



# The Light

A monthly newsletter for  
St. Augustine's in-the-Woods  
The Episcopal Church serving Whidbey Island.



## NOVEMBER 2011

Rev. Nigel Taber-Hamilton, *Rector*  
Rev. William Burnett, *Rector Emeritus*  
Rev. William Seth Adams, *Priest Associate*  
Rev. M. Fletcher Davis, *Priest Associate*  
Rev. Amy Donohue-Adams, *Priest Associate*  
Rev. Julie Bird, *Deacon*

### *St. Augustine's Services*

#### **SUNDAY**

8:00 am Eucharist Rite I  
followed by coffee and Forums

10:30 am Eucharist Rite II  
with music, church school & child care followed by coffee hour

#### **MONDAY**

5:30 pm Solemn Evensong  
(with incense)

#### **TUESDAY**

7:00pm Quiet Time Meditation

#### **WEDNESDAY**

10:00 am Eucharist and Holy Unction

*For additional activities please see "calendar"  
listings in this newsletter.*

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## *From the Rector*

Who would think it's already November! Thanksgiving is just around the corner and Christmas not long after that!

It will come as no surprise for any of you to know that marketing for Christmas is already underway. I subscribe to one of many "Black Friday" on-line sites that somehow manage to get copies of those ubiquitous day-after-Thanksgiving newspaper fliers and I've already gotten copies of two such ad-sheets: Ace Hardware and Harbor Freight.

It seems that the marketing for Christmas begins earlier and earlier every year, and the ads are more and more frantic "Buy this now to make your life complete!!!" "You can't possibly live another day without this item!!!"

Well, yes I can. Yes we all can. We can certainly live without much of the stuff that's pushed at us every year at this time. How, then to decide (because a decision is important)?

The place to start is by asking ourselves "why am I giving this gift?" In most cases we give gifts as a sign and token of our love for someone else. But at Christmas there's more than this undoubtedly important reason.

The word "Christmas" is a joining of a two word phrase: "Christ's Mass". If I were to put that name in descriptive language – naming the worship service it represents – then the full (rather cumbersome!) title would be "The Eucharist celebrating the birth of the One who comes to save us." But even then the full implication of the day is not completely named. "Eucharist" is the English version of the Greek "Eucharisto" which means "We give thanks". So what we do at Christmas is to give thanks for the birth of Jesus.

Gift-giving at Christmas is, therefore, and in addition to being a sign and token of our love for someone else, also a way of giving thanks and especially giving thanks for the gift of Jesus. Which brings us back to the secular AND religious season. We give gifts at this time out of love and in the context of giving thanks for Jesus.

At the very least this should give us pause when we decide what sort of gifts we give to those we love. As a child, it never occurred to me just exactly how inappropriate it was for my father to give me a toy gun at Christmas. To paraphrase a well-known question: "What WOULD Jesus Think?!!"

How best, then, to give gifts that express our love for the other, and also our thanksgiving for the gift of Jesus? One way was suggested to me by Fletcher Davis last month – a way that combines thoughtfulness around the topic of Christmas gift-giving with our identity as a greening parish: We endeavor to celebrate a "Green Christmas".

The core idea isn't new – we donate to a worthy cause in the name of the person whom we might, otherwise, give a gift to directly. However, Fletcher's idea takes this in a particular direction – that we direct that donation to a place or organization that is in some way "green". Our Greening Committee has already discussed this idea, and will be sharing their reflections as we get closer to "Christ's Mass".

Until they do I invite you to consider ways that you can honor and celebrate the coming of our Savior that are authentic and reflect your own commitment to that way of living he modeled, and encouraged us to imitate.

Grace and peace to you all, Nigel



*From the Parish Nurse  
By Wendy Close, R.N.*

## **IT'S FLU SHOT SEASON!!!**

**WHO:** It is encouraged that all people over the age of 6 months get the flu shot. It is especially encouraged for people over the age of 65, pregnant women, and those with heart, lung, or kidney disease, or a weakened immune system as they could get much sicker. Individuals who live or work with any of these compromised individuals should also get vaccinated.

**WHAT:** The flu shot is an inactivated (dead) virus. A live but weakened vaccine is usually given to the younger population as a nasal mist. When you receive the vaccination your body then works for the next 24 hours or so to develop antibodies against this virus. This is why you sometimes feel as if you have the flu just after receiving the vaccine.

**WHERE:** You can get a flu shot at our doctor's office, pharmacies, community flu shot clinics. Check you local paper for dates and times.

**WHEN:** NOW! Flu "season" is typically from October to May and you can receive the vaccine at any time.

**WHY:** People are encouraged to get flu shots to decrease the chances of becoming ill with the influenza and to avoid spreading it to others.

### **FAQs:**

#### **Why do we have to get it every year?**

Because the influenza is always changing so each year the scientists try to match the virus in the vaccine to the virus most likely to cause the flu that year.

#### **What are the side effects of the vaccination?**

A sore arm, headache, cough, fatigue. Tylenol or Advil can alleviate these symptoms. These symptoms usually go away within 24 hours.

#### **Can I get other vaccinations such as the pneumonia vaccine at the same time?**

Yes.

#### **How is the flu spread?**

By coughing sneezing or nasal secretions. This is why it is so important to maintain fastidious hand-washing.

If you have any further concerns or questions you should contact your doctor.



## *Christian Formation at St. Augustine's* *by Shantina Steele*



I recently updated the Christian Formation pages on our website to better inform the community regarding not only what is happening at St. Augustine's but also to try and explain how the Episcopal Church defines Christian formation.

During this process I discovered that The Charter For Lifelong Christian Formation was adopted at The Episcopal Church's General Convention in 2009. The Charter defines Christian Formation in the following way:

*Christian formation is the lifelong process of growing in relationship with God, self, others, and all creation. In this process we are transformed into the people God wants us to be. As twenty first century Episcopalians, we still long for the inheritance common to all Christians in all times and places - to be united in Christ, who calls us in the power of the Holy Spirit to love the Lord our God with all our hearts, minds, souls, and bodies; to love our neighbors as ourselves; and to make disciples, baptize and teach. In our Baptismal Covenant, The Episcopal Church has gracefully articulated the way in which we answer Christ's call. Life-long Christian formation describes the many processes by which we live into that covenant.*

*By this definition, life-long Christian formation encompasses a broad set of activities supported by a rich array of communities and institutions, serving people from cradle to grave. Without attempting to circumscribe the action of the Holy Spirit - who is always at work renewing the minds of Christian people - we acknowledge some common characteristics of formation ministries.*

***Formation is unceasing*** - serving the individual's emerging understanding of identity, community, authority and purpose in Christ throughout their lives.

***Formation is dynamic*** - encompassing learning, action and reflection.

***Formation is formal and informal*** - informing, forming and transforming both the individual and the community.

***Formation is hospitable*** - welcoming the "new self, which is being renewed in knowledge according to the image of its creator." (Col. 3:10).

This was the first time I had come across this definition and, upon reading, found it inspiring and motivating, once again confirming for me why I was so drawn to join the community of Episcopalians. The Charter speaks to the living, moving, transformational process of God in our lives while at the same time calling us to be active participants in our journey. We work with and along side God in this never-ending process of creating ourselves as Christians. With this in mind I would like to share with you some of our upcoming formation activities and invite you to join in this "process of growing in relationship with God":

### **UPCOMING CHRISTIAN FORMATION EVENTS**

#### **November 2011**

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> @ 9:15-10:00am – **Adult Forums**

20<sup>th</sup> @ 9:45-10:15am – **Acolyte & Worship Leader Training**: David McClellan and Richard Tussey invite current Acolytes and Worship Leaders as well as those interested in learning more about this ministry to rehearse how we serve the clergy during the liturgy.



**December 2011**

1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> @ 6:00pm-8:30pm – **Advent Program** w/light supper:  
*Prayers over Bread and Wine* led by Rev. Dr. William Seth Adams: During this program we will look at the Church's practice, from very early times, of praying over bread and wine. Additionally we will consider the prayers we pray each Sunday. The aim will be to deepen and enrich our engagement in these prayers.



4<sup>th</sup> @ 2pm - **Family Fun Day** with Advent Wreath Making

4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> @ 9:15-10:00am – **Adult Forum:**  
*Jesus Comes into Our World:*

*The Incarnation According To The Gospels* led by Rev. Tom Johnson: The Gospels of Matthew, Luke, and John have stories of Jesus' entrance into our human world. We will explore these stories during the first three Sundays in December in the Adult Forum. Bring a Bible and an Advent spirit!



10<sup>th</sup> @ 9am-2pm – **Safeguarding God's Children Training:**

This program is a diocesan requirement for all those who share their gifts of ministry with our children, as well as for retired clergy who regularly work in a parish or mission, and is open to interested parishioners as well.

18<sup>th</sup> @ 9:45-10:15am – **Lector Training:** Nancy Ruff teaches the fine points of being a Lector. This training is open to all adult and youth lectors and to those interested in learning more about this ministry.



*Welcoming Guests*

*by Nancy Paris*

As our congregation grows, let's all remember to be aware of those who are visiting us for the first time, many of whom may not be familiar with our services. Introduce yourself and



welcome them. Invite the visitors to the coffee hours with you and introduce them to others. Look around at the coffee hour to be sure no newcomers are standing alone. Just the fact that one or two parishioners make these efforts can make the difference in a visitor's experience. St. Augustine's is our church home and we need to make guests feel welcomed, just as we would welcome them to our own homes.



## Adult Forum Schedule - November



A blustery, rainy November on Whidbey will usher in a potpourri of adult forums that hopefully appeal to everyone in the congregation. Fr. Nigel will present a "Pilgrimage" slideshow with commentary that chronicles his recent sabbatical travels. He will also host a dedication ceremony for the Fireside Room in honor of our beloved Fr. Bill Burnett on the last Sunday of the month. Further, Wendy Close, our dedicated Parish Nurse, will host another one of her timely and important health-wise presentations while the newly minted Diocesan Canon for Stewardship & Development will give us a fresh perspective on individual and congregational giving and sharing.

Adult forum subject matter, dates, and presenters/hosts are noted below:

**6 November - Health-Wise Harvest.** Wendy Close, everyone's favorite Parish Nurse, will present another one of her quarterly specials on healthy living through healthy eating, regular exercise, and periodic medical check ups. She promises a surprise guest speaker to tickle your curiosity. Wendy Close will host.

**13 November - Stewardship, a Fresh Perspective.** Fr. Lance Ousley, the newly appointed Canon for Stewardship and Development for the Diocese of Olympia, will be preaching at both services as well as providing a conversational briefing on stewardship at the Adult forum. As the new guy on the block, Lance brings fresh energy and a unique perspective relative to the issue of stewardship. His focus will be on how Episcopalians can live stewardship everyday of their lives. Ted Brookes will host.

**20 November - Celtic Ireland Pilgrimage.** Fr. Nigel will present a colorful slideshow and poignant commentary showing the many holy Celtic Christian sites he and Rachel visited during their extensive travels in Ireland. This is a must-see presentation for those of you who participated in our recent Celtic Spirituality series and those of you interested in Celtic Christianity. Fr. Nigel presents.

**27 November - Dedication of the Fireside Room.** At 9:30AM today we will dedicate and name the Fireside Room in honor of our beloved Rector Emeritus, Rev. William M. Burnett. Bill was first vicar, then rector of St. Augustine's from 1969 to 1998. We will also officially hang his portrait over the mantle shelf. The portrait has been hanging in the Fireside Room since our building dedication on June 12 - an indication of our intention to dedicate it in honor of Bill. A reception will follow in the Parish Hall. Fr. Nigel will host.



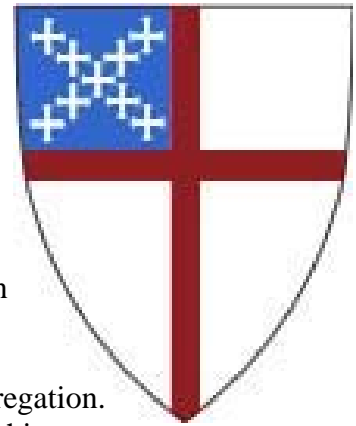
The Mobile Turkey Unit is again serving free Thanksgiving dinners to south and central Whidbey. Call to request a meal.

360•341•1220  
360•331•6088

[www.mobileturkeyunit.wordpress.com](http://www.mobileturkeyunit.wordpress.com)

A cartoon illustration of a turkey wearing a white chef's hat, sitting in the driver's seat of a blue car. The turkey is looking forward with a determined expression.

*Mission Sunday Offering for November*  
*Episcopal Charities Appeal*  
*by Ray Haman*



Our Mission Sunday Offerings (MSO) in November will go to Episcopal Charities Appeal. ECA was formed by Diocesan Convention in 1987 to respond to human needs in Western Washington. Ministries supported by ECA must have an Episcopal connection either by a representative on their board or by the support from an Episcopal congregation. ECA distributed \$68,689 in June, 2010 to 28 ministries in Western Washington, including \$2,493 to Helping Hand in Langley. Since 1988 more than \$2 million has been donated to ECA by congregations and individuals throughout the Diocese of Olympia.

Decisions about funding ECA ministries is made by a committee representing several Western Washington Episcopal congregations. St. Augustine's is well represented on this committee. Diana Klein was a member for several years and Jay and Carol Ryan joined the committee last year.

We are fortunate to have the services of the ECA Committee to investigate and evaluate the ministries in Western Washington that need our support. In these hard times, the need is great. So, please be generous. Remember that our MSO contributions in November will be matched up to \$500 by earnings from the Parish Endowment Fund.

Contributions may be made by using one of the MSO Envelopes located in the pew racks or by writing "MSO" in the lower left-hand corner of your check, which should be made payable to "St. Augustine's Episcopal Church".



*A Definition of Stewardship*  
*by Nigel Taber-Hamilton*



According to Merriam-Webster's dictionary, stewardship is "the conducting, supervising, or managing of something; especially the careful and responsible management of something entrusted to one's care." In other words, stewardship is about the way in which we hold something in trust for others.

For non-Christians such a description is limiting. By any secular definition there isn't a lot that most of us hold in trust for others, unless we happen to be a trustee for some legal entity. In such cases the 'trust' is almost always about finances or property of some kind. But for Christians the idea of stewardship starts from the opposite perspective. Everything that we take responsibility for, everything of value in our lives is not "ours" in the sense of sole ownership. None of it truly belongs to us: we hold everything in trust for others and for God: the lives and emotional well-being of those we love, the resources that we will – ultimately – pass on to those who come after us, and – also – our own gifts and talents, our own selves. So for us, a simple definition of stewardship is this: What we do with all we have, all the time.

I find that overarching definition very helpful as a reminder of the order of things. But sometimes a little more detail is required. In his book "The Passionate Steward, Recovering Christian Stewardship from Secular Fundraising," Michael O'Hurley Pitts of Toronto, Canada, outlines some of the differences.

He says Christian Stewardship is:

- \*the proper and generous use of our time, talent and money;
- \*all that we do with our lives after our baptism;
- \*about joyfully returning to God a portion of all the gifts which God has so generously showered upon us



He also says Christian Stewardship is not:

- \*solely about financial giving;
- \*about who gives the most money;
- \*about who can give “enough money” to be recognized more than others;
- \*giving time without money;
- \*giving money without talent;
- \*primarily concerned about a parish meeting its financial goals

All of these reflections are also helpful, especially the last. If all we do is provide money so that our ecclesiastical institution continues to function then we’re missing the point. There has to be a purpose beyond the institutional – there has to be a core purpose to which we all subscribe.

One way of thinking about this core purpose is to re-arrange the traditional language about mission. It’s not, as one writer has observed that, “the Church of God has a mission in the world.” It’s that “the God of mission has a church in the world”. Mission is an attribute of God, not just one of many things that the institution engages in if it has the time.

Our core identity as “chips off the old divine block” (another way of recognizing that we are bearers of the divine image) is that we are in the world as a fellowship of believers who witness to the life-transforming power of faith in Jesus.

To do so is to acknowledge that everything belongs to God anyway, and what we’re doing is being faithful stewards.

To live any other way is to deny the presence of God within us.



*Holiday Bazaar!*

*Nov, 11, 2011*



We hope you are busily creating for the upcoming Holiday Bazaar, men, women, boys and girls. Would you please note on the sign-up sheet in the Campbell Hall what you intend to provide? That will help us figure out how to organize the room.

In addition we will need to have worker bees beginning on Thursday and Friday mornings (11/17 & 11/18) at 9:00 am to begin the set-up. You may bring your non-perishable items in at anytime to the office. Please don't bring perishable items until Friday.

We also need workers for Saturday, the big day, from 8:30 am to about 3:00 pm or any portion of that day that you are available.

Questions should be directed to Lynda Anderson, Liz Kershaw or Jody Heiken.







**N**

- 1 = Quiet Time Meditation 7pm
- 2 = Healing Eucharist 10am
- Episcopal Church Women Monthly Meeting 11am w/lunch
- 4 = Education for Ministry 5:30pm
- 5 = Doris Hunter's Birthday
- 6 = Rite I 8am
- Adult Forum 9:15am
- Church School 9:15am
- Rite II 10:30am



**O**

- 7 = Barbara & Jean Claude Renoux's Anniversary
- Ladies' Bible Study 9:30am
- Evensong Service 5:30pm
- 8 = Wendy Close's Birthday
- Quiet Time Meditation 7pm
- 9 = Diane & Stephen Schwarzmann's Anniversary
- Healing Eucharist 10am
- 10 = Wedding Rehearsal 3pm
- 11 = Wedding 2pm



**V**

- Education for Ministry 5:30pm
- 12 = Mitzi MacLean's Birthday
- 13 = Rite I 8am
- Adult Forum 9:15am
- Church School 9:15am
- Rite II 10:30am



**E**

- Ted Brooke's Birthday
- 14 = Ladies' Bible Study 9:30am
- Evensong Service 5:30pm
- 15 = Quiet Time Meditation 7pm
- DEADLINE for submissions to December issue of The Light
- 16 = Healing Eucharist 10am
- 17 = Vestry Meeting 6:30pm
- 18 = Bazaar Set Up



**M**

- Education for Ministry 5:30pm
- 19 = CHRISTMAS BAZAAR 9am
- OPEN HOUSE & Green Building Tours
- Chris Lubinski's Birthday
- 20 = Rite I 8am
- Adult Forum 9:15am
- Church School 9:15am
- Rite II 10:30am



**B**

- Acolyte & Worship Leader Training 9:45am
- 21 = Christopher Anderson's Birthday
- Ladies' Bible Study 9:30am
- Evensong Service 5:30pm
- 22 = Quiet Time Meditation 7pm
- 23 = Gretchen Wood's Birthday
- Healing Eucharist 10am



**E**

- 24 = Shirley Bauder's Birthday
- 25 = Erik Anderson's Birthday
- Nancy Ruff's Birthday
- Paul & Paulette Thompson's Anniversary
- Education for Ministry 5:30pm
- 27 = ADVENT BEGINS

**R**

- Rite I 8am
- DEDICATION of Fr. William Burnett Room
- Adult Forum 9:15am
- Church School 9:15am
- Rite II 10:30am
- Stephen Schwarzmann's Birthday
- 28 = Ladies' Bible Study 9:30am
- Evensong Service 5:30pm
- 30 = Bruce Campbell's Birthday
- Healing Eucharist 10am
- ECW Board Meeting 12:30pm



## *Mary's Place*

Mary's Place in Seattle is the first stop on the journey out of homelessness for many women and their children. Mary's Place is an accepting community providing safety, stability, dignity, and hope to help restore their lives.

A few weeks ago ECW gave Mary's Place a donation of \$155 from the Tea and Hat fund raiser. It was greatly appreciated because the number of women and children using the Mary's Place program services have doubled this year.

A new program has just been started at Mary's Place. Thirteen churches have volunteered their premises for housing the families, one week a quarter. This is a new program that will help save a huge amount of money that was spent by Mary's Place to house the families each night. Children cannot be housed in other shelters around the city unless they are specifically for families.

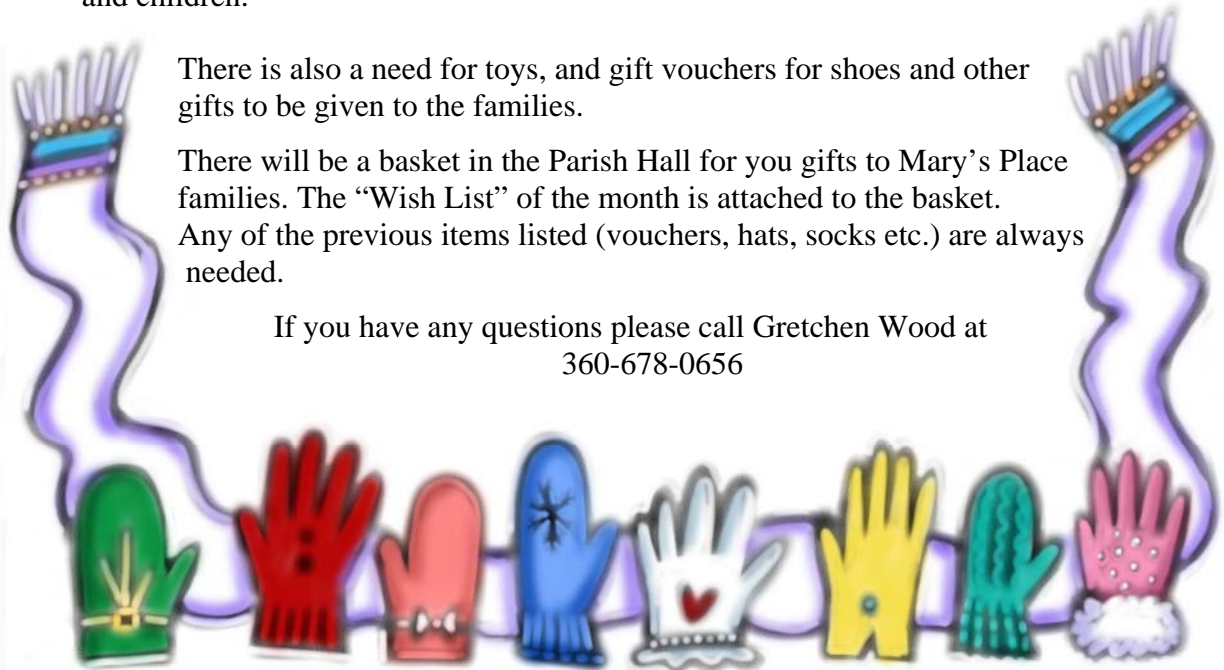
St. Augustine's has helped Mary's Place for eleven years.

Christmas time is the perfect time for our parishioners to knit or purchase new Hats, scarves, mittens, gloves, and warm socks to be given as gifts to these women and children.

There is also a need for toys, and gift vouchers for shoes and other gifts to be given to the families.

There will be a basket in the Parish Hall for you gifts to Mary's Place families. The "Wish List" of the month is attached to the basket. Any of the previous items listed (vouchers, hats, socks etc.) are always needed.

If you have any questions please call Gretchen Wood at  
360-678-0656



## CHILDREN'S HOSPICE NEWSLETTER

October 2011

Dear friends:

We are pleased to present to you a new issue of our newsletter about the work of Children's Hospice, and its Family Center in the village of Ol'gino, from late summer to early fall.

Behind all the words and events that will be described, you can see *people*. All of us - our patients, their relatives, our employees, volunteers, and hospice friends – are putting a piece of themselves into the communication process. Thus, we create the unique pages of our lives.

In early September, we suffered a heavy loss. Once again we felt that one can never get used to death, even after years of work in the hospice. A girl passed away, who had become truly a special person to many of our employees. Through her sincerity and kindness, Polina easily won people's hearts. We knew each other for one year but now it seems, for all of us, that we have known her since her childhood.

Her death became a tragedy not only for her family but for all who were fortunate to know her personally.



Hospice doctors managed to alleviate the strongest pain the girl suffered. During the last months of her life, she could fully communicate with other people, learned some new things for herself, and rejoiced over some happy moments. She always presented us with her unforgettable smile in return... "Our girl" - as she was called by the staff - will remain with us forever.

Thanks to the engagement of a new employee in September - Olga S. – there have been some changes in the work of the Children's Hospice social and psychological care service. Previously, Olga headed a children's center of the Ethnographic Museum, where she created and implemented many innovative programs. Now she uses her valuable experience at Children's Hospice and arranges so-called "thematic weeks", which are beloved by our patients. As a result, in September a "Week of Water" took place in the Hospice, which included a variety of and fun activities.



In late September, Pavel A. Krupnik, the Executive director of Children's Hospice, now a deputy of the Legislative Assembly of St. Petersburg, invited an old friend to visit Children's Hospice. It was a remarkable man, a film director, producer, cinematographer, and actor – Fyodor Bondarchuk. This meeting became a true gift as much for children in the hospice



as for the parents and staff. This was not only because of the fact that they met with a famous person. First of all, they saw his sincerity and respect for them, and his desire to help and support. While in our hospice, Fyodor did not care what journalists would write about him. He even refused to be photographed in the wards. He discussed with us possibilities of assistance to children under hospice care and he was deeply imbued with the idea of developing the hospice movement throughout Russia.





Since January 2011, Children's Hospice has run a department in the village of Ol'gino – a Family Rehabilitation Center for children with cancer. The children, who come to St. Petersburg from other regions of Russia, can rest in this hospice department between cancer treatments. Children and their parents are provided with psychological help. They attend art therapy sessions, various outings and thematic events, and parties and meetings are organized for them.

In the Family Center, the children have an opportunity to receive all necessary tests and to restore their strength through whirlpool baths and relaxing massages. Center employees also arrange necessary medical consultations for children and organize their transportation. Among the highlights of Family Center life in September are; great home concerts; an actor, poet, and musician Anton Dukhovskoi; a guitarist, Igor Zotychev; and the winners of the international contest "New Wave," Anna Malysheva and Yegor Sesarev, shared their talent and heart warmth with us.

In late August - early September, we arranged two pilgrimages – to the Nativity of the Theotokos Monastery in Konevets and to the Holy Trinity Alexander Svirsky Monastery. In addition to our patients and their relatives, we invited children undergoing treatment at the Institute of Pediatric Hematology and Transplantology (named after Raisa Gorbacheva) to take part in both trips.

Among the patients of the Family Center, Sasha from Kaliningrad (with her mother) have stayed at our hospice the longest. After surgical and medical treatment at the Raisa Gorbacheva Institute, Sasha's disease reached a remission state, but its consequences remained. The girl suffers from a severe hypotrophy of muscles - she can not walk. As Sasha came to us, she had very negative feelings and avoided almost every contact.

Hospice workers arranged a consultation at the St. Petersburg Institute of Phthisiopneumology, the doctors of the Institute offered a course of restorative treatment. We brought Sasha to exercises daily for several weeks. We also actively involved her in our activities. It turned out that Sasha can do amazing things with her hands – she likes embroidery, metal embossing, and sewing. The art therapist of Family Center taught her how to work with different materials. In this atmosphere of trust Sasha became more sociable and we discovered a creative, independent and very sensitive person in her. Through restorative treatment, Sasha now tries to stand on her feet. At one of the regular sessions of therapeutic horseback riding, she even found the strength and courage to get on a horse. Unfortunately, Sasha and her mother can not return home yet. After another consultation with a specialist, a question about the need for further treatment arose. We will do everything possible to assist and support the family.

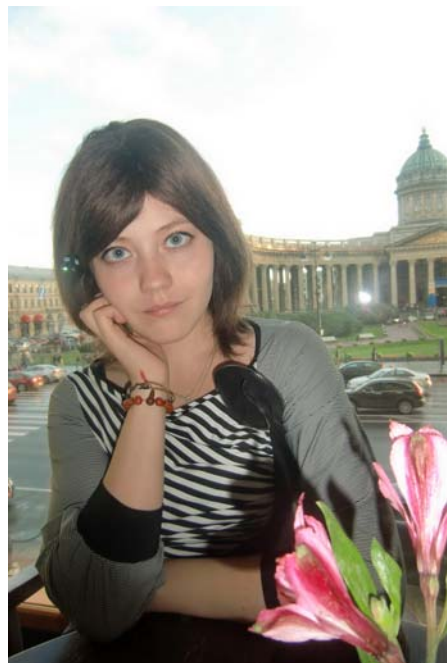


We are pleased to inform you that the work we have begun to develop home-based palliative care services in different regions of our country gives is showing results. In September we were visited by doctors and psychologists



from Moscow, Obninsk, and Chelyabinsk, who took the initiative in creating healthcare institutions to provide palliative care to children in their regions. We were happy to share with them the knowledge we have gained over the years and have invited them to cooperate further.

Finally, some news of the Children's Hospice project "Dreams Come True." In the near future we will launch a new project web site, where you can see updated information. We cordially thank the Internet portal "Fontanka.ru" for its cooperation with us. Through placement of information about children's dreams on this web portal, some children's wishes have already been fulfilled.



We also express our deep appreciation to the cooperating psychologists from the Russian Cancer Research Center (named after N. Blokhin), from the Scientific and Practical Center of medical care "Solntsevo", from the Pediatric Oncology Branch of the 31st City Hospital, and from the Oncology Department of the First Children's City Hospital.

In September, the project fulfilled a long awaited and treasured dream. Sasha, a girl from Kemerovo region in Siberia, told us about her dream to visit St. Petersburg almost a year ago, but serious illness did not allow her to leave the hospital for a long time. After discharging home, Sasha carefully exercised her feet and imagined the promised trip

.. and the miracle happened.

Despite the rainy St. Petersburg autumn, and the need to move around on crutches, Sasha felt really happy in St. Petersburg. Thanks to our volunteers, every hour of her stay in the city was full of events. She saw the brightest and most interesting places of our city, visited the beautiful Hermitage

Theater as a guest of honor, tasted the most delicious food in St. Petersburg restaurants, and even made a pilgrimage to a monastery in the Leningrad region. We really want to believe that, since these magical days, everything in her life will change for the better.

In August 2011 Saint Petersburg State Autonomous Healthcare Institution 'Children's Hospice' was audited by the company "Price, Waterhouse, Cooper." According to the audit report, the financial statements of Children's Hospice meet all requirements.

We hope that what you have read touches both your heart and your soul. Please share this joy with your friends and pass this newsletter on to some of them. If any questions arise, don't hesitate to contact us. We are always happy to hear from you.

With respect and gratitude for your attention and cooperation,

*Fr. Alexander Tkachenko,  
Children's Hospice, October 2011*

Detski Hospis/Children's Hospice

E-mail: [children.hospice@rambler.ru](mailto:children.hospice@rambler.ru)

Web: <http://www.kidshospice.ru>

**Wire transfer data:** United States:

If you would like to take a tax deduction on the donation, make your check payable to **St. Augustine's in-the-Woods Episcopal Church**, and clearly mark on the memo line "Children's Hospice". Be sure that your correct name and return address are included.

Mail your donation to:

**St. Augustine's in-the-Woods Episcopal Church, P. O. Box 11, Freeland, WA 98249.**

## *St. Augustine's Greening Committee*

### *Beef, Your Health, and the Planet*

*by Mike Seymour*



Don't get me wrong, I don't want to politicize eating habits, and I like my occasional hamburger and piece of steak as much as anybody. That's the way I and many of us were raised. But the fact is I'm eating much less beef now than 10 years ago, and let me share with you my reasons.

First is personal health. As I reached my 60's I saw my weight going up and both Maggie, my wife, and I started to change our diets to more vegetables and fruit and less meat just for general health. And then in 2008 I got a prostate cancer diagnosis and immediately dove into the literature on alternative cancer cures, discovering that a low-meat, low-fat, low-sugar and high greens (alkaline) diet could work miracles. And this has been working for me, so at my once or twice a month beef meal (I just had a great steak last night at Prima Bistro) I can eat without fear of feeding my cancer with bad fats.

But another equally important reason is the negative environmental impacts of beef production. Did you know, for example, that one ¼ pound cheeseburger generates the equivalent of 535 lbs of CO<sub>2</sub>, in terms of the fossil fuels for agriculture and transport, water and (in South America) the forest clearing involved in the production of beef? When we think of CO<sub>2</sub> reduction, gas guzzling cars, and coal-based energy come to mind, but before I got educated I had no idea of the following:

Every pound of beef you don't eat saves 3,000-5,000 gallons of water, reflecting inefficient watering of feed crops for beef cattle. A quarter pound hamburger (if beef is from So/Central America) requires clearing of 6 square yards of rainforest, and the destruction of 165 lbs of CO<sub>2</sub> absorbing living matter. Burger consumption in the USA is responsible for 62,000,000 metric tons of CO<sub>2</sub> equivalent. The USA, with only about 4.5% of world population, generates 18% of the world's Co<sub>2</sub> emissions.

So we can slim down, get healthier and do our planet a favor all at once by trimming our beef consumption. When we do get beef, make better choices by buying local beef. Three Sisters Beef farm in Oak Harbor sells their healthier, grass-fed (therefore lower fat) beef products at Payless in Freeland. Local food saves CO<sub>2</sub> because it has traveled fewer miles to market, thus saving fossil fuels. Cuts like top and bottom round and sirloin tips are less fatty, and if we go for the juicier cuts like rib eye, New York. or porterhouse, we can look for the "select" grades which are less fatty.

So let's continue to enjoy our beef, but with greater moderation and wisdom.

