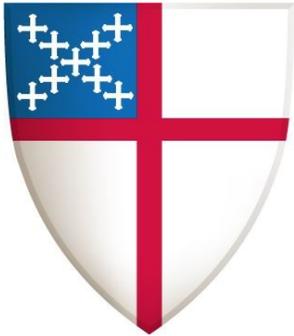


June 2015



*At St Stephen's Episcopal Church, we believe Christ is calling us to be a renewed church in a changing world.*

*Empowered by the Spirit of God, we respond to Jesus' call as we deepen our bond with Christ through worship, become a community where all are accepted, and work together as laity and clergy to do God's work in the world.*

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# New Beginnings...

## Words of Hope and Note

### Priest's Passage

Dear Ones,

Thresholds...a familiar and lived concept. Thresholds, that strip of wood or metal at the bottom of our doorways, are literally a place over which we pass when all changes. A threshold, says *Merriam Webster*, is the place where something new begins or changes. A groom carries his wife over the threshold representing the changes from the life of two single individuals to the life of two individuals united and committed to one another in marriage.

Last week at Godly Play training, we talked about our Godly Play room, where the children enter by invitation of the door keeper. When they enter the classroom, they enter a new place by passing over the threshold – a new place even though they've been there before. By way of passing over the threshold, they leave their worldly concerns outside and enter the wonder and exploration of Godly Play.

Thresholds, if we were able to linger there, would be in-between time. We call that in-between time liminal (from the Greek *limens* literally meaning threshold) time. Since we so recently experienced it, I am thinking about the liminal time the disciples experienced between the Ascension of Jesus and the subsequent coming of the Holy Spirit on Pentecost – about a ten-day period. What about the time they experienced waiting and wondering? The Advocate was coming, they knew, but they didn't know when or exactly what that would be. It is hard to wait when you are not sure of what exactly you are waiting for.

We all experience liminal time in some way. The transition between one school year and another is summer break, an in-between time, often eagerly awaited by our children, but then often hard for them to endure. ("I'm bored...") Or there is the liminal time between one job and another, one home and another, one relationship and another.

Liminal time is often hard to deal with – we are not all together comfortable in it. In-between times means that we are not with what has been the comfortable norm and we are not yet with what will be. Perhaps we are not even sure of what will be. We have to be in that threshold time in an attitude of listening, discerning, waiting, and trusting.



## *Priest's Passage (continued)*

Richard Rohr says that this time is “a unique spiritual position where human beings hate to be but where the biblical God is always leading them. It is when you have left the tried and true, but have not yet been able to replace it with anything else. It is when you are finally out of the way. It is when you are between your old comfort zone and any possible new answer. If you are not trained in how to hold anxiety, how to live with ambiguity, how to entrust and wait, you will run...anything to flee this terrible cloud of unknowing.”

These too human, yet disorienting times are inevitably at every stage in our lives. What if we chose to cherish and live with them, feeling God's presence, and growing in discernment? What if we suddenly were aware that all time is liminal – that we are passing between events at every moment of our lives, and that change is the only constant? Our thresholds would take on a very different look – and there would be a chance of on-going transformations.

May your threshold time be a time of blessings and transformation.

Faithfully,

Rilla+

### **A Prayer for Transition**

Ever-present God,  
You call us on a journey to a place we do not know.  
We are not where we started.  
We have not reached our destination.  
We are not sure where we are or who we are.  
This is not a comfortable place.  
Be among us, we pray.  
Calm our fears, save us from discouragement,  
And help us to stay on course.  
Open our hearts to your guidance so that our journey to this  
Unknown place continues as a journey of trust.

**Amen.**

The Reverend Canon Kristi Philip in *Women's Uncommon Prayers: Our Lives Revealed Nurtured Celebrated*, Elizabeth Geitz, Ed.,  
(Morehouse Publishing: Harrisburg, Pennsylvania, 2000)55.

## Deacon's Corner

Dietary supplements are a growth industry with more and more being brought to market and then being heavily marketed. What do we know about these supplements and should be just start taking the latest and the greatest pill to improve any and all facets of our lives.

While two thirds of Americans take at least one dietary supplement, usually a multivitamin/mineral pill, most of us do not need them. Grandma gave the secret: Eat a balanced diet and get plenty of exercise and rest. No fun and not very easy for many of us. Another rule is to shop the outside walls of the local grocery store and stay away from the processed stuff in the middle.

Supplements are not well regulated and most have not been thoroughly tested with well-defined clinical trials. I am currently part of the VITAL trial studying the efficacy of vitamin D and fish oil. Just because supplements are sold without prescription, and come without warnings on their labels, they, like all drugs, are chemicals perhaps from "natural" sources and perhaps not. The State of New York recently charged four major retailers for selling fraudulent and potentially dangerous herbal supplements. What is listed on the bottle may not be inside the bottle.

Supplements are not a substitute for a good diet nor can they cancel out poor life style choices. If you want to add a supplement to your diet, or a health care provider recommends one, do your homework. Check on the companies that are supplying the supplement, [ConsumerLab.com](http://ConsumerLab.com) and USP (U.S. Pharmacopeia) are two private watchdogs, the FDA has limited authority and resources to monitor compliance. If you are taking supplements, keep your care providers informed as they can react with medications and make surgery, pregnancy and nursing less safe. Better to talk with your provider before starting a supplement. Be wary of anecdotal evidence and celebrity endorsements and no, not everything found on the internet is true. If it sounds like the greatest thing since sliced bread, be very careful.

Let's talk.

Deacon Dennis Taylor, R.N.

## Vestry Notes

At St. Stephen's, as well as most churches, the treasurer or bookkeeper keeps a confidential written record of monetary giving received as pledges, tithes and other gifts. At the end of the year giving statements are sent out as a receipt of your gifts to the church. If you take deductions for charitable donations on your income tax return, you will need that receipt. Money and tithing are sometimes difficult subjects to talk about yet the church, any church, has to be run like a business with income, expenses, budgets and accountability. Thankfully the Episcopal Church has very clear guidelines for us to follow.

Deacon's  
Corner 



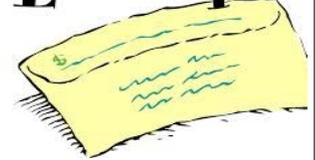
## Vestry Notes(Continued)

At a recent Vestry meeting we discussed the amount of cash received in the offering plate and possible relationship to the number of younger parishioners we have been seeing on Sundays. That led to a discussion that in today's world check writing is being replaced by debit cards and cash. While you'll never see a debit card scanner at the end of the pew (thank goodness!), you will see envelopes in the pews for your convenience as a way to give a cash offering and have it accounted for on a giving statement. I will be using up some old tithing envelopes with labels on them to start with. There is space for name, address, phone and e-mail but if we already your information (collected when we published the directory) then all you need to do is put your name on it. These envelopes help me keep track of giving and you get a benefit on your income tax filing.

As always, if you have any questions concerning St. Stephen's finances, giving or tithing feel free to call or e-mail me at 675-8423 home/929-0281 cell, or [michelechapman49@gmail.com](mailto:michelechapman49@gmail.com).

Michele Chapman, Treasurer

## Offering Envelopes



## Birthdays, Anniversaries & Goodbyes

### JUNE BIRTHDAYS:

Jun 7: William Seth A.  
Jun 13: Bob R.  
Jun 17: Caroline M.  
Jun 19: Patrick T.  
Jun 23: Charlie F.  
Jun 23: Richard P.  
Jun 27: Jim W.  
Jun 30: Susan H.

### JUNE ANNIVERSARIES

Jun 3: Bill & Amy  
Jun 8: Michael & Rilla  
Jun 12: Jim & Alice  
Jun 29: Jim & Barbara W.

### GOOD BYE....FOR NOW!

*Wishing the Howes family safe travels as they embark on a new adventure in Spain for three years!. Bill, Liz, Connelly, Samantha, Morgan and Emmah, best wishes to you as you begin an exciting new chapter! We will miss you !*



Upcoming EventsCHURCH YARD CLEAN-UP  
FUTURE WORK DATES*Next: June 6;**Then: July 11 & August 1**9:00 AM - 3:00 PM\*\**

Bring your tools, gloves, rakes, hoes, brooms, trash bags, and spend a morning making our outdoor spaces welcoming.

PLEASE MARK YOUR CALENDARS

And...good food and good fellowship are part of these work parties!!

**\*\* Any amount of time you can offer is welcome and will be appreciated!\*\***

United Way Day of Caring

The Day of Caring will take place on Saturday, June 20<sup>th</sup> from 8:00 AM to 12:00 noon.

This event "is a day set aside to mobilize community members to volunteerism right here in Island County. Ideas for projects may include painting, washing windows, weeding, doing a food drive, organizing books at the library, assembling a playground, cleaning City Beach, and much more! This is a great opportunity to lend a helping hand and heart of service while learning more about the community."

We at St. Stephen's have put together a team for the last couple of years, and it was a fun event. It is a way to give back to the community without a big time commitment. I need to send in the sign up by the end of this week, so if you are at all interested, please email me at [susangerho@gmail.com](mailto:susangerho@gmail.com) or give me a call at 360-682-6091.

Thank you.  
Susan Ho



**WORK DAY**  
**at the**  
**CHURCH**



**United Way**

**CHANGE**  
STARTS HERE.  
CAN WE COUNT YOU IN?

## *Parish Happenings*



May 24 and May 31 were designated as dates to support the project to support Bishop Rickel's message to the Diocese to help our community place the window and font in our sanctuary.

If you are interested, you may go to the diocesan site identified in the bishop's video and make a direct donation to the St. Stephen's window and font fund there.

As Rev. Rilla and our senior warden, Rick, said in their letter to us:

*"Giving always comes from a place of thanksgiving, and we have so much for which we give thanks."*

Larry Marcell, our window designer, has previously made our Stations of the Cross, our processional cross, our chalice and the paten. He has conferred with the designer (blower) of the font bowl about color so that the font and window will complement each other.

To watch the bishop's video, please use link below:

<https://www.youtube.com/watch?v=bKE13aWE98g&feature=youtu.be>

To access the Diocesan Website directly, please go to:

<http://www.ecww.org>

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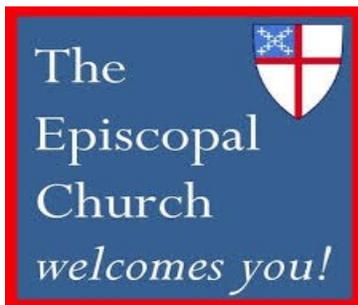
Website: [www.ststephensof oakharbor.org](http://www.ststephensof oakharbor.org)

*Calendar of Upcoming Events*

- ◆ Saturday, June 6: 9:00 - 3:00pm Church clean-up day
- ◆ Saturday, June 20: 8:00–12:00 noon United Way Day of Caring

*Continuing Events*

- ◆ Tuesdays & Thursdays: 10:00 am Morning Prayer
- ◆ Sundays: 10:30 am Holy Eucharist & Sunday School for children



Wherever you are in your life with God -- whether a hesitant searcher or a regular churchgoer -- we invite you to worship with us and to think of St. Stephen's as your spiritual home.



We meet in the Main Sanctuary for Eucharist at 10:30 AM each Sunday, followed by fellowship in Miller Hall. Our office is in the building with All Saints Chapel.