



CHRIST EPISCOPAL CHURCH

MAY 2021 - CHRONICLE



Our 151st year—Steadfast and growing since 1870

Where we seek to glorify God, follow Jesus Christ, and serve all people through the power of the Holy Spirit.



Painting by David Lochtie

Inspired by Bishop Megan's sermon on the Second Sunday of Easter
and the icon she shared.

David has been painting, writing, and teaching creativity for three decades, all the while tinkering with unorthodox combinations. His choice of media encompasses pen & ink, watercolor, oil, acrylic and more.

David has led creativity workshops at Portland State University, Willamette, Lewis and Clark, University of Portland, Caldera, Art Institute of Portland and many other

Fine Art—David Lochtie—Avery Gallery — <https://www.averygallery.com/david-lochtie>

FROM THE RECTOR

The Rev. Dr. Daniel D. London, Rector

“The Holy Ghost is the Host with the Most”

Bruce Springsteen



These lyrics are from a Springsteen record that Tom and Peach Bond gave me at one of our Outdoor Eucharists last Fall. The record has been in my car ever since, and whenever I hear the Boss sing those words (“The Holy Ghost is the host with the most”) I can’t help but think of the first Pentecost, when the Holy Ghost stirred and inspired the early Christians to preach the good news of God’s love in a variety of relevant and life-giving ways to the wider community (Acts 2:1-13). As I used to say at our outdoor Eucharists, we fulfill our parish mission to “serve all people through the power of the Holy Spirit” when we carefully and conservatively follow the COVID-19 guidelines. We know that if we fail to follow the guidelines, we can easily increase transmission of the virus within our church family and then among members of the wider community. If we, as a church, were to contribute to the increase of COVID cases in Humboldt County, then we would not only be failing to fulfill our mission, but we would also be working against the health and well-being of the wider community. Since we know that church gatherings have been super spreader events within Humboldt County and beyond, we at Christ Church have been extra careful and conservative when it comes to in-person gatherings; and, of course, at the same time, we pray for all our Christian brothers and sisters who have suffered from COVID-19 as a result of such super spreader events.

Along with remaining careful and conservative, we at Christ Church have been tremendously creative in continuing to uphold our core values of worship, discipleship, fellowship, and outreach. I have felt the potent presence of the Holy Ghost in our live-stream worship services and Sacred Saunters; and I have also sensed the Spirit at work during Centering Prayer, Healing Compline, Zoom Coffee Hour, Virtual Choir pieces, and our online Organ Concerts. Through all these ministries and more, we have been emulating the early

Christians who shared the Gospel of God’s love to the wider community in healthy and life-giving ways. Our job as a church is to spread the Gospel, not the virus; and I want to thank you all for helping Christ Church not only survive but thrive during this challenging season of pandemic. Your faithful participation has been truly awe-inspiring.

And now we look forward with eager anticipation towards the 1,988th anniversary of that first Pentecost event, which we will celebrate this year on Sunday, May 23rd. On that day, we will start regathering indoors for Holy Eucharist at 8 AM; and we will remain conservative as we continue to carefully follow the guidelines of wearing masks and maintaining social distance. We will continue livestreaming our 10:30 AM service and eventually bring more and more people into the main church for worship. The Centering Prayer group has already started meeting on Monday nights in the Chapel and the vestry has started meeting in Lewis Hall. We are well on our way to embodying that wonderful core value that we upheld so well before COVID-19: the value of hospitality. And I can’t imagine a better time to start practicing hospitality in a safe and life-giving way than Pentecost because, as the Boss says, the Holy Ghost is indeed the host with the most!

Fr. Daniel

DO NOT BE CONFORMED

The Rev. David Shewmaker, Associate Priest



This admonition by St. Paul has been subject to many interpretations over the millennia since he wrote it to the Church in Rome. Probably the most frequent understanding has been that we should have a higher moral standard than those in the world around us. I cannot disagree with this, except to say that it all too often centered on a somewhat narrow perception of what is moral and what is not. I am certain, for example, that many behaviors besides sexual misbehaviors are included in that which is practiced in the world.

The real problem occurs when a person decides that they will focus on and eliminate one or two misbehaviors and forget about the rest. After all, how much can one do. One can only get rid of a few behaviors at a time, right? The misperception therein is that one can improve oneself by one's own efforts, without subjecting one's will to the will of God. This is a kind of spiritual pride, a hubris that does not give adequate attention to the indwelling of God within us.

Both Jesus and Saint Paul talked about spiritual pride. Here is a parable from Jesus that is very telling:

He also told this parable to some who trusted in themselves that they were righteous and regarded others with contempt: "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, was praying thus, 'God, I thank you that I am not like other people: thieves, rogues, adulterers, or even like this tax collector. I fast twice a week; I give a tenth of all my income.' But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted." (Luke 18:9-14, NRSV.)

Clearly, the one who knew his limitations was the one who "went down to his home justified." The self

-righteous Pharisee justified himself, but God did not. God understands that human effort, usually does not, indeed, cannot result in any appreciable improvement.

So, does this mean that we shouldn't even try? Most certainly not! But we should try in a manner that puts the Holy Spirit foremost in our desires to follow God's desires. How do we do that?

First, one must put their relationship with God in front of their relationship with the culture within which they reside. That is to say, one must "not be conformed to the world." One's most important effort must be to "be transformed by the renewing of [their] minds." I am convinced that the primary path to this renewing is by means of a discipline of prayer. Only by humbling oneself, that is, by turning down the volume of one's own ego, can one be open enough to "discern what is the will of God."

If we depend upon our own strength, even in prayer, we will have difficulty getting to "what is good and acceptable and perfect." However, if our intention is to attend to that "still small voice" that reveals God's desires for us, then we will begin to hear what He is saying to us. What He says to us is that "all who humble themselves will be exalted."

Jesus also said, "See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves." (Matthew 10:16, NRSV.) This is his advice on how to survive in a world that is hostile to our spirituality. We still live in the world, but we must intend to pay attention to the kingdom of God (His culture) even in the face of the multitude of distractions that our world throws at us, that keep us from attending to God's Spirit within us and within others. We are indeed in the midst of the wolves of society who have powerful tools to cause us to focus on the wrong things.

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Do Not Be Conformed — The Rev. David Shewmaker

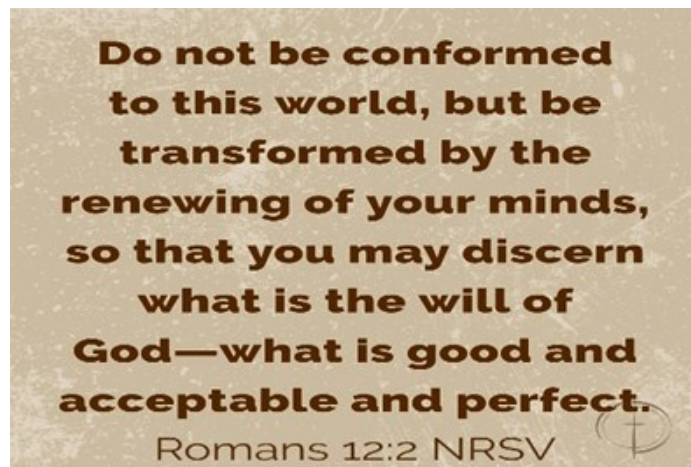
Continued from page 3

So, to be “as wise as serpents and innocent as doves,” which seems to be a contradictory injunction, we must depend not upon our own wills, but upon the will of God. I recommend that we pray daily, asking God’s guidance and presence, but most of all sitting humbly in the presence of the Holy Spirit within us. That is why I recommend Contemplative Prayer as a daily discipline. This is described as “entering a deeper silence and letting go of our habitual thoughts, sensations, and feelings in order to connect to a truth greater than ourselves.” (<https://cac.org/about/what-is-contemplation/>)

Each of us may go to this place of little or no distraction, wherein we can “contemplate” the peace that passes all understanding. All one needs to do is to sit

quietly and comfortably, close one’s eyes, and attend to the still small voice. Paul tells in 1 Corinthians 1:9 (NRSV) “God is faithful; by Him you were called into the fellowship of his Son, Jesus Christ our Lord.” I would alter this just a bit and say that you *are being called* into the fellowship of his Son.” Jesus is always drawing all of us to Him all of the time. Do we have the trust in Him and in His Father to allow the Spirit to speak to us, to direct us to his will? Well, we all forget this most of the time; however, as Paul says in another place, “... him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine....” (Ephesians 3:20, NRSV.) So, I may not be able to pay attention as I should, but God is! Many thanks to Him!

Fr. David Shewmaker,
May, 2021



Of the Ascension, Airports, and COVID

The Rev. K. Lesley McCloghrie, Associate Priest



Thursday May 13 is Ascension Day, the day when we remember and celebrate the resurrected Jesus being lifted up into heaven. Ascension Day is what we know as a moveable feast because of its relationship to Easter Day which is itself a moveable feast, always falling on the first Sunday after the full moon that occurs on or after March 21. The Ascension happens forty days after Easter Day, and so it always falls on a Thursday. You can find tables and directions how to calculate the date of Easter and related feasts in the Book of Common Prayer, page 880, or as was suggested in the recent Confirmation class, you can simply ask Google or Siri!

The date of Easter sets the date of Ascension Day and of the feast of Pentecost falling on May 23 this year, and it is on this day that we plan to begin an in-person, limited attendance, eight o'clock Eucharist in the Chapel of Our Merciful Savior. You will find more information about this service in this newsletter and in the upcoming weekly emails.

So, Ascension Day, many of us find this a strange feast, for with our increasing knowledge of our planet, and of the universe in general, the concept of Jesus being lifted up to heaven in a cloud, seems at best unlikely, although if we stop to think about it, most things about our faith are rather out of the realm of our everyday knowledge. The account of Jesus' Ascension can be found in Luke, 24:50-51; and in the Acts of the Apostles 1:9-11. It is also mentioned, albeit very briefly, in the longer ending of Mark, 16:19, this ending of the gospel is believed to have been a later addition to the original.

Acts of the Apostles 1:9-14

When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

I have been thinking about the Ascension and the days following, the days before the arrival of the Holy Spirit at Pentecost, that in-between time when Jesus has left the disciples and the Holy Spirit has yet to arrive, and wondering what particular significance this might have for us at this particular time in our lives. I often equate the time between Jesus departure and the arrival of the Spirit with leavings, especially with leavings and goodbyes at airports. Having had both of my vaccine shots, I recently flew to Arizona to see my younger son, and I was reminded of those goodbyes. Imagine it, you're excited about your trip, you've planning for your ab-

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Of the Ascension, Airports and COVID — The Rev. K. Lesley McCloghrie

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sence, organizing, packing, stopping the mail, and maybe you get a ride to the airport. It's busy at the curbside, fellow travelers rushing about with bags, there are hugs, you say good-bye and there is excitement and finally, and you're on your way. You get into the airport and everything grinds to a halt. There you are waiting, to check in, go through security and then at the gate to board your flight, you are just waiting and waiting. It can seem endless, for you are in 'airport' country, you've left where you were, but you're not where you're going, at least not yet.

It seems that for this past year we have been living in 'COVID' country. We left where we were in March of 2020, the bustle of life, as we then we have been waiting. Waiting and watching, waiting for a vaccine, watching the rise again. Waiting to see in restaurants, go back to work, together and maybe to plan a

The scriptures tell us that the disciples spent their ten days of blessing God, or in the upper themselves to prayer and during learned new things about them- time of COVID waiting has been like the disciples we too have many new things. We have ically for worship, for prayer and learned how to shop on-line and things, including groceries. Our fragility of God's creation has increased; some of us have taken up new hobbies, learning new skills and opening new horizons. There has been time to spend with our immediate family, lots of time, at times too much time, and we have all learned to appreciate and to cherish the important close relationships we have with loved ones, either in person or at a distance. Much of the time we have missed their physical presence.



The disciples were waiting for the Holy Spirit, the comforter, the advocate and guide that Jesus had promised them, and as we too wait for the coming of the Spirit this Pentecost, it seems our time of waiting may be also drawing to a close. For the disciples Pentecost changed everything, their lives were never the same as they had been before, and for us too, I suspect that life post-pandemic will be very different from what it was before, and there is nothing we can do about this. Once again using the airport simile, we are about to set foot on the Jet way, heading down the ramp towards the plane but we still have a long journey ahead of us. However, with the Director of the Centers for Disease Control Rochelle Walensky saying she is, 'cautiously optimistic' for the future, our waiting time may be coming nearer to a close. Only time will tell if this is the case, but in the meantime, let us continue with our prayers for a healthy future for our world, as we await the arrival of the Holy Spirit on Pentecost, and resumption of gathering together for indoor worship, albeit in a somewhat limited capacity.

For all these things we give thanks, blessings,

Lesley+

FROM THE MUSIC COORDINATOR



“... about music and perfectionism”

Merry Phillips



This month as we prepare for another virtual concert, perhaps our final virtual concert, I have been thinking a lot about music and perfectionism; the two often go hand in hand in our minds. However, there are two sides of perfectionism: 1) the value of making a commitment to achieving at a high level and 2) the cost of the unrelenting pursuit of something that may not always be attainable or even exist which can lead to a crippling fear of failure, an unwillingness to try new things, and negative self-talk.

In one of her recent episodes on her podcast “Field Notes on Teaching and Learning,” Ashley Danyew explores the pros and cons of perfectionism in music and offers thoughtful insights that I have found helpful. Why do I share this with all of you? I think these insights apply much more generally to whatever we are engaged in – our jobs, creative endeavors, work in the church, etc.

We have all heard the phrase “live dangerously.” I am not sure where it comes from, but it is often offered as a challenge by someone else or our own self to just “take a chance” and “go for it!” We may (with a big gulp) take up that challenge, or we may not. The great American jazz pianist Dave Brubeck is quoted as saying, “I’m going to play dangerously.” That is, he felt it was more important “to take a chance on making mistakes in order to create something you haven’t created before.”

In an article in the *Harvard Business Review* (December 27, 2018), three authors explored the research on the pros and cons of perfectionism in the workplace. The following research results were interesting:

- as might be expected, their results affirmed “that perfectionism meaningfully and consistently predicts several ‘beneficial’ workplace outcomes” (perfectionists are more motivated on the job, work longer hours, and can be more engaged at work)
- however, the results also indicated “that perfectionism is strongly and consistently related to numerous ‘detrimental’ work and non-work outcomes” (higher levels of burnout, stress, workaholicism, anxiety, and depression)
- the most critical outcome was that the results showed that “performance and perfectionism were not related to each other”

In essence, the advantages of perfectionism are washed away by the consequences of those same tendencies. It is a strange paradox. So, perhaps the question to ask is “How do we balance our perfectionistic tendencies in order to avoid the detrimental outcomes?”

Ashley Danyew shares an example of one of her young piano students who told her that he could not come to the party following the end of year student recital if he made more than three mistakes. Not knowing where that idea came from, she focused on reassuring him that “mistakes are okay” and that is how we learn. It reminded me of a time when I was young and learning how to help my mother in the kitchen. She told me not to “waste” my steps, that is, to plan so I did not have to run around the kitchen more than necessary. However, I

“... about music and perfectionism” — Merry Phillips, Music Coordinator

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took it literally to mean that I had only so many “steps” granted in my life and I had to use each one carefully. It led to a high level of anxiety on my part as I literally weighed the decision to take almost any step. An observant teacher asked me if something was wrong and I finally shared my worries about running out of steps; she reassured me that my mother was just trying to teach me how to be efficient and that there was no reason to count my steps as there was an infinite number of those for all of us. Whew! What a relief!

I think it must have come as a great relief to that piano student to learn that it was okay to make mistakes! Too often, we think of mistakes as the end of the road, rather than what they offer. If we think of a mistake as a miscalculation or a detour, then they become an opportunity to explore an alternative.

We can benefit from healthy perfectionistic tendencies in music – they help form our disciplined approach and desire to work on technical proficiency and achieve a high level of performance. At the same time, we must counter those tendencies with a focus on musicianship, that is, teaching and learning the skills of listening, creating, exploring, developing, and merging our own ideas with those of the music we are performing.

As I tell the two young organ students I am working with now – it is okay to make a mistake. We all make mistakes but what it is what we do with those mistakes that is important. I like to think of them as “wrinkles” which just need to be ironed out. To do this, we determine the cause (for mistakes that are made repeatedly), find a solution, and proceed to iron it out. The results are very satisfying and, I find, far more rewarding than trying to ‘make no mistakes.’

The cover of Brené Brown’s book *The Gifts of Imperfection* has the following quote:

“Let go of who you think you’re supposed to be and embrace who you are.”

As we make music, worship, live our daily lives, it is important to let go of the niggling voice of ‘perfectionism’ and fully embrace the grace God extends to us and let the Holy Spirit flow through us and channel our gifts to the best purpose possible, mistakes and all.

The Pentecost Concert will premiere on Sunday, May 23, at 4 pm. The virtual concert will feature several performers from our parish, including the Virtual Choir; Paul Gossard, guitar; David Powell, tenor; organists: Adam Hogue, Paul VandenBranden, Merry Phillips, and Doug Moorehead; and Nancy Streufert, flute. We are delighted to have Helen Winfrey (St. Francis) joining the Virtual Choir! The program will be a musical celebration of Pentecost, the birthday of the church! Please join us for Pentecost services (8:00 AM in the church (sign-up required) or 10:30 livestream) and then for the 4:00 PM premiere of the concert!

*And they were all filled with the Holy Spirit and began to speak in other tongues,
as the Spirit gave them utterance. Acts 2:4*



From the Senior Warden **Royal McCarthy**



I hope that you are taking advantage of the wonderful Spring weather we have been experiencing these past few weeks. As a member of the Sequoia Park Zoo, I was able to preview the Redwood Skywalk on Monday, the 19th of April. The Skywalk is truly spectacular. It is very stable and the views are breathtaking. I encourage you to enjoy the experience for yourself as soon as you can. June 4th will be the official grand opening of the Redwood Sky Walk at the Sequoia Park Zoo.

On to Church business. We continue to have very successful Sacred Saunters on Saturdays during Eastertide at Deacon Anne's. They have presented a wonderful way to get back into regathering. If you can, I encourage you to attend. It is a moving experience in a beautiful setting.

The regathering team has been working diligently to prepare for our first "in-person" service on Pentecost at 8:00 AM in the Chapel. The 8:00 AM services will continue as part of the regathering. We are also continuing to research and plan for a continued online presence as we gather in person. A special thanks to Thomas for all the research and information as we determine what will best suit our needs. We will be developing a cadre of people to be in charge of the electronic presence on Sundays. They will be controlling the audio and video that we will be live streaming. This is going to be a most exciting new step for our Church.

I look forward to the near future when we can gather at the Church in person for services. It will be one more step on the path to "normalcy."

Once again if there are any questions or if there is anything that I can help with, please let me know. Thank you for all your prayers and support.

Peace and God Bless

Royal McCarthy, Senior Warden



From the Junior Warden **John Patton**

Task complete since the last issue of the Chronicle:

- New monitors for live-stream service in the nave and chancel
- Patch, repair and paint Lewis Hall walls where Apostles paintings will be hung.
- Work with Brant Electric on installation of new power source in the chancel in the old organ pipe room—aka the Piano Barn.

Liturgical Calendar — May 2021

From Lesser Feasts and Fasts • 2018



HELENA OF CONSTANTINOPLE

Protector of the Holy Places

May 22

Most Merciful God, who blessed your servant Helena with such grace and devotion to you that she venerated the very footsteps of our Savior; may we too, assisted by her prayers and example, be given the same grace to always see your glory in the cross of your Son. Through the same Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

Helena was an Empress of Rome and devout Christian, but perhaps most renowned for her discoveries of holy sites related to the life of Jesus.

She was born into a lower class family in the middle of the 3rd century, though we are unsure about where. Many believe she was born in Drepana (now Helenopolis) in northern Asia Minor but this is uncertain. There are also later legends that place her birth in England, and for that she is honored with numerous holy wells across the country. Regardless of birthplace she would eventually become the wife, or at least consort, of Constantius I, who was coemperor and ruled over Gaul (France) and Britannia (Britain). During this time Helena would give birth to a son, Constantine, in the year 272, but she would soon be divorced and live in the East in the palace of Diocletian.

Once her son gained the Western Empire in the year 312, she returned to Rome and was granted the title Augusta, or Empress, in 325. It was during this time that she made her famous journey to the Holy Land to find the places mentioned in the Gospels, with the most important finds being the Cross of the Crucifixion and the site of the Resurrection.

Long after the destruction of Jerusalem in the year 70, the Emperor Hadrian had the area rebuilt. As part of this restoration a pagan temple was built on the very site of the Resurrection. Helena ordered this temple destroyed, had the area excavated, and discovered three crosses along with the epitaph that said, "Jesus, King of the Jews". To ensure it was truly the cross of Christ, a woman near death was carried to the site and touched each cross in turn. On the third one she was cured and Helena declared this to be the one. She ordered that a church be built which would be called the Church of the Holy Sepulcher, a major pilgrimage site to this day.

Regardless of the truth of the legend itself, it is certain that she claimed to have found this and many other holy sites and relics on her journey. Unfortunately, she would not see the completion of the Church of the Holy Sepulcher as she died in 330, five years before its completion.

Helena also had a reputation as a faithful Christian who cared for the poor. After her death several towns would be named in her honor and she would also eventually be given the title of "Equal to the Apostles". Helena's faith in her Lord was not a detached spirituality, but an embodied and historical one, such that she eagerly sought to find the very places where the Son of God had walked, taught, died, and rose again.

Lesser Feasts and Fasts • 2018

A collection of proper collects, lessons, and psalms for the eucharist on each of the weekdays of Lent, weekdays of Easter season, and each of the lesser feasts of the church year. It also includes a biographical or historical sketch for the lesser feasts and fixed holy days.



LAY MINISTRY

By Marty Vega

Calling all readers ...

If you haven't been asked to read lately, my list of names may be out of date. Let me restate – my list IS out of date. There have been some challenges (understatement) keeping organized, with some not comfortable on ZOOM while some weren't ready to read in-person.

On May 23rd we're restoring a service as we start regathering in person for an 8AM service - there will be 2 services each Sunday for your reading pleasure.. Thanks to our talented technology team, we're going to keep reading on ZOOM as well as in-person, so distance is no barrier to participation.

If you've been a reader in the past and are ready to begin again, I really need to hear from you now – phone or email. If you've never been a reader and feel called to serve – that's wonderful! Let me know and I'll provide you with more information.

Marty
707-443-9782



Camp Living Waters is Planning for Summer 2021!

We anticipate deciding whether to hold camp in-person versus online in late May. Camp is scheduled for July 25-30th 2021 if in-person, and if online will be held over several days during that same week. Keep this week in your calendar and watch your email and CampLivingWatersHumboldt.org for updates. We're looking forward to it either way!

**If you are able to donate any of the following items, please contact:
Emily Buck at: clwhumboldt@gmail.com.**

Camp Living Waters Wish List 2021

Stuff Wishes

- Sturdy tubs, large duffels and other containers for gear with a way to label them
- Kazoos
- Old pots for kids to bang on in the morning
- Loud timers for kitchen
- New or gently used inflatable kayaks
- Hand soap refills (no scent, hypoallergenic)
- Plaster for casting prints
- Name tag materials
- Neosporin
- Benadryl topical spray and a pack of new Benadryl pills (child and adult dosage)
- Four (4) fresh boxes of 2x2 and 4x4 gauze
- EMT scissors
- Large Band-Aids
- Extra large Band-Aids
- Aloe vera sunburn spray
- Paper products (toilet paper, paper towels)
- Inner tubes/kayaks & accessories - Big 5, Costco, Adventure's Edge, other local sporting goods stores



People Wishes

- Help with transport of various gear/foodstuffs for donation/recycling/trash on Thursday or Friday
- Help cleaning Camp on Saturday
- Someone to make/supply pre-printed name tags for Camp

Other ideas

- Water bottles printed with CLW logo
- Prayer booklet/guide for tent line prayer leaders
- Gift certificates for food: WinCo, Grocery Outlet, Safeway, Wildberries, Costco, North Coast Co-op, Eureka Natural Foods
- Tiki torches and supplies- Target, Kmart, Shafer's

Visit our web site:
www.camplivingwatershumboldt.org

REGATHERING FOR IN-PERSON WORSHIP BEGINS ON MAY 23

The Feast of Pentecost



As has been shared in [the Easter Letter](#) and [the April Chronicle](#), we are planning** to regather in person on Pentecost Sunday (May 23) for an 8 AM Holy Eucharist. We are excited to share with our parishioners a new Sunday worship schedule that includes both live streamed (10:30 AM) and in-person worship (8 AM).

This is not a one-time event for Pentecost. This is the beginning of the return of 8 AM Holy Eucharist: Rite II. To reserve a seat for Pentecost Sunday, either email or telephone the church office. Space is limited.

For the Sundays following Pentecost, you have 3 options to reserve a seat:

- email the church office (christchurcheureka@gmail.com)
- telephone the church office (707 442-1797)
- use Bookwhen, the online reservation (preferred)
<https://bookwhen.com/sacredsaunter>

Use the link above to access Bookwhen and our webpage. Sundays beginning May 30 until June 27 are posted and ready to accept reservations!

When you access our reservation page, you may select the date(s) from the schedule presented. After selecting the “ticket,” you are required to View Selections to proceed to checkout—please note that Bookwhen allows for the selection of multiple tickets, for multiple events in one transaction if required.

You will be asked to provide a *booker email address* (one per booking). If the email is recognized they will be asked to create/enter a password to speed up future bookings. All details are saved for subsequent bookings, including friends/household details. This means that subsequent checkouts just require an email address and password to complete.

After the booking is complete, a booking confirmation email is sent.

Here is a short tutorial video on YouTube to assist you https://www.youtube.com/watch?v=uq0fMfEHl_M

**** Plans for regathering are subject to change based on industry guidance from California Department of Public Health, the Episcopal Diocese of Northern California as well as Humboldt County remaining in the Orange tier or better. The Regathering Task Force has established a date for resuming 10:30 am in-person services on July 18 when we will celebrate the Feast of Mary Magdalene. At all in person services will include physical distancing (maintain 6 ft distance), require face coverings and a COVID-19 symptom check at registration. If you are not feeling well, or have come in contact with someone who has contracted COVID-19, please stay home. Those with compromised health, particularly immuno-related concerns, should carefully consider the risks and benefits of being in public gatherings, both indoor and outdoors.**



May Birthday Wishes



Watch over your child, O Lord, as *their* days increase; bless and guide *them* wherever *they* may be. Strengthen *them* when *they* stand; comfort *them* when discouraged or sorrowful; raise *them* up if *they* fall; and in *their* heart may your peace which passes understanding abide all the days of *their* life; through Jesus Christ our

Martin Van Zandt	05/03	Janelle Harris	05/19
Rex White	05/04	Nellie Thompson	05/19
Annalee Veach	05/06	Bill Walser	05/19
Ashley London Bacchi	05/07	Lilly Bowman	05/20
Jacqueline Gordon Hubbard	05/08	Lotus Bowman	05/20
Lyn Klay	05/08	Timber Bowman	05/20
Alicia Shewmaker	05/09	Lin Chase	05/20
Carol Holland	05/13	Sister Diana Doncaster	05/20
Victoria Patton	05/13	Eva Hamer	05/22
Helen Taylor	05/13	John Patton	05/22
Daniel Price	05/15	Susan Armstrong	05/23
Krys Call	05/17	Marty Vega	05/23
Veva Stone	05/18	Dottie Hannaford	05/27
Ann Clark	05/19	Pam Gossard	05/30
		Daniel Hafer	05/30



Happy Anniversary



O God, you have so consecrated the covenant of marriage that in it is represented the spiritual unity between Christ and his Church. Send therefore your blessing upon these your servants, that they may so love, honor, and cherish each other in faithfulness and patience, in wisdom and true godliness, that their home may be a haven of blessing and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Douglas & Nancy Frey	05/18	Jake & Stephanie Schultz	05/28
Daniel London & Ashley London Bacchi	05/20	Richard & Susan Whaley	05/16



Did we miss your special day? The staff apologies for our time perception disorder with any omissions of birthdays and anniversaries. Send your special day information to:
christchurcheureka@gmail.com
 We want to acknowledge and celebrate your special day next year!



The April 2021 Cycle of Prayers

for our Diocese and the Anglican Communion

Please pray for the diocese, congregations, and clergy listed below on the Diocesan and Anglican cycles of prayer as well as those prayers requested by our Bishop, Dean and Diocesan Search & Transition Committees.

Every Sunday, the Diocesan Transition Committee requests that we pray for our bishop.

Look graciously on your Church and our bishop, The Rt. Rev Megan Traquair, as she so graciously and ably serves as a caring, faithful pastor for your people, guiding and supporting us in our ministries during this time of Covid-19.

Every Sunday, The Very Rev. Sara Potter, Dean of our Semper Virens Deanery, has asked us to pray for: St. Alban's Episcopal Church, Arcata.

Intercessor We pray for the congregations of our deanery, this month for the people of St. Alban's, Arcata. Grant them joy and continued patience as they open their place of worship with care for all who gather. We pray to you, O Lord,

People Hear our prayer.



May 2

DIOCESAN CYCLE OF PRAYER

Holy Trinity Episcopal Church, Nevada City
Father Brad Helmuth, Rector
The Very Rev. Canon Mary Hauck, Associate Priest
The Rev. Canon Christopher Seal, Rector Emeritus

ANGLICAN CYCLE OF PRAYER

The Episcopal Church in Jerusalem
and the Middle East
The Most Rev. Michael Lewis
Archbishop and Primate of the Episcopal Church
in Jerusalem and the Middle East
and Bishop of Cyprus and the Gulf

May 9

DIOCESAN CYCLE OF PRAYER

Holy Trinity Episcopal Church, Willows
The Rev. Charles Rouse, Assisting Priest
St. Paul's Episcopal Church, Crescent City

ANGLICAN CYCLE OF PRAYER

The Anglican Church of Kenya
The Most Rev. Jackson Ole Sapt
Archbishop and Primate of Kenya
and Bishop of Kericho

May 16

DIOCESAN CYCLE OF PRAYER

Holy Trinity Episcopal Church, Ukiah
The Rev. Bill Adams, Supply Priest
The Rev. Stephen Leonetti, Supply Priest

ANGLICAN CYCLE OF PRAYER

The Anglican Church of Korea
The Most Rev. Peter Kyongho Lee
Archbishop and Primate
of the Anglican Province of Korea
and Bishop of Seoul

May 23

DIOCESAN CYCLE OF PRAYER

Incarnation Episcopal Church, Santa Rosa
The Rev. Stephen Shaver, Rector
The Rev. Pamela Moore, Deacon
The Rev. Gail Cafferata, Priest Associate
The Rev. Jamie Knutsen, Priest Associate
The Rev. Hugh Stevenson, Priest Associate
The Rev. Ellen Wondra, Priest Associate

St. Paul's Episcopal Church, Oroville
The Rev. William Rontani, Supply Priest

ANGLICAN CYCLE OF PRAYER

The Anglican Church of Melanesia
The Most Rev. Leonard Dawea
Primate and Archbishop of Melanesia

May 30

DIOCESAN CYCLE OF PRAYER

St. Stephen's Episcopal Church, Colusa
The Rev. John Vafis, Priest Associate

ANGLICAN CYCLE OF PRAYER

La Iglesia Anglicana de Mexico

June 6

DIOCESAN CYCLE OF PRAYER

St. Stephen's Episcopal Church, Sebastopol
The Rev. Christy Laborda Harris, Rector
The Rev. Kate Sefton, Deacon

ANGLICAN CYCLE OF PRAYER

The Church of the Province of Myanmar
The Most Rev. Stephen Than Myint Oo
Primate and Archbishop
of the Province of Myanmar
and Bishop of Yangon

If you wish to offer prayers daily for the church in the world, our Anglican Cycle of Prayer has a daily list of diocese and clergy who would benefit from your prayer ministry. This list can be obtained via this website: <https://www.anglicancommunion.org/resources/cycle-of-prayer/download-the-acp.aspx>. If you do not have a computer, I would be glad to make a copy of the 2021 Anglican Cycle of Prayer for you.

Anne Pierson, Deacon



Healing Compline

A Season of Healing, a time to heal and be healed.

Please join Deacon Anne on Tuesdays at 7 pm
for a Compline Service with prayers for healing.

Please email christchurcheureka@gmail.com to receive the Zoom link.

Jesus said, "I am the light of the world; whoever follows me
will not walk in darkness, but will have the light of life."

John 8:12



Centering Prayer Series

With Fr. David Shewmaker

Mondays at 6:30 pm
In the Chapel of Our Merciful Saviour
or online via Zoom

Please email the church office to reserve a seat in the Chapel or to
receive the Zoom link for series.

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.



SUN	M	T	W	Th	F	SAT
Fifth Sunday of Easter 2 10:25 Online Worship Holy Eucharist: Rite II https://www.youtube.com/user/ChristChurchEureka	3 Centering Prayer 6:30 PM Reserve space for in-person	4 Healing Compline 7: 00 PM	5	6 	7 	1 St. Philip and St. James, Apostles 8 Sacred Saunters 11:00 AM Reserve Online
Sixth Sunday of Easter 9 10:25 Online Worship Holy Eucharist: Rite II https://www.youtube.com/user/ChristChurchEureka	10 Centering Prayer 6:30 PM Reserve space for in-person	11 Healing Compline 7: 00 PM	12	13	14	15 Sacred Saunters 11:00 AM Reserve Online
Seventh Sunday of Easter 16 10:25 Online Worship Holy Eucharist: Rite II https://www.youtube.com/user/ChristChurchEureka	17 Centering Prayer 6:30 PM Reserve space for in-person	18 Healing Compline 7: 00 PM	19	20	21	22 Sacred Saunters 11:00 AM Reserve Online
DAY OF PENTECOST 23 Regather—8 am Holy Eucharist: Rite II Contact office to reserve a seat 10:25 Online Worship Holy Eucharist: Rite II https://www.youtube.com/user/ChristChurchEureka	24 Centering Prayer 6:30 PM Reserve space for in-person	25 Healing Compline 7: 00 PM	26	27	28	29
First Sunday after Pentecost 30 Regather—8 am Holy Eucharist: Rite II Contact office to reserve a seat 10:25 Online Worship Holy Eucharist: Rite II https://www.youtube.com/user/ChristChurchEureka	31 Visitation of the Blessed Virgin 					



The Right Reverend Megan M. Traquair
Bishop
THE EPISCOPAL DIOCESE OF NORTHERN CALIFORNIA



CHRIST EPISCOPAL CHURCH

CLERGY AND STAFF

The Rev. Dr. Daniel D. London - Rector
The Rev. David Shewmaker - Associate Priest
The Rev. K Lesley McCloghrie - Associate Priest
The Venerable Pam Gossard - Archdeacon
The Rev. Anne Pierson - Deacon

Merry Phillips - Music Coordinator and Organist
David B. Powell - Choir Director
Dr. Douglas Moorehead - Organist Emeritus

Thomas Swanger - Parish Administrator

THE VESTRY

Royal McCarthy, Senior Warden; John Patton, Junior Warden; Peg Gardner, Clerk;
Dr. Robert (Bob) Hines, Treasurer; The Venerable Pam Gossard; Jim Hendry, Sharon Kalberer,
Bev Olson, Steven Preston, Laura Rose, Nellie Thompson, Jannetje Vrieze, Belinda Zander

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