

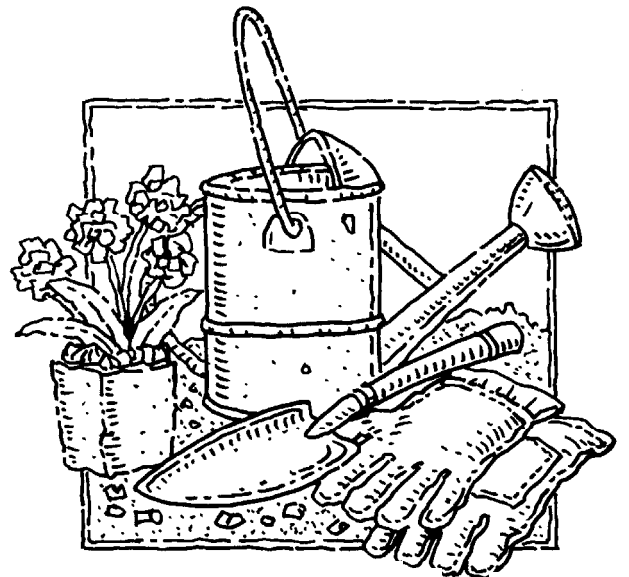
# St. Augustine's in-the-Woods

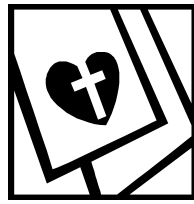
The Episcopal Church serving Whidbey Island  
A Greening Community



## *the* *Light*

APRIL 2011





# FROM THE RECTOR

In just a few, short, weeks we will arrive at the most important liturgical event in Christianity, a ‘rolling’ remembrance from Palm/Passion Sunday to the Day of Resurrection.

There are, as you know, three, great celebrations in the Christian “year” (which is really only 6 months), two of which have periods of preparation before them, and periods of reflection back on them:

The Birth of Jesus (AKA “The Nativity”, or “Christmas”) with Advent before, and Epiphany after;

The Resurrection of Jesus (AKA “Easter”, or “Pascha”), with Lent before and “the Sundays of Easter” following; and,

The Gift of the Spirit (AKA “Pentecost”) – the only Great Celebration with obvious no preparation or reflection (odd, don’t you think?)

It’s ironic that while everything in our faith hinges on the Resurrection of Jesus, the most attention is paid by most folk to his birth, with Easter a distant (though respectable) second, and Pentecost almost a non-event.

“Most folk” doesn’t mean most Episcopalians! Or, for that matter, most Christians – it means those people who are, at best, occasional attendees at worship, and who understand Christian faith to be primarily or even exclusively a moral practice and/or who find themselves drawn to a powerful story about the birth of a child in very challenging circumstances. “The Easter Story” is more challenging to our understanding of religion, since it involves all those things we think shouldn’t be there: disagreement, dispute, argument, betrayal, violence and murder – before, of course, it ever gets to an empty tomb and new life. And the story of Pentecost seems to have, in the literal sense, even less connection with daily life.

Moral practice is certainly an important component in Christian faith – as it is for pretty much every faith tradition and certainly for our Jewish, Muslim, and Buddhist sisters and brothers.

And connectedness to a human story of vulnerability that evokes compassion is laudable. And a desire to avoid a story of ambiguity, betrayal and death, or that we might feel unconnected with a story of sud-

den language gifts and flames from peoples’ heads is certainly understandable.

This is not Christian faith, however, even if it makes up a part of that faith. We are Christian only when we come together, regularly and with intention, as a community of people who worship God; and who – on the basis of that relationship with God and with each other – then move out into the world to live moral lives involving service to others, coming back regularly to our worshiping community for worship and community.

The “coming together as a community in worship” bit is central.

And Palm/Passion Sunday – Resurrection Day is central. If this sounds like a plug for putting the experience of community-in-worship at the center of our lives, and of putting Holy Week at the center of the center, then you understand what I’m saying! How do we do this?

Come. There’s no other way but to come.

And the next question is this: come to what? Every service? Only the Sundays? Perhaps a very brief overview would help:

**Palm/Passion Sunday:** this day recalls both Jesus’ triumphal entry into Jerusalem (the actual beginning of Holy Week) and also remembers – often with a “dramatic reading” – the whole story of Jesus’ passion from his arrest to his crucifixion.

**Monday & Tuesday in Holy Week:** Mark’s gospel records all seven days, which are recalled during the services on each day. Services on these two days are identical: Morning Prayer at 9am, and Solemn Evensong with Incense at 5:30 p.m.

**Wednesday in Holy Week:** The morning sees a Eucharist at 10:00 a.m. and in the evening, the service of Tenebrae (“Lights”) at 7:00 p.m.

**Thursday in Holy Week, Maundy Thursday:** Morning Prayer at 9:00 a.m. begins the day. In the evening, with the Maundy Thursday Eucharist, we begin a service that does not end until we have celebrated the Day of Resurrection three days later – hence the name, the **Triduum**, meaning The Great Three Days. The evening service on Maundy Thursday is suspended not ended. We leave in silence to return the following evening.

**Friday in Holy Week, Good Friday:** Morning Prayer at 9:00 a.m. begins this day also. In the evening, at 7:00 p.m., the Triduum picks up again with the Good Friday Liturgy and is, again, suspended.

**Holy Saturday: The Great Vigil of Easter:** along with the celebrations later in the “day” (the day for Christians begins at sunset the evening before) the Vigil marks with the proclamation of the resurrection, the culmination of the Triduum.

**The Day of Resurrection: Easter Day:** Two great choral services of celebration mark this day at 8:00 a.m and 10:30 a.m.

The center of the center is the Triduum – Maundy Thursday/Good Friday/Day of Resurrection. They cannot be separated, and a mature liturgical faith is possible only when all three are celebrated as one.

Do come!  
Nigel

## *Animal Shelter Needs you Furniture*

Waif urgently needs any unwanted furniture that you might have that is in good condition to sell in their Freeland Thrift Store. Please give them a call if you have something to donate.

Also the Waif shelter in Coupeville always needs old blankets or towels for their dogs to sleep on. You can either leave them at the thrift store or the shelter.

You may also bring blanket and towel donations on Sundays and the St. Augustine’s Pet Ministry will deliver them.

Thank you for your generosity.

## *April Mission Sunday offering*

### HELPING HAND

The April MSO offering spotlights an organization founded by St. Augustine parishioners and which still finds St. Augustine’s heavily involved in its activities. Helping Hand of South Whidbey is a Christian organization. From South Whidbey churches come the volunteer caseworkers who do the intake, assess the need and make decisions as to providing necessary assistance. Basically, Helping Hand operates as an ecumenical discretionary fund providing monetary assistance to individuals and families facing a financial crisis. This usually involves rent or energy assistance. This assistance is designed to solve an immediate crisis and is not ongoing assistance.

Through Helping Hand many South Whidbey residents have been able to avoid eviction from their residences or a disconnect of their electric power. Helping Hand cooperates with other social service agencies often providing referrals. In the process of assessing the needs of recipients the Helping Hand caseworkers often provide a sympathetic ear to their concerns and may offer advice or prayers. In the year 2010 Helping Hand case workers provided financial assistance impacting 350 adults and 222 children. The staff also made 294 referrals. A total of \$48,297.38 in financial aid was distributed to those in need. The need for assistance in a time of economic difficulty continues to increase. A breakdown of the distribution of assistance is as follows: Rent, and mortgage assistance - \$15,020.25, Puget Sound Energy - \$19,227.27, Propane/heating oil - \$4,617.48, Water - \$2,790.26, Telephone - \$2,997.36, Campground fees for homeless - \$547.73. All other financial assistance - \$3,097.33 In 2010 Helping Hand received \$66,775.52 in donations from churches, individuals, community clubs and charitable trusts. Helping Hand expenses which include the salary for a part time executive director, rent, telephone, office supplies and copier repair remain low at \$7,760.

St. Augustine’s has been most generous to Helping Hand through both individual parishioner donations and corporately as a parish. The parish donations have come from MSO, ECW, and the EPF sponsored “Blessed be the Peacemakers,” Martin Luther King community celebration. The combination of donations from St. Augustine’s and affiliated organizations and the Diocesan Episcopal Charities Appeal represent the largest source of financial gifts to Helping Hand. In addition to donations St. Augustine’s has also been a source of talent for Helping Hand. Bev Babson, Dick Hall and John Watson are staff caseworkers. In addition to financial donations Helping Hand encourages those with an interest in social work to join the staff as a caseworker or serve on the Board of Directors. Contact Dick Hall, Bev Babson or John Watson if interested in volunteering your services.

*From the Senior Warden*  
*Submitted by Harry Anderson*

It's been a very busy time in the few months since I became Senior Warden in January, but it's been a gratifying time as well. It's been particularly exciting to watch our beautiful new building emerge "in the woods." Isn't it amazing? I'm sure you are as anxious as I am to celebrate the completion in June and start "living there."

One of the most rewarding events in which I've participated as Senior Warden was a Vestry Day program on March 19 with Bishop Greg Rickel at St. Paul's Episcopal Church in Mount Vernon. Several of us from the St. Augustine's Vestry joined vestry members from across the Diocese to meet each other, share information and talk with the Bishop. We are very blessed to have such an intelligent, charismatic, plain-spoken Bishop who is a deep thinker about the future of the Episcopal Church.

I want to share with you a few of things he talked about that day. I hope you find them as thought-provoking as I did. Following are paraphrases of his remarks:

How do we address the common problem all Episcopal churches face in attracting more young people?

We have to change, not "them." Another "program" won't fix it. The Episcopal Church is built on "a 1950s model" that is comfortable for us, but outdated. The world has moved on and so must we. Our priority should be to make the world see that we are changing.

We have "dumbed-down" our expectations for what we think amounts to change in our church. Because of that a lot of young people see what we're doing as inauthentic or unrelated to their lives. In other words, they "smell it."

We must demonstrate authenticity with regard to our missional existence. How do we answer these questions: How have our lives changed by going to church? What difference does it make? Those are questions our young people are asking.

We have to be willing to let go of some things if we really want to change and attract new people. We have to stop acting like "scared people" who talk about scarcity and not abundance. Why are we afraid to talk about money? Why do we avoid conflict at all costs and allow issues to fester into crises? What is so frightening about transparency – free and open dialogue about the issues in our world?

So, dear friends, those are challenging words from our Bishop. What are we willing to change?

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I also want to let you know about the Vestry's decisions regarding the upcoming sabbatical by our rector. As you know, Nigel will be away from us from mid-June until mid-September. Our Letter of Mutual Ministry Agreement with Nigel (a standard "contract" between a rector and a parish) provides that he take one sabbatical leave of not more than four months every five years. Nigel took his first sabbatical as our rector in 2006, when he explored our Christian roots in the Middle East and northern Mediterranean lands and returned to us with a wealth of knowledge and experience to share.

A sabbatical is meant to be a time of refreshment for the clergy, a respite from the day-to-day operation of the parish, and a chance to "catch his breath," pray study and think. It is *not* a vacation, nor is it considered "work." Given how much has been happening at St. Augustine's over the past few years (think about our capital campaign, construction project and all the other things going on), I truly believe Nigel deserves and needs this break. He has decided to take only three months, not four, because he knows how much is going on at St. Augustine's these days.

A sabbatical is also a time for a congregation to take a breather, seek refreshment, and relax. We are planning events during the 3 months with this in mind.

While he is away, Nigel will focus on Celtic spirituality and practice – our heritage as Episcopal Christians. He and Rachel will journey to Celtic places of standing stones and circles, of burial sites and liturgical houses in Ireland, Scotland and Wales; they will worship and pray with the Iona Community. We will be “virtually” joining him on this journey, as he plans to blog and post photos on our new web site. Time and finances permitting, on his return to this country Nigel intends to make a retreat at St. Gregory’s Abbey in Three Rivers, Mich. And he also plans to spend time working on his dissertation in leadership. We expect him to return to us refreshed and brimming with ideas and new energy.

Our Diocese has provided us with a \$5,000 grant, which is intended to pay about one-third of the expenses of Nigel’s sabbatical. The Diocese requires that another one-third come from the rector’s own funds and the final one-third from the parish. The Vestry has recommended to Nigel, and he has agreed, that \$5,000 be used from our Wright Fund to pay for the parish’s share, and that another \$3,000 from the Wright Fund be used to pay for pastoral care at St. Augustine’s while he is away. (The Wright Fund is an unrestricted bequest from a former parishioner that the rector is responsible for disbursing, at his discretion, in the best interests of the parish.) The Vestry believes this is a wise use of these discretionary funds.

Godspeed, Nigel. And come back to us brimming with Celtic spirituality!

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## *Adult Forums* *by Ted Brookes*

### **April**

Hopefully, this April will bring us an abundance of sunshine, warmer temperatures, and blooming flora, thereby displacing the traditional showers. For certain, we will reverently be experiencing the final half of Lent and moving quickly toward Holy Week. From a forum schedule perspective, we will continue our lecture series on "Jesus and the Gospels" for the first two Sundays of the month. On the last two we will forgo any forums in recognition and celebration of Palm Sunday and Easter.

Specific forum dates, subject matter, and presenters are provided below:

**3 April - The Context-Jesus in the Memory of the Church.** The Gospels are compositions that arose from the communal memory of the earliest Christian movement. This presentation sketches the first stages of that movement and the social settings in which Jesus is remembered. In the common life of the first urban Christians, e.g. their activities of preaching, worship, and teaching - Jesus is remembered. He is not simply a beloved figure of the past, but one who continues to be present in the lives of those who remember him. Ted Brookes presents.

**10 April - Earliest Stages-Paul and the Oral tradition.** Over the period of some 40 years, the memory of Jesus was selected and shaped by the continuing experience of the believers in the communities of Christ. In this presentation, we will consider the basic patterns of memory found in the oral tradition, according to the discipline called *form criticism*. We will note the forms of Jesus' sayings and deeds. We will also consider the various ways in which the memories of Jesus reached writing in the letters of Paul, in the passion accounts, and in the collection of Jesus' sayings. Ted Brookes presents.

**17 April PALM SUNDAY** No adult Forum

**24 April EASTER SUNDAY** No adult Forum



## *Earth Day at Bayview Hall and Cash Store APRIL 16, 12:00-4:00*

South Whidbey celebrates its fifth annual Earth Day Festival on Saturday, April 16, at the Bayview Cash Store and in the Bayview Hall. The faith community, represented by St. Augustine's Episcopal, Langley United Methodist, St. Hubert's Catholic and the Unitarian Universalist congregations, will again have displays of the wonderful variety of ways in which we care for God's creation. Artists, educators, activists, farmers, health care professionals, and musicians all join together on this day to donate their talents and time.

The keynote speaker will be Patricia Powell, Executive Director of the Whidbey Camano Land Trust. The Trust was hugely successful last year in completing the purchase of the 654 acre Trillium property., now appropriately named the Trillium Community Forest.

Also planned: ReSkilling and ReTooling Workshops for the 21st century. The workshops will cover traditional skills such as canning, self-subsistence gardens, repurposing old items and other topics.

The event is organized by Goosefoot, the South Whidbey Environmental Navigation Community, South Whidbey Tilth and Transition Whidbey.

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## *What's Happening: Christian Offerings in the Puget Sound*

*Submitted By Shantina Steele*

April 16: [SHRINE-MAKING FOR HEALING AND WHOLENESS](#) Saturday 9:15 AM - 3:00 PM. Shrine-making is a way to celebrate something wonderful or work through something difficult in the presence of God. We will look at the many ways that people all over the world have used shrines and rituals to deepen their spiritual journey. Using meditations and journal writing you will have time to reflect on the personal and spiritual symbols that arise out of your life story. This will become the foundation of your shrine-making journey. Register by the prior Friday - \$65 (includes materials). Karen Barretto spent three years studying at the Jung Institute in Switzerland before moving to Sheffield, England where she earned a Master's in Art and Psychotherapy. She spent two more years training as an art therapist in England.

April 16: [TAI CHI AND CONTEMPLATIVE PRAYER](#) Saturday 9:15 AM - 3:30 PM. We will draw upon the gentle, graceful movements of Sun-style Tai Chi (standing or sitting), the words of Jesus, and the prayer-poetry of George MacDonald to be holistically present to God. No Tai Chi experience is necessary. All are welcome. Register by the prior Friday - \$50. Bring a sack lunch; wear loose-fitting comfortable clothes and flat-soled shoes. Reverend Steve Reiland serves in the wellness department of a senior community as chaplain and spiritual director. He is also a certified personal trainer (ACSM) and teaches the Arthritis Foundation Tai Chi Program.

April 20: [CULTIVATING SPIRIT IN DAILY LIFE: WELCOMING SOLITUDE AND SILENCE](#) Wednesday 9:00 AM - NOON. A student of Kathleen Norris once wrote, "Silence reminds me to take my soul with me wherever I go." We all benefit from such a reminder when our busy lives and the constant demands of others numb us to our own feelings and inner needs. Today we'll explore how creating times of solitude and silence provides us with an opportunity to reconnect with ourselves in ways that replenish our spirit and clarify our priorities. Register by the prior Wednesday - \$55. Jan Lawry is a developmental psychologist. In a variety of settings, she has worked to better understand the developmental journey we take as creative human beings. Teaching in and out of academic settings, her work with college undergraduates, adolescents, abused children, divorced adults, and creative elders has revealed many parallels in our psychological, spiritual, and creative growth. Currently, Jan offers workshops that help people better acknowledge and utilize their creative talents and spiritual longings in pursuit of greater self-discovery.

April 21-24: [TRIDUUM RETREAT: ONE WITH JESUS](#) Thursday 3:00 PM - Sunday NOON. Travel with Jesus on the road to Calvary. Take time with the silence of this retreat to let yourself be fully present to this holy time. Begin by joining the Benedictine Sisters for a special meal on Holy Thursday. Be with us as we let the liturgies of each day lead us deeper into the journey of Easter. We will celebrate new life with 9:00 AM Eucharist on Easter Sunday followed by a simple breakfast with the Sisters and Mass participants. Spiritual Direction is available on Thursday before 3:00 PM. Register by the prior Friday - \$180. With Spiritual Direction - \$215. Therese Gonville, OSB is on the staff of The Priory Spirituality Center. She is an experienced retreat leader and spiritual director. She has an MA in Pastoral Theology from Fort Wright College, Spokane, WA and a certificate from the School for Spiritual Directors from Pecos Benedictine Monastery in Pecos, New Mexico.

The Center at St. Andrew's – Seattle, WA Contact: [thecenter@saintandrewsseattle.org](mailto:thecenter@saintandrewsseattle.org) April 13 – ELSIE DENNIE PRESENTS: “CHRISTIAN AND NATIVE” Come participate in a Four Directions prayer and listen to Elsie Dennis describe her affirmation of being both a Christian and First Nations woman. People are requested to bring a small item of personal spiritual significance that will be placed on the altar for the prayer (and returned). Jerry Shigaki will be on hand to assist Elsie. These evenings buzz with the life of our learning community--made up of regulars, newcomers, returning students and one-timers. All are welcome--once or many times! Our Center Wednesday evenings follow the same rhythm throughout the year. For those drawn to silent prayer and meditation, we begin with Centering Prayer at 5:45 PM in the Chapel. At 6:15 PM supper is served in the Parish Hall. Classes begin at 7 PM. Suppers are not only the best meal deal in town (at \$6), they are also a wonderful opportunity to visit and to get to know each other better. Childcare is available with at least 24 hours' notice. Most (not all) classes offered at The Center have a course fee to enable us to offer a breadth of courses with gifted instructors and facilitators. If you can add a little extra to your fee, you can make it possible for someone who can't afford the fee to take a class. A money-saving strategy: pay your fee at least one week ahead of class and get a \$10 price break. Students, seniors, and low-income always get that \$10 break. Early registration not only gives you a lower fee, it also helps with planning. Please fill out a registration form to help The Center staff keep track of pertinent info. Registration forms available by emailing [thecenter@saintandrewsseattle.org](mailto:thecenter@saintandrewsseattle.org). Elsie Dennis, Secwepemc/Cherokee, Co-Chair of the First Nations Committee, attends services at St. Matthew/San Mateo, Auburn and Good Shepherd, Federal Way, lay ministry, past Public Information Services Manager for the Northwest Indian Fisheries Commission and former court-based advocate in the Victim Assistance Unit, King Co. Prosecuting Attorney's Office. The Rev. Jerry Shigaki, who recently retired as the Canon to Multicultural Ministry, Diocese of Olympia, is enjoying time hanging out with his grandchildren. He will tear himself away to come assist Elsie Dennis in her presentation.

May 4: [CULTIVATING SPIRIT IN DAILY LIFE: FINDING SPIRIT IN ALL WE DO](#) Wednesday 9:00 AM - NOON. We'll spend a joyful morning with the works of Sue Bender and Gunilla Norris. Their writings serve to show how everything we do in the course of a day, a week, and even across the seasons may serve as mirrors and pathways to the Divine Mystery of creation. With Gunilla Norris' words as inspiration, we'll create prayer poems and meditations about our own routine activities that serve to deepen our awareness and make us more responsive to the sacred in our daily lives. Register by the prior Wednesday - \$55. Jan Lawry is a developmental psychologist.

St. Mark's Cathedral – Seattle, WA Contact: 206.323.0300 [I AM MY BROTHER'S KEEPER: CONFRONTING ISLAMOPHOBIA](#) Friday-Saturday, May 6 - 7, 2011 When the poison of prejudice infects a society, it is as much at risk as the victims of intolerance. In the United States we are infected with many hatreds. Among those most in danger are Muslims. How we confront Islamophobia will determine the health of our society. “*Never again*” is the rallying cry for our conference. To grapple with this issue a coalition of Jewish, Christian and Muslim local groups will host a conference on Islamophobia. This event will include outstanding speakers, workshops, and an interfaith prayer service, ending with dinner at one of several mosques. Saint Placid Priory – Lacey, WA Contact: [spiritualityctr@stplacid.org](mailto:spiritualityctr@stplacid.org) 360-438-2595

## *Medieval Concert Alert!! The Anonymous 4*

*submitted by Margaret Schultz*

Great news! The Anonymous 4 is coming to Seattle to give a concert on Saturday April 30. Never heard of them? Maybe it is because they are anonymous! Ha Ha Hee Hee! Actually the Anonymous 4 is a Medieval women's vocal quartet, one of the finest in the world and despite their name very well known.

They will perform a varied repertoire of 13th century polyphony and sacred Latin song collected for a convent of noble and aristocratic women, who were clearly used to having their own way. In spite of a rule forbidding the singing polyphony by the women of their order, these sophisticated ladies sang the most beautiful advanced and demanding music from all over Europe in the thirteenth century. The music they will perform is from the Las Huelgas manuscript which contains a wide variety of music ranging from French love motets (retrofitted with holy words of course!) for the sisters to sing, laments written on the deathbed of a beloved sister and virtuoso polyphony for the daily Mass.

A group of us will be carpooling into Seattle for the concert. If you would like to go or drive, please sign up in the office. This concert is sponsored by the Early Music Guild and the Seattle Baroque Orchestra. Tickets and information are available at:

www.earlymusicguild.org  
(206) 325-7066

Now if driving to Seattle is too much of an effort, don't despair because a member of the Anonymous 4 is going to sing here at St. Augustine's for a benefit concert for the Northwest Music Festival (??) managed by our longstanding friend, Tekla Cunningham. This ensemble has given chamber concerts at St Augustine's for many years. . We don't know which member of the Anonymous 4 will be singing but we will let you know. The concert is scheduled for May 1 and more details will follow.

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## *Coal Free Future on WA Horizon*

*Submitted by Ted Brookes, Chair of the Greening Committee*

Washington State just took a giant step toward a coal-free future - a step out of the energy past and toward a new, clean energy economy. With the announcement on Saturday 5 March of an agreement to phase out Washington's one big coal-fired power plant - the Transalta plant in Centralia - the Northwest is moving even faster toward real climate solutions. The agreement requires legislation, which the State Senate passed last Saturday, and is now moving through the House as Bill ESSSB 5769, the Coal-Free Future for Washington bill.

Here's how it works: Transalta will install technology by 2013 that will significantly reduce nitrogen oxides that produce haze around Mt, Rainier and points south. By 2010, it will shut down one of the two big coal power units. By 2025, it will shut down the other. Each unit is roughly 700MW, so we are talking about a really big power plant. The deal includes \$68 million for local economic development in Lewis County, energy efficiency, and an energy innovation fund, in addition to decommissioning the site.

Several WA environmental groups have been actively involved in this successful campaign. They include; Climate Solutions, Sierra Club, NW Energy Coalition, the Washington Environmental Council. Earth Ministry (our Greening partner), Sightline Institute, FUSE, and WCV.

If you have any questions or comments about this please ask a member of the parish Greening Committee and we'll try to answer your inquiries.

# *St. Augustine's Peace Fellowship*

*submitted by Dick Hall*

On November 21, 2004 thirteen St. Augustine's parishioners met and initiated the St. Augustine's Episcopal Peace Fellowship chapter. We now have twenty-seven members from the parish. Our chapter is an official chapter of the Episcopal Peace Fellowship. We are the largest and most active EPF chapter in the Diocese of Olympia (Episcopal Church in Western Washington).

Members of Episcopal Peace Fellowship make the following commitment.

In loyalty to the person and teaching of Jesus Christ, my conscience commits me to the way of redemptive love: to pray, study, and work for peace, and to renounce, so far as possible, participation in war, militarism, and all other forms of violence.

In fellowship with others, I will work to discover and create alternatives to violence and to build a culture of peace. I urge the Episcopal Church in accordance with our baptismal vows, "to renounce the evil powers of this world which corrupt and destroy the creatures of God" and to wage peace across all boundaries, calling upon people everywhere to repent, to forgive, and to love.

We carry forth our commitment through prayer, education and advocacy activities.

St. Augustine's EPF has established a sharing of prayers, inspirational or meditation materials for daily use in prayer or meditation. Each month an EPF member assumes the responsibility of sharing materials with membership. Another prayer function of St. Augustine's EPF is to recognize the ultimate cost of war by reading the names of U.S. military fatalities each Sunday during the Prayers of the People.

In its education function St. Augustine's Episcopal Peace Fellowship maintains a bulletin board in the undercroft to inform the parish of their activities. Various brochures on peace and justice related issues are available as well. Several articles have appeared in the parish newsletter, *The Light*, concerning Episcopal Peace Fellowship purposes and activities.

Since its inception St. Augustine's EPF has assumed an advocacy role in the South Whidbey Community. Beginning in August of 2004 St. Augustine's EPF has sponsored an annual Whidbey Interfaith Vigil of Peace and Hope. This year's event was very special. The nationally renown Interfaith Amigos - a rabbi, a sheik and a pastor- gave the primary presentation. They gave a vision of what interfaith cooperation might look like. In addition to the discussion of Christianity, Islam and Judaism by the Interfaith Amigos, the vigil service also included Buddhist and Native American faith contributions. The attendance at St. Augustine's was estimated to be 170 persons. The nave was filled to capacity and some people had to view the event by closed circuit TV in the undercroft.

On the Martin Luther King, Jr. holiday St. Augustine's EPF sponsors the Martin Luther King, Jr. "Blessed Are the Peacemakers" community event to honor the nonviolent peace and justice witness of Martin Luther King and a host of witnesses. A sixth annual Martin Luther King, Jr. event was held on January 17, 2011. Due to construction at St. Augustine's the event was held at Trinity Lutheran church. An estimated 180 individuals filled the church. The Rev. Carla Robinson, Vicar of All Saints Episcopal in Seattle, was the featured speaker. The Rev. Robinson discussed the "Beloved Community" which was often referenced by Dr. King. The Beloved Community is a community of justice, peace and reconciliation where class and racial barriers have disappeared. In other words a glimpse of heaven. The service featured interactive pew readings that reflected the sacrifices, nonviolent tactics and faith of students, sharecroppers and preachers - the heroes and heroines of the Movement. Participation by both St. Augustine and Trinity youth was a highlight of the service. Karl Olsen of Trinity Lutheran, as he has at each of the six MLK events, led the gathering in singing African American spirituals and Movement music.

St. Augustine's EPF cooperates and networks with other faith based peace and justice groups. We are affiliated with Whidbey Island Fellowship of Reconciliation (WI-FOR). The first project of WI-FOR was a booth at the Island County Fair. The booth featured an interactive activity which caused fair goers to make decisions

on the allocation of the national budget money - war, education, healthcare, infrastructure, diplomacy energy and environment. The allocation of federal money by fairgoers, unlike the actual U.S. budget, put a strong emphasis on education, healthcare, environment rather than war related spending. "Where your treasure is, there will be your heart also." Members of St. Augustine's EPF took a shift at the booth.

If you are interested in more information about St. Augustine's Episcopal Peace Fellowship contact Dick Hall at [abrjhall@cablespeed.com](mailto:abrjhall@cablespeed.com) or visit the national Episcopal Peace Fellowship website at [www.http://epfnational.org](http://epfnational.org)

### *From the Parish Nurse*

*by Wendy Close, R.N.*

What to do with those outdated, don't-need-them-anymore, want-to-get-rid-of-them medications. First of all if you were to give them to me to dispense I would be breaking the law. So that's not going to work. Here is what you can do.

Take any narcotic or opioids (vicodin, oxycontin, morphine to name a few) to your nearest police station and they will dispose of them in a safe manner

If it is a liquid pour into a sealable plastic bag or container and place in your garbage making sure it doesn't leak.

If the medication is a solid crush it and/or add water or soda to partially dissolve it. Then add this to old coffee grounds, kitty litter or sawdust, place in a plastic bag, seal well with packaging tape or duct tape and put in the trash.

Scratch out all patient information on the label before disposing of the container to protect your identity.

Feel free to call me if you have any questions.



# CALENDAR

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|---|--|
| 7 = Ken & Lynda Anderson's Anniversary<br>Nigel Taber Hamilton's Birthday             | 22 = Daniel Sandri's Birthday              |
| 10 = Nancy Paris' Birthday  | 24 = EASTER SUNDAY                         |
| 15 = DEADLINE for submission for May Light  | 28 = Matt Idso's Birthday                  |
| 17 = PALM SUNDAY<br>Jack & Pandora Halstead's Anniversary<br>Lauren Sandri's Birthday | 30 = Christina & Rich Parker's Anniversary |