on the sign up sheets in the Parish Hall. If you want more information about these items before the list appears, call Carol Rypkema at: (425) 745-1190 for details. The Scriber Lake needs cover a variety of items, including magazine subscriptions for their Library, so there is a broad range of things for you to offer.

Of course, if shopping isn't your favorite activity, or it's difficult for you, cash donations are always welcome. The families we visit are incredibly grateful for your help and concern.

If you'd like to participate in the shopping, sorting or delivery, or have any questions, give Carol Rypkema a call!

August Financials

Category	Actuals	Budget Est	Variance*
Income			
Pledge Income	\$9,714	\$11,046	-\$1,332
Plate Income	\$1,069	\$1,600	-\$531
Other Income	\$1266	\$827	\$439
Non-Operating Inc.	\$73	\$0	\$73
<i>Total Income</i>	\$12,122	\$13,473	-\$1,351
Expenses			
Operating Exp.	\$13,636	\$14,698	-\$1062
Non-Operating Exp.	\$1,383	\$1430	-\$47
Total Expenses	\$15,019	\$16,128	-\$1,109
Over Run/Under Run			
<i>(Income - Expense)</i>	-\$2,897	-\$2,655	-\$242

Income

First, note that September pledge payments were less than expected but better than in August. Hopefully members returning from vacation etc. will continue to make up pledge shortfalls. Plate income was also less than hoped for.

It is the hope that each member will be able to contribute a little more each month to help us make up the shortfall.

Expenses

Total Expenses continue to be less than Budgeted as we continue our effort to lower costs.

Over Run

As of the end of September, due to continued Expenses exceeding Income (Pledge and Plate) we must start using Designated Operating Funds for General Operations.

The Bishop's Committee voted to move money from several Designated Operating Funds into the General Fund. These Funds are: Altar Guild Fund, Flowers Fund, Landscape Fund, Library Fund and the Organ Refurbishment Fund. By doing so, we should be able to continue operating through November. Other actions will be taken in the future if things don't get better.

Treasurer, Bernie Johnson

Music Notes

You've probably noticed that not only do the hymns change from week to week, but often the liturgical pieces of music change from month to month. Just when you've gotten really comfortable with a piece of music, it gets yanked away to be replaced by another. I know this can be a little challenging for non-musicians. So...why do I do this?

The answer is really quite simple. It is to keep you from going brain dead. Did you ever notice that when you walk into a house where bread or cookies are in the oven, the odor is hard to ignore for a minute or so, so much so that you can't concentrate on anything else. But then, suddenly, you are released from your trance and you don't even notice the aroma anymore. Your brain has a fascinating way of filtering out background, non-threatening information. Likewise, people who live near busy roads don't hear the sound of the traffic. While you may enjoy the comfort of familiar music, when it becomes too regular you stop paying attention to the words and the message. Church is not the place you come to veg out. It's where you come for your inspiration to go out in the world as Christ's hands and feet. I try to maintain a mix of favorite familiar hymns along with newer, contemporary sounds. I don't want you to get too comfortable and complacent. I suspect the pews help me out with that a little bit. In the words of Pepper Choplin, "Wake up church, wake up! The Lord is calling you. Wake up church, wake up! There's kingdom work to do. There'll be plenty of time to rest when life is done."

B'Shalom,

Andrea Brown

*Variance = Actuals – Budget

Veteran's Day Celebration

The Wednesday Wisdom Fellowship will celebrate Veteran's Day and Remembrance Day on Wednesday, November 11 at 1:30 p.m. in the parish hall. Please join us in honoring those men and women who are currently serving or who have served, devoting their lives in service to our country. If you can bring a photo of the service person in uniform so it can be displayed, that would be great. Please bring this information with you:

Name of Service Person
Branch of Service
Rank in Service
Service Dates
Submitted by
Relationship
Story to Share

Thank you for joining us in honoring our Service Men and Women. If you have questions, please contact Nancy Smith.

Tuesdays with Alex

Spend an hour listening to college radio! Alex Walker, DJ for KRLX, Carleton College Radio, has a radio show Tuesday, 6 p.m. to 7 p.m. To listen, first go to krlx.org, click on the Listen Now starburst. Next, choose the High-Quality MP3 option. That will take you to iTunes where you can listen to Alex (and Kelsey) through your computer. They take requests! Alex has other radio shows, but they are on during the wee hours. Enjoy!

Potluck Dinner & Dance

The Bishop's Committee is hosting a potluck dinner dance on Saturday, November 21st. Phyllis McCormick has agreed to teach some steps before we party on. The fun starts at 6:00 p.m. If you have questions, please contact Eileen Bernat, John Heberling or Carol Rypkema.



Camp Huston

Thanksgiving Family Camp – November 26-29, 2009 – Send your registration in today and have the first part of your holiday season planned! \$150/adult, \$100/child 3-12 years old. Visit www.huston.org for a registration form or more information!

Quilter's Holiday Retreat – December 9-13, 2009 – This retreat will feature a Holiday Auction to benefit Camp Huston's Campership Fund for programs such as Summer Camp, Thanksgiving Family Camp, and NEW! Winter Camp. If you would like to donate to the auction or the Campership Fund, please contact Chelsea at info@huston.org or 360-793-0441. Visit www.huston.org for a registration form or more information.

Winter Camp Details: *Who:* Those currently enrolled in grades 6-12. *When:* December 29, 2009-January 2, 2010. *How Much:* \$275/person – if you wish to request a scholarship from Camp Huston's Campership Fund check the appropriate box on the attached registration form. *What:* A similar structure to a week at Summer Camp. Age similar Discovery Groups will spend time getting to know each other, working together, and having fun (hopefully in the snow!) There will be Activity Time and Evening Community Time each day with opportunities at some of camp's traditional and not so traditional activities. Also enjoy a one of a kind New Year's Eve Celebration! *Note:* We will not be making a trip to Stevens Pass for Winter Camp this year. We will, however, enjoy the snow that will hopefully be available at camp! *How to Register:* A registration form is attached and can also be found at www.huston.org. Please send in your registration by December 20th so we can plan for you to join us! We require at least a \$75 deposit with registration and final payment on or before registration day (December 29th)

Women's Getaway – January 15-18, 2010 – Our first event of 2010, planned especially for the women out there who could use some R&R. Enjoy fire side reading, chatting, and time to yourself. A chaplain will join us for the weekend and a massage therapist will be available. Visit www.huston.org for a registration form or more information!

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An Open Letter to St. Hilda St. Patrick on the Prayers of the People

(with a grateful acknowledgement to Brian Wright)

My introduction to the ministry of drafting the Prayers of the People (PoP) began last year, when we held our congregational equivalent of a “Ministry Resource Day;”, that is, during a coffee hour when we all had the opportunity to sign up for all the various activities in our church that go on behind the scenes to help us to do God’s work. I noticed that Brian was standing alone at his station, seeking volunteers for three ministries (including the PoP writing), and folks were avoiding him like the plague. Seeing as how much Brian provides to our congregation, I felt pretty guilty about this and walked over to talk with him. He provided me with an overview of the ministries he was seeking to staff, and he can be an effective sales person (e.g., “Why don’t you just try this and see if it works for you...I’ll work with you on this...you don’t have to commit to this long term...”). Also, helping to write the PoP seemed to me at the moment to be the least imposing of the three activities he was championing, so I signed up.

At this point I should briefly digress and disclose that writing is much of what I do for a living. Drafting policies, writing procedures, reviewing guidelines...all the stuff that few people want to read and even fewer find inspirational. And writing for me can be exceedingly challenging at times, trying to find just the right way to say things and excreting word by word until the effort is seemingly finished, yet still wondering if perhaps I’ve missed the marked completely...so it was not without trepidation that I agreed to participate in this ministry.

Nevertheless, Brian is a capable taskmaster, and he provided all of us who volunteered for the PoP ministry with a number of helpful resources. One was an online link to all the liturgical readings we use each week so that we could read these ahead of time and have a frame of reference for each Sunday’s service. Another was a guideline for how we should first read a particular day’s Scripture lesson, reflect on its messages, and allow the Holy Spirit to guide our writing. (Note: I am paraphrasing here: Brian’s written instructions were much more illustrative and contemplative,

but I provide the essential “take home message” I perceived). There is also a specific format that the Prayers are to follow, with the expectation that each will address the greater Church, our community, those in need, etc. Brian further suggested we Google “Prayers of the People” online, and that it was perfectly fine to use any material we found online or in writing to be appropriate as long as we credited the source. This really spoke to my listening, as I am trained as a scientist and have long been an advocate of Felson’s Law, which is: “to steal ideas from one person is plagiarism; to steal from many is research.” So, long story short, while I wasn’t sure if I was capable of Brian’s suggestion to “work with the Holy Spirit,” I felt I had the tools needed to take on this task.

My first PoP draft was, like many things I try for the first time, much more difficult than it needed to be. I held on to several Sunday’s worth of SHSP bulletins to ensure that I kept within the norm for what was expected. I read many examples online as I sought my inner muse. In short, while I had my doubts about my ability to hear the Holy Spirit even if he chose to speak with me, I eventually found motivation in the same way that most writers do: a looming deadline (the Prayers do have to be written ahead of time for the Sunday bulletins to be published, after all). With palpable relief, I sent my first draft off to Brian, which he gratefully acknowledged and finalized for that Sunday’s service.

It wasn’t until that Sunday, when the first prayer I drafted was used during our service, that my perception of participating in this ministry moved from focusing on the task at hand, but rather on being part of a greater whole. As I listened to the lay Eucharistic ministers read the lines, and heard the responses of our members providing their individual prayers, I found myself engaged in the Prayers more than usual. Not surprising perhaps, given that I had some sense of ownership at the time, but nonetheless it was very moving and indeed rewarding. When my next rotation for drafting the Prayers came about, I found myself less

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Open Letter *continued from page 7*

apprehensive (“hey, I can do this...”), and indeed found the dreaded “writers block” to be less and less an issue with each drafting.

However, that’s really not the message I’m trying to impart here. It’s only been recently, as I listen to the different prayers that all of us who participate in this ministry provide, and hear – perhaps truly listening as if I have finally awakened – to the responses of our members, that a profound revelation has overtaken me.

I don’t write these Prayers. I can’t claim credit for authorship.

Yes, I do type the words onscreen, but it’s not me, or at least not me alone, that synthesizes the message. Participating in the Prayers on Sunday has opened a window to connect with God that I had not perceived before. Being part of our Sunday service, even in an indirect way, provides me with a connectedness that is both inspiring and

humbling. I still can’t say that I fully comprehend Brian’s instructions to work with the Holy Spirit, but perhaps I have more of a clue than I first did.

In summary, I enjoy being part of this ministry, as like other services one partakes in doing God’s work, one gets back much more than one puts in. I encourage any and all of our members to join us, as the diversity of thoughts, styles and writing provides a rich and powerful means for all of us to communicate to one another and with God. The only downside for me is that my participation in the Prayers has yielded yet another example in which Brian was truly “Wright” (pun intended) in his recruitment promises. For an engineer, he continually amazes me with his ability to communicate on matters of the heart and spirit. (Sorry, Brian: from one left-brained thinker to another, I did mean that as a complement.)

- *Jeff Cheek, October 16, 2009*

Thanks for the Prayers

On September 16th, I underwent surgery to remove the brain tumor growing on the upper right side of my brain. What I did not know going into surgery (but what the surgeon had just told my husband) was that the MRI taken 3 weeks before showed the tumor had doubled in size since the last MRI was taken in June of 2008. In addition, once the doctor opened me up, he discovered that the tumor had gotten even bigger in the 3 weeks since the recent MRI. In other words, the tumor had started growing recently, and growing fast.

I got my staples out 9 days after surgery and my doctor confirmed that the tumor was benign. However, he reiterated to me how serious the situation could have been. If the tumor had gotten much bigger, it would have crushed my cranial artery. I was stunned but very happy that the doctor got it out just in time. As a result, I feel truly blessed and extremely lucky. However, I am also blessed due to all the prayers I received from St. Hilda-St. Patrick, and I wanted to thank all of you so much.

When I woke up the next morning the day after surgery a bit after 6, I just sat up in bed and felt

like I was floating in a cocoon of love and protection. I knew I was OK (even before the doctor came in to tell me), and waves of happiness and joy just covered me and oozed out of me. The staff that kept coming in to my room could not believe how happy I was—they kept commenting to me about it (I think some of them thought I was a little nuts—after all—who is that happy right after surgery). The pastoral leader of the hospital was with the staff doing rounds that morning and came back to see me that afternoon to comment on what a great mood I was in, considering what had just happened to me the day before. I told him that I had lots of people praying for me, and I felt it! In fact, your prayers did such a good job that I spent just 49 hours in the hospital.

So, I just wanted to let everyone know that your prayers for me helped considerably and that I truly felt them. Thank you so much. And, if anyone is curious and would like to see the incision, just ask. I don’t mind showing it to people.

- *Denice Patrick*

Veterans Need Help

Whether or not you believe in war, the fact that most of the people who fight in wars think they are protecting you is reason enough to support our veterans. Some of these veterans come back with horrible physical and psychological problems, through no fault of their own, and need help to get on their feet and once again become productive members of our community.

The Veterans Administration is poorly funded by our government, and counts on the help of people who care about our veterans to provide where the government cannot or will not. To that end, Isabel and Preston Scheid spend countless hours volunteering with the VA. They help veterans and their families to battle addictions and despair.

Isabel gave me a list of some of the things they are seeking to provide for the people she and Preston serve. As you will see, they are not asking for luxuries, only the most basic of needs:

Cate Apartment Veteran Wish List

Apartment 1 – 2 adults (1 vet) and 3 children

- Bookshelf
- Plastic storage bins/totes for organization
- 2 Twin beds
- Child safety equipment (cupboard latches, etc.)

Apartment 3 – 2 adults (1 vet) and 3 children

- Hygiene products

Apartment 4 – 1 adult (vet) and 3 children

- 3 Twin beds with frame or 1 set of twin bunk beds and one single twin bed
- 1 full or queen bed with frame
- Living room furniture (couch(es), lamps, end tables, coffee table, etc.)
- 4 dressers

Apartment 5 – 2 adults (1 vet) and 1 child

- Small dresser

Apartment 6 – 2 adults (both vets) and 1 child, expecting in October

- Full/queen bed frame
- Toddler bed
- Crib
- Miscellaneous baby items (NOT clothes)
- Potty chair
- Living room furniture (couch(es), lamps, end tables, coffee table, etc.)
- 4 dressers
- Dining table and chairs
- Diapers, sizes 6 and newborn, 1 or 2

Apartment 7 – 2 adults (1 vet) and 1 child

- Queen bed and frame
- Toddler bed
- Potty chair
- Diapers, size 5 or 6

Apartment 8 – 1 adult(vet) and 1 child

- Small dining room table and chairs
- Box springs and frame for a full mattress

Some things that ALL of the families can use (some of which are ongoing needs):

- Various cleaning supplies and utensils (toilet bowl cleaner, toilet brush, bleach wipes, etc.)
- Vacuums
- Food and/or grocery gift card
- Gas cards/bus passes
- Kids' books
- Kids' activities (coloring books, crayons, balls, etc.)
- Laundry detergent
- Hygiene products (toilet paper, shampoo, toothpaste, toothbrushes)
- Sheets, blankets, towels

If you can help in some way, would you please contact Isabel and Preston Scheid? Thank you for helping our veterans.



Elena, above, covered her paper with stickers representing the story of Noah's Ark.



Gretchen's work, above, reflected details of the Noah's Ark story, and the previously told story of creation. The green and blue circle in the middle symbolizes all of creation, and with the cotton supporting a star in the heavens—the firmament. The four brown pom poms symbolize the four corners of the earth from which Noah called the animals. The waves splashing and tossing the ark about as it floated for the 40 days of rain, and the many days following waiting for the water to recede. Gretchen included the dove looking for land.



Josie, above, made a critter after hearing the story of Noah and the Ark.

Casey, right, made a companion out of his bandage.



Klara, left, created a Pennsylvania Dutch Star. She shared her knowledge of it being symbolic of God.

The Pious Gourmet

“Apple” Betty

Filling:

8 cups zucchini, peeled, seeded, diced; 2/3 cup lemon juice; 1 cup sugar, 1 Tablespoon cinnamon.

Crust:

4 cups flour; 2 cups sugar; 3 sticks butter; 1/2 teaspoon salt.

Preheat oven to 375.

In the meantime, combine diced zucchini and lemon juice in a large heavy pan over medium heat. Cook for 20 minutes, stirring occasionally. Do not cover the pan or the filling will get too soupy!

While this is cooking, make the crumb/crust mixture by blending the flour, sugar, butter and salt until crumbly. A pastry cutter works well for this, but if you don't have one (and I don't), let the butter get a bit soft, then cut it up in the mixture with a knife, then you can use a fork to blend it.

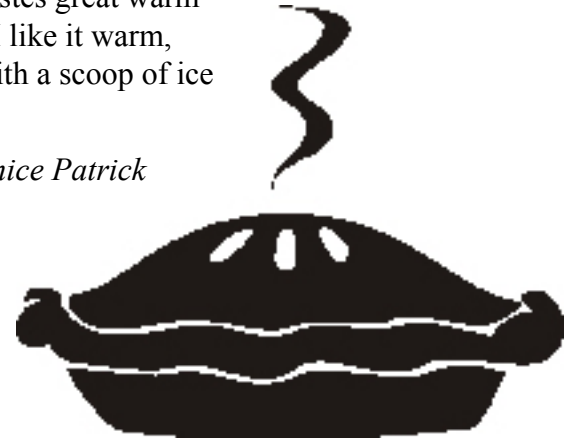
Reserve 1/2 cup of the crust/crumb mixture.

Press half of the remaining mixture into an ungreased 9” by 13” baking dish. Bake for 10 minutes and remove from oven.

After the zucchini has cooked for 20 minutes, add 1 cup sugar and 1 Tablespoon cinnamon. Cook for 1 minute to melt the sugar. Stir in reserved 1/2 cup crumb mixture until the filing has thickened. This should only take about 5 minutes or so. Pour the filing over the crust. Sprinkle remaining crust over the filing. Sprinkle with cinnamon-your choice on how much you want to use.

Bake in 375 degree oven for another 35 minutes. This tastes great warm or cold, but I like it warm, especially with a scoop of ice cream.

Enjoy! Denice Patrick



November Schedule

Nov **All Saints Day** **23 Pentecost** **24 Pentecost** **Last Pentecost** **Thanksgiving** **1 Advent**
November 1 **November 8** **November 15** **November 22** **November 26** **November 29**

Ministry

Altar Guild

Linens - Rosemary Harris	Team A	Team B	Team C	Team C
Team A	Team B	Team C		
Désha Davis	Maria Han	Jill Johnson		
Pam Gaspers	Paige Seaborg	Sue Shepherd		

Hospitality	Team H	Team I	Team A	Team B	Team C
Leader	Kathy Mindt	Carol Rypkema	Betty Romero	Sue & Mike Rizzotti	Melody Oxley

Rite I - 8 a.m. PLEASE TRY TO FIND YOUR OWN SUBSTITUTE

EM	Nancy Smith	Jane Tuttle	Jane Tuttle	Sue Shepherd	Jane Tuttle
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Greeters	Janet & Joe Kowalski	Rosemary & Don Stapleton	Mary Helen Roberts	Louise Stanton-Masten
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Ushers Gwynne Briggs

Rite II - 10 a.m. PLEASE TRY TO FIND YOUR OWN SUBSTITUTE

Lector (OT)	Nancy Smith	Eileen Bernat	Jo Kirshner	Richard Lee	Michael Rader	Katie Lynn Harrison
Psalm	Ray Smith	Gwynne Briggs	Greg Walrath	Sue Shepherd	Gregg Walrath	Carol Lewellen
Lector (NT)	Mary Helen Roberts	Brad Kirshner	Jane Tuttle	Giles Shepherd	Jeff Cheek	Jane Tuttle
EM	Ray Smith	Sharon Rader	Greg Walrath	Sue Shepherd	Sharon Rader	Carol Lewellen
EM	Nancy Smith	Valerie Kelley	Jane Tuttle	Richard Lee	Greg Walrath	Jane Tuttle

Plate	Don Kelso	Martha Walker	Mary Gates	Bob Espeseth	Don Kelso
Counters	Joe Kowalski	Denise Avery	Karen Haslam	Don Kelso	Joe Kowalski

November



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 •Rite I 8 am •Coffee with Christ Adult Forum 9:10 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	2 •Staff Meeting 12:30 pm •Bible Study 6-7pm •Al-Anon 7 pm	3 •Camp Fire Group 7 pm	4 •Men's Potluck/ Discussion 6:30 pm	5 •Choir Practice 7:30 pm •AA 7:30 pm	6	7
8 •Rite I 8 am •Coffee with Christ Adult Forum 9:10 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	9 •Staff Meeting 12:30 pm •Bible Study 6-7pm •Al-Anon 7 pm	10 •Camp Fire Group 7 pm	Vetran's Day 11 •Rite II 12:30 pm •Wednesday Wisdom Group 1:30 pm	12 •Choir Practice 7:30 pm •AA 7:30 pm	13	14
15 •Rite I 8 am •Coffee with Christ Vicar's Forum 9:10 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	16 •Staff Meeting 12:30 pm •Al-Anon 7 pm	17 •Holy Eucharist at Chateau Pacific 1:15 pm •Camp Fire Group 7 pm •Bishop Committee Meeting 7:30 pm	18	19 •Choir Practice 7:30 pm •AA 7:30 pm	20	21 •Spiritual Stitchers 10 am •6pm Potluck Dinner Dance
22 •Rite I 8 am •Godly Play 9:10 am •Coffee with Christ Adult Forum 9:10 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	23 •Staff Meeting 12:30 pm •Bible Study 6-7pm •Al-Anon 7 pm	24 •Camp Fire Group 7 pm	25 •Rite II 12:30 pm	Thanksgiving 26 Thanksgiving Service •Rite II 10 am •AA 7:30 pm	27	28
1st Advent 29 •Rite I 8 am •Godly Play 9:10 am •Coffee with Christ Adult Forum 9:10 am •Rite II 10 am •The Expedition, parish hall, 4:30 pm	30 •Staff Meeting 12:30 pm •Bible Study 6-7pm •Al-Anon 7 pm					



**St. Hilda St. Patrick
Episcopal Church**
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Edmonds, WA 98026
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Bishop's Committee

Eileen Bernat
Jeff Cheek
Sarah Clinton
John Heberling, *Jr. Warden*
Bernie Johnson
Carol Rypkema, *Sr. Warden*
Carol Soldetani
Jane Tuttle
Martha Walker

Convention Delegates

Nancy Smith
Jeff Cheek

Alternates

Brad Kirschner
Mary Helen Roberts

Office Hours

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: Mary Gates, Sue Shepherd

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