



LORICA

April 2008

priest's message

But Out!

How many people use the artifice in conversation or discussion, "Yes, but..." I hear it often. Many times the people who use the expression don't think about what they are saying, or it has become such a habit that they do not recognize when they are using the phrase.

What do have I against the expression you might ask. Plenty! More often than not, the person using these words, or others like them, gives a compliment with one hand then take it away with the other. We use this expression to give a semblance of balanced and considered opinion to our negative pronouncement, which invariably follows it. This sucks.

Compliments can thus be modified and devalued till they are worthless, validation is undermined and no virtue is left unquestioned. Even in a discussion "Yes, but..." is a technique with which to shut the other person up so you can drop your opinion on the now silenced companion. Thus a person using this device can hide behind a semblance of rationality. However, everyone knows he or she was profoundly opposed to the opinions expressed right from the start, and never had any intention of agreeing. This sucks.

How very ungenerous to give a compliment and then modify it till the compliment is worthless and even becomes an invalidation. How dishonest for a person to make believe they can truly approve of the other's opinions when he or she has no intention of letting the opinions expressed modify their own positions in any way. That is not rational behavior, but the demonstration of emotional immaturity.

What's the answer? Matthew 5:37 "Let your word be Yes, Yes, or No, No." Jesus was talking about integrity, and the inner truth was as important or more so than what was apparent on the outside. "Clean the inside of the cup, not just the outside."

Honesty, generosity and magnanimity are not in conflict. By all means disagree, and go ahead and tell the other in what ways you disagree. Be my guest and tell them they are dead wrong, but please don't butter them up first with marginal approval to minimize their ire when they learn how much you disagree with them. Just have good, in depth reasons why you think what you think, and bear in mind, you could be wrong.

Compliments and validations are gifts from the heart when done well. Let's keep them that way instead of devaluing them. There is enough invalidation in the world without our contributing to it. Just mean what you say, and say what you mean, to quote Dr. Seuss.

Why is this so important? Spiritually, if you can see the good, and potential good and point to it, you open the way for grace to happen. If on the other hand you contribute to the sense of futility and negativity, you deny the possibility of grace. Disagree by all means, question definitely, but seek truth. It is rarely found on just one side of any line.

-Fr. Peter D. Snow

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
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Sunday Forums

When you come on Sunday mornings at 9 a.m., you get to enjoy yummy food – fresh fruit, bagels, lox and cream cheese, good coffee and good company. Now you also get to enjoy more opportunities to explore your faith. Following the successful Lenten Sunday Forums, the Faith Formation Committee has put together several more topics for your participation.

April 6, 13 and 20: Everything you wanted to know about the Book of Common Prayer but were too afraid to ask. Ever wonder why that one Eucharist prayer is so long? Did you need a prayer, but couldn't think of the right words? Have you ever heard a reading from the Bible and think "Hey, that's in our Prayer Book?" Come hear what the BCP (Book of Common Prayer) has for our faith life.

May 4 and 11: Preparing for Pentecost. Hands on activities and learning as we prepare our hearts and minds for the great Feast of Pentecost and baptism. This is a creative, all-ages time for learning and celebrating the Holy Spirit of God moving and blowing through our community, stirring us up and bringing us Peace.

May 18 and 25: The Millennium Development Goals and our life as Christians. A tactile and hands-on opportunity to pray for the world and to understand more about how each of us as individuals and as a church can make a difference in changing the world. This will be set up in the Rotunda and is an all-ages opportunity.

June 1, 8 and 15: Staying focused on God: what can I do on a daily basis to keep me from road-rage and remain focused on God? We will look at prayer aids for everyday life, and hear from each other how our faith keeps us sane when the world feels like it is coming unhinged.

A Priest to Lead our Church

With regret and thankful appreciation, we have learned that Peter is retiring as our priest, effective June 30, 2008. The Bishop will appoint a successor but has asked our congregation to first engage in the process of discernment, to thoughtfully define our desires and expectations for a priest who will lead us into the future in a shared ministry. The Bishop has suggested that we first consider Cynthia as a candidate, and that we engage in a mutual discernment process with her to see if we do or do not meet each other's expectations.

The discernment committee (named below), acting on behalf of the Bishop's Committee, will be facilitating small group meetings during the month of April. The goal is to reach each and every member of our congregation and listen to their input. The meetings will be advertised, and will be held at convenient times and places. Please make every effort to attend one such meeting in the next few weeks. Moreover, input in any form is welcome as our church as a whole prayerfully engages in this important process.

Discernment Committee

*Debbie Lindhardt, Jim Allendoerfer,
Pam Gaspers, Nora Cheek, Sam Magill*



Mother Cynthia Writes...

“What’s in a name? A rose by any other name would still smell as sweet.” So said Romeo to Juliet in Shakespeare’s most famous play. The point being that what matters is what something is, not what it is called. (Shakespeare was also making a jibe at the

Rose Theatre because the theatre was a rather odiferous place. But that is another story.)

Names are our verbal identity for something. It is how we come to know what that thing is. Letters come together to form a word and develop meanings that are attached to memory and feelings. This is how we come to know what a thing is. But sometimes a simple word groans under the strain of so much memory and feelings that using the same word in different context can disorient people.

Take the name of our church, for example. St. Hilda St. Patrick. Or is that Saints Hilda and Patrick? Or St. H&P? Or SHSP? Or as one young friend calls us: the Confused Saints church? Usually a church’s name reflects the ministry of the saint for whom a community is named. The name of SHSP is curious to me because St. Hilda and St. Patrick did not even live in the same century, nor even share the same kind of ministry. Patrick worked to convert pagans in Ireland, Hilda founded a co-ed monastery in England. They shared only their Celtic roots, and a passion for bringing people to know the saving passion of Christ. Having these two as our patron saints does make it awkward to know which day to celebrate as our patronal Feast Day. November 17 or March 17 – or because we like a good party, we celebrate both days!

I have to admit, saying our church name is a mouth-full, and I usually have to explain it to people who are unfamiliar with our patch of God’s kingdom. Just like I usually have to explain to people how to pronounce my last name. Phonetically it is pronounced ES-puh-seth – and gets easier to say with practice.

Which brings me to the question I am frequently asked: how am I to be addressed? Mother? Reverend? Pastor? This is an awkward question to answer because the Episcopal church has not settled on way with which to refer to women priests – even after 30 years of women priests. The best way for me to answer is by asking in return, what do you call male priests?

My given Christian name, the name by which I was baptized is Cynthia. I like my name, it is me. Please feel free to address me using my Christian name. However, when you prefer a more formal address, I use the term “Mother” as do many women priests. So you will hear and see me referred to as Mother Cynthia. Or as the kids at Camp Huston have christened me: Mo Cyn (which is just fine to use, too!)

Unfortunately, Mother is one of those words with encrusted memories and feelings. So why do women priests use it? Simply because we call male priests Father. Female and male clergy have equal clerical office and are afforded the same acknowledgement. The work and ministry of a female priest is demeaned when she is with a group of male clergy and hears someone say something like “Hello Father Steve, Father Harry, and Cynthia.”

But why not use the title “reverend” or “pastor” people ask? Because “reverend” is the title of an office. Priests and deacons are entitled “Reverend” as in the Reverend Peter Snow. A bishop is entitled “Right Reverend” as in the Right Reverend Nedi Rivera. Pastor is a term used in the Lutheran denomination – and neither Peter nor I are Lutheran pastors.

So there it is – the answer to what do you call me: Cynthia, Mo Cyn, Mother Cynthia; they all work. As to how we refer to our church name(s) – well that will just remain a mouthful!

***Dancing with Rose* by Lauren Kessle**

“It is what it is”...this is my answer to friends who ask after my father who, for several years, has been in full time Alzheimer’s care. “No, he no longer recognizes me”...but there is an imprint from God of those who love him and I believe somewhere in his heart there must be some remembrance. My father is still physically present, and I have cried tears over the loss of his wit and wisdom and humor. I would not choose this way, but I look for its gifts in relationships, in thanksgiving for shared history, the strength of my mother who once simply said “It is not how I imagined our lives would be.” I pray for his comfort and peace, his caregivers, and the strength of our family. I struggle with visiting, as I do not know how to be with him.

I am a guardian for my father’s shared memories and I hold them sacred; the earliest memory of my father rocking me, his shirt wet from my tears when I had awakened from a bad dream. This is a man with whom I would argue the use of “imply” and “infer” at the dinner table during my high school years, who excelled at debate and now struggles to move about. An avid reader and one who liked to meddle in church finance and business, what is he to do now as he is unable to do most anything but sit? “It is what it is.” We now ease him from one moment to the next, through a passage of time that he is no longer able to measure.

Many years ago in celebration of Father’s Day, I began baking a rhubarb pie; my joke was half for Dad and half for me. In my childhood memories the tart rhubarb brought us each inexplicable heat and redness to our cheeks and our eyes would well with tears, perhaps the result of some genetically shared chemical reaction, possibly an allergy, understood by no one else in our family other than we adored rhubarb beyond measure. He no longer knows me, but, yes, he “might just have another piece” of rhubarb pie.

Beginning with Alzheimer’s research as a writing project, Lauren Kessler decides she must work as an unskilled resident assistant at a memory care facility in order to more fully understand the disease and patient care. She also deals with unresolved issues in relationship with her mother who has recently died from Alzheimer’s disease. As a caregiver struggling to meet their basic needs, Ms. Kessler watches how her residents cope and live in each moment, and the gifts she receives in caring for them and the resulting change in her life. She chronicles this journey along with statistics and figures and history of Alzheimer’s care in her book, *Dancing With Rose*. I have recommended this book to many who later tell me that it has changed their view of the disease and care in a profound way.

-Paige Seaborg.

What Makes a Good Spiritual Director?

Finding a good spiritual director can be easier said than done. For one thing, priests are often too busy to be available on a regular basis. But even if you’re fortunate enough to have a good one, Wendy J. Miller’s book *Jesus, Our Spiritual Director: A pilgrimage through the Gospels* may interest you.

Mother Guardian Dorothy-Anne Kiest of the Little Sisters of St. Clare (LSSC) has selected this book for her order’s annual retreat day. The LSSC is an Episcopalian group of Franciscan women whose ministry centers on prayer.

“The book especially supports those active in ministry in the Church,” says Sr. Dorothy-

Anne. “Its organization works for either personal or group study, or both. The book starts with some contemporary context about how Jesus nurtures us and how we in turn offer soul care to others.”

Each chapter has pertinent reflections and offers guided exercises that can assist you in experiencing companionship with Jesus through His teaching and spiritual guidance to His disciples.

“I’m strongly encouraging the women of St. Hilda St. Patrick to organize a small study group,” says Sr. Dorothy-Anne. If you’re interested in a group study, contact Debbie Lindhardt.

Thinking ahead...

Envision a healthy Sunday School program at St Hilda St. Patrick. What does it look like?

- What are the kids doing? What are the adults doing?
- Is it an educational or an interactive setting?
- What is the kid/adult ratio?
- Are they in a room? Outdoors?
- What are the ages of the kids?

Now picture an indoor setting for the program. What does it look like?

- Are the kids separated by age? Mixed? What's the age range?
- What does the space around them look like? How does this space feel to you?
- What key things do you notice about the space that makes it work?
- What would make the space feel better or work better for the program?

Does this exercise bring to mind anything you would like to share? As we look forward to potentially changing the Sunday School wing to support an early childhood education program during the week, we want to consider the needs of the Sunday School program as well. Please contact Jane Tuttle with your thoughts.

Schedules for April 2008

| | 2nd Easter April 6 | 3rd Easter April 13 | 4th Easter April 20 | 5th Easter April 27 |
|--------------------------|--|--|---|---|
| Altar Guild | | | | |
| 8:00 | Rosemary Harris | Rosemary Harris | Rosemary Harris | Rosemary Harris |
| 10:00 | Team B Maria Han Paige Seaborg | Team B | Team C Debbie Lindhardt Nancy Smith Jill Johnson | Team C |
| Rite I - 8 a.m. | | | | |
| EM | Nancy Smith | Mary Gates | Carol Lewellen | TBD |
| Hospitality Team | Bernie Johnson <i>Light Breakfast</i> | Carol Lewellen <i>Light Breakfast</i> | Jane Tuttle <i>Full Breakfast</i> | Eileen Bernat <i>Light Breakfast</i> |
| Greeters | Nora & Jeff Cheek | Janet & Joe Kowalski | Debbie & Lars Lindhardt | TBD |
| Ushers | Marie Han Richard Lee | Gwynne Briggs Don Kelso | Pat & Jim Allendoerfer | TBD |
| Rite II - 10 a.m. | | | | |
| Psalm | Marcos Valle | Bryn Kelley | TBD | TBD |
| Reader | Charlotte Pratt | Chris Kelley | Amy Adams Squire | TBD |
| EM 1 | Nancy Smith | Richard Lee | Mary Magill | Sue Shepherd |
| EM 2 | Ray Smith | Valerie Kelley | Sam Magill | Jane Tuttle |

If you are not available, please find your own replacement.



April Birthdays

- 1 Tod Brown
Klara Gaspers
Ray Smith
- 2 April Cooper
- 5 Emilio Aguayo
Amanda Ly
- 9 Eileen Bernat
Dolores Dean
Dorothy Harwood
Jane Tuttle
- 15 Sally Kimble
- 19 Emily Seaborg
- 20 Ben Lindhardt
Pat Payne
- 22 Jessica Callahan
- 23 Margaret Alexander
- 25 Rosemary Harris
- 27 Richard Burgess
Anna Mindt
Bill Pratt

Communicators Conference

The Episcopal Communicators conference will be held April 9 – 12 at the Hotel Deca in the University District of Seattle. Keynote speaker is Diana Butler Bass, professor at the Virginia Theological Seminary and author of “The Practicing Congregation: Imagining a New Old Church.” David Domke, professor at the University of Washington and head of their journalism department and the Rev. Matthew Moretz, curate of Christ Church, New York, who has postings on www.youtube.com/user/FatherMatthew, are the plenary speakers. Bishop Greg Rickel is the opening banquet speaker and is a nationally-recognized speaker on stewardship. Registration begins at 5 – 7 p.m. on Tues., April 8, and also at 8:30 a.m. – noon on Wednesday, April 9.

A special commuter’s rate is available at \$50/day, which does not include any meals. Up to 10 people per day may be accommodated at the commuter’s rate. For more information, contact the Rev. Peter Strimer, rector at St. Andrew’s, Seattle, and former missionary for the communications office for the diocese at pstrimer@comcast.net.

People will be asked to bring checks made out to “Episcopal Communicators” for their first day of attendance.

For more information about the conference, visit www.episcopalcommunicators.org.

Happy Cats!

Last month, Purrfect Pals in Arlington received 15 beautifully knit and crocheted cat blankets, all lovingly stitched by the Spiritual Stitchers and blessed by Cynthia.

Several shelter volunteers were moved to tears by this gift of love and support for the work that they do. And as a result, 15 more cats have something to purr about.

Thank you Spiritual Stitchers.

Désa Davis

Playtime!

Lily, Connor, and Jackson enjoy playing in the Parish Hall on Tuesday mornings. Deb Walrath provides materials and equipment to support their play. We invite you to join us, any Tuesday morning from 10-11:30 am.



Race for the Cure

The Race for the Cure will be Saturday, June 21st in Seattle.



Once again, St. Hilda St. Patrick will be organizing a team of walkers to raise money for research and mammograms for uninsured women and awareness of breast cancer. 75% of the money raised

stays in western Washington.

This will be our 10th year of participating in this event. If you would like to join us, please go to the website and register: www.pugetsoundraceforthecure.org.

Our team name is St. Hilda St. Patrick's Episcopal Church. We are doing the 5K non-competitive, co-ed walk. (5K is a little more than 3 miles)

If you are unable to walk with us, you may make an on-line donation to any of our team members. So far, we have: Holly and Sandy Ripley, Martha Walker and Sue Rizzotti. Please feel free to speak with any of us if you have any questions. Thank you!

Camp Huston is accepting registrations!!

Our online registration system is still under construction, but we do have registration forms available online at www.huston.org or by request at the Camp Huston office. Please feel free to call or email Chelsea at 360-793-0441 or chelsea@huston.org if you have questions or would like to request a hard copy of the registration form. We are looking forward to seeing faces new and old this summer!

Members in the World

St. Hilda St. Patrick's very own Dolores Dean is active with the Seattle Symphony Volunteers. She and co-chair, Pat Danz, hosted the 2007 Holiday Musical Salute last December which raised more than \$73,000. Way to go, Dolores!

Topsoil Has Arrived!!!

15 yards of topsoil was delivered to our landscaping "work" site between the Labyrinth and the new shed/playground. Don Stapleton was out moving and leveling some of the soil before leaving on vacation. Landscaping could sure use some volunteer labor to spread this mountain of topsoil over the existing base.

If the weather becomes cooperative - and if you have some spare time - would you consider spending a couple of hours working on this project? It would be nice to have a big chunk of it completed before Don returns.

If you have questions or concerns, please give me a call. Mary Gates, Debbie Lindhardt, Ray Smith and I have the shed lock combination if you'd like to use some of the tools, or wheelbarrows housed there.

Thanx all so much, Melody Oxley

Annual Plant & Garden Art Sale

May 10th, 2008

9 a.m. - 2 p.m.

Please mark your calendars for this annual event sponsored by the Landscaping Committee.

This will be our only major fund raiser for 2008 - so please help us make it a great success.

The 2007 proceeds purchased and installed the fence sections south of the Labyrinth. The proceeds this year will again be used for a major landscaping endeavor.

Not only can we use your support on May 10th (volunteers and shoppers!) we are also asking you to divide and conquer those perennials, annuals, donate pots, garden art, bird houses/feeders, furniture, herbal soaps, lavender - anything of a particularly plant/shrub nature that can be donated toward this worthy cause.

Members of the Landscaping Committee will be available to pick up your donations if you are unable to transport them to the Church. Please feel free to call me with questions or comments..

Thank you all for you continued support of this fun event.

Yours in Christ, Melody

Summer Music / Art Camp

The second annual summer camp will be July 14-18. Mark you calendars and stay tuned - more information to come!

April 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|-----|--|
| | | 1 | 2 | 3 | 4 | 5 |
| | | <ul style="list-style-type: none"> • Playtime! 10-11:30 am, parish hall • Morning Prayer at Chateau Pacific 1:30 pm • Scouts 7 pm | <ul style="list-style-type: none"> • <i>LDTOGICCC*</i>, Sanctuary, 6 pm • Camp Fire Group 6:30 pm | <ul style="list-style-type: none"> • Music Lessons 4 pm • Choir Practice 7:30 pm • AA 7:30 pm | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| <ul style="list-style-type: none"> • Rite I 8 am • Breakfast & Education 9 am • Rite II 10 am • <i>LDTOGICCC*</i> 1 pm • <i>The Expedition</i>, parish hall, 6 pm | <ul style="list-style-type: none"> • Ministry Meeting 1:30 pm • Music Lessons 11:00 am • Al-Anon 7 pm | <ul style="list-style-type: none"> • Playtime! 10-11:30 am, parish hall • Scouts 7 pm | <ul style="list-style-type: none"> • <i>LDTOGICCC*</i>, Sanctuary, 6 pm • Camp Fire Group 6:30 pm | <ul style="list-style-type: none"> • Music Lessons 4 pm • Choir Practice 7:30 pm • AA 7:30 pm | | <ul style="list-style-type: none"> • Men's Group, Marcos Restaurant, 8 am |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| <ul style="list-style-type: none"> • Rite I 8 am • Breakfast & Education 9 am • Rite II 10 am • Youth Eucharist 5 pm | <ul style="list-style-type: none"> • Ministry Meeting 1:30 pm • Music Lessons 11:00 am • Al-Anon 7 pm | <ul style="list-style-type: none"> • Playtime! 10-11:30 am, parish hall • Holy Eucharist at Chateau Pacific 1:30 pm • Scouts 7 pm | <ul style="list-style-type: none"> • <i>LDTOGICCC*</i>, Sanctuary, 6 pm • Camp Fire Group 6:30 pm | <ul style="list-style-type: none"> • Music Lessons 4 pm • Choir Practice 7:30 pm • AA 7:30 pm | | <ul style="list-style-type: none"> • Spiritual Stitches 10 am |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| <ul style="list-style-type: none"> • Rite I 8 am • Breakfast & Education 9 am • Rite II 10 am • BC Meeting • <i>LDTOGICCC*</i> 1 pm • <i>The Expedition</i>, parish hall, 6 pm | <ul style="list-style-type: none"> • Ministry Meeting 1:30 pm • Music Lessons 11:00 am • Al-Anon 7 pm | <ul style="list-style-type: none"> • Playtime! 10-11:30 am, parish hall • Scouts 7 pm | <ul style="list-style-type: none"> • <i>LDTOGICCC*</i>, Sanctuary, 6 pm • Camp Fire Group 6:30 pm | <ul style="list-style-type: none"> • Music Lessons 4 pm • Choir Practice 7:30 pm • AA 7:30 pm | | <ul style="list-style-type: none"> • Men's Group, Marcos Restaurant, 8 am |
| 27 | 28 | 29 | 30 | | | |
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Office Hours

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Mother Cynthia Espeseth is available Sunday, Monday, Wednesday and Thursday. If you would like to schedule an appointment with her, you may reach her through the church, or via her cell phone at 425-894-0552, or email at rev.cynthia@verizon.net.

Lorica

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