



CHRIST EPISCOPAL CHURCH



OCTOBER 2024 - CHRONICLE

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, as a community of companions walking together in the Way of Christ's Love for all.

St. Francis and Forest Therapy

In the first biography of St. Francis written by Thomas of Celano in 1230, four years after Francis died, we see evidence of the saint's love for the forest. Along with reporting the saint's famous sermon to the birds, Celano also recounts a dream that Francis had of a mighty tree whose beauty inspired awe and wonder. Through his interaction with the tree in the dream, Francis felt deeply affirmed him in his vocation and in the vocation of his fellow friars. In the 14th century anthology known as *The Little Flowers of St. Francis*, we see how intimately connected the forest was to prayer for Francis and the friars. Francis and his brothers were frequently described as praying and contemplating in the woods, sometimes pouring out their tears, sometimes sighing and crying aloud, sometimes rapt in ecstasy with an army of saints and angels, and sometimes celebrating Mass as we do during our Sacred Saunters.



In Francis's own words from his poem *The Canticle of Brother Sun*, we learn about his appreciation for Brother Sun whose beams radiate through the forest, and Brother Wind who sings through the rustling of the tree's branches, and Sister Mother Earth who nourishes and sustains the trees, fruits, and flowers. Francis saw all of these as expressions of his fellow creatures' praise for their Creator and they each deepened his love and gratitude for "the Most High, all powerful, good Lord."

Francis's first modern biographer Paul Sabatier (1854 – 1941) wrote that the "pure air of the forest must have been good for his physical well-being." Although Francis was not preoccupied with his physical wellbeing and the health benefits of being in the forest, I imagine he still would have appreciated the modern-day practice of Forest Bathing since it has been shown to deepen our sense of gratitude and empathy.

The first invitation in Forest Therapy is to give thanks for the land and the caretakers of the land, including the indigenous tribes who may have tended the land centuries ago. Francis concludes his *Canticle of Brother Sun*, which is considered the first poem written in the Italian vernacular, by saying, "Praise and bless the Lord, and give Him thanks, and serve Him with great humility." Gratitude was an essential practice for St. Francis as it is in Forest Therapy. While Francis may not have been concerned with physical health benefits, it's worth acknowledging that trees release phyton chemicals called phytoncides¹ that not only protect them from rotting, but also provide health benefits for us. Scientists have discovered that when we breathe in these phytoncides which the trees release, our bodies respond by increasing the number and activity of the white blood cells called natural killer cells, which kill tumor-infected and virus-infected cells. Phytoncides also reduce our cortisol levels², temper inflammation, improve cognition, enhance sleep, relieve anxiety and depres-

¹ Volatiles organic compounds (VOCs) or "essential oils" that have antimicrobial and insecticidal qualities that protect the tree from germs and parasites.

² Cortisol is the body's main stress hormone.

sion, help regulate blood pressure, and even boost empathy. In the 1980s, Japanese scientists found that exposure to trees and their phytoncides served as an effective eco-antidote to urban and technological burnout. Rooted in their Shinto and Buddhist practices, they began encouraging a practice called *shinrin-yoku*,³ which means “forest bathing,” bathing in the phytoncides. According to the early accounts of St. Francis and the friars, they were forest bathing. Or perhaps more appropriately, they were forest *praying*.

The second invitation in Forest Therapy is to be present to the forest by engaging all five senses in what Forest Therapy Guides call “Pleasures of Presence” or “Embodied Awareness.” We are invited to smell the aromas of the forest and hear its music in the birds and trees, to notice what the forest air feels like as it touches our skin, and to taste the air by drinking it in, perhaps through an imaginary straw. We are then invited to close our eyes and turn in a direction that our hearts prompt us, only to open our eyes again slowly to receive all that we see as if it were a painting made especially for us by someone who loves us very, very much. In this process, we are invited to get in touch with our sixth sense, our heart sense. We get in touch with this sense simply by placing our hands on our hearts and noticing what emerges within us. In his book *St. Francis and the Song of Brotherhood*, Eric Doyle writes about Francis and the heart sense, saying “Francis found himself endowed with the sixth sense of heartsight, or what he himself described as ‘the eyes of the spirit.’”⁴

One of the intentions of The Pleasures of Presence invitation is to help participants reconnect with the heart and body. In his pursuit of spiritual perfection, Francis had become fairly detached from his body, which he referred to as “Brother Ass.” In the Italian town of Greccio, Francis reflected on the Christmas mystery of the Word becoming flesh, a holy event that elevates the human flesh as a vehicle for divine glory. Though he was only 41 years old, his body was in decline because of severe fasting and self-denial. It was around this time in his life that he began to finally listen lovingly to his body. Inspired by the affirmation of the human flesh revealed in the Incarnation, he spoke to his body and said these words: “Rejoice, brother body, and forgive me for all the ways I have ignored you. I now give you my loving attention and hasten to heed to your complaints.”⁵ Unfortunately, the damage had already been done and he died only a few years later, but not after leaving his legacy in the town of Greccio, a legacy that remains alive today, a legacy that invites us all to be in our bodies and to discover God’s presence with us here and now, even in “Brother Ass.”

This Italian deacon’s legacy is a deeply Anglican one, as Anglican author C. S. Lewis affirmed when he later elaborated on the deacon’s name for his body. Lewis said, “Ass is exquisitely right because no one in his senses can either revere or hate a donkey. It is a useful, sturdy, lazy, obstinate, patient, lovable and infuriating beast; deserving now a stick and now a carrot; both pathetically and absurdly beautiful. So [too] the body.”⁶ The experience of being in a human body is one that God Himself wanted to experience and enjoy; and in so doing, God made it possible for us to experience union with him right here and right now, in these vessels

Anglicans call this “incarnational piety,” a piety based on the Gospel of John which affirms that the Word became flesh. Towards the end of his life, St. Francis wanted the people of Greccio to appreciate the gift of the Incarnation, to experience God in their bodies in the present moment, by creating the first Nativity scene ever, which was a live Nativity scene, and which has become perhaps the most popular Christmas tradition in the world. If you go to Greccio today and visit what is called the Chapel of the Crib, you will see a fresco of the first Nativity scene, with St. Francis kneeling beside an Italian baby who played the role of Jesus. St. Francis the deacon is appropriately dressed in a dalmatic. This Anglican and Franciscan emphasis on the Incarnation invites us to experience God’s loving presence in our bodies, in our breath, in our heartbeat, and in all the pathetic and absurd beauty of this human flesh.

³ In the word *Shinrin* (forest) the “r” is pronounced like our “d.”

⁴ Eric Doyle, *St. Francis and the Song of Brotherhood*, 45.

⁵ James Wiseman, “The Body in Spiritual Practice: Some Historical Points of Reference” in *Reclaiming the Body in Christian Spirituality*, edited by Thomas Ryan (Mahwah NJ: Paulist Press, 2004), 7.

⁶ C. S. Lewis, *The Four Loves*, 93.

I invite you to join us for the St. Francis Sacred Saunter this weekend with Bishop Megan; and I invite you to spend time among the trees, praying, practicing gratitude, and being present to the forest and your own body by engaging all your senses: smell, sight, hearing, touch, taste, as well as your heart sense. Try to spend at least a half hour in the forest or beside a tree and then prayerfully read Francis's *Canticle of Brother Sun*, which I've included below. This poem, the first written in Italian, was composed in 1225, so it is approaching its 800-year anniversary! After spending some time in the forest, you may want to write your own verse or verses, inspired by your personal experience in the forest. You don't need any previous experience in writing poetry to do this. Just write whatever emerges from your experience of practicing presence, gratitude, and prayer in the forest, like St. Francis and his fellow friars.

FA+



Icon of St. Francis of Assisi
written by David Tschoepe



Fresco at the Chapel of the Crib in Greccio, Italy,
<https://en.italiani.it/the-nativity-scene-of-san-francesco-that-illuminate-greccio/>

The Canticle of Brother Sun

Most High, all-powerful, good Lord,
Yours are the praises, the glory, the honor, and all blessings.

To You alone, Most High, do they belong,
and no man is worthy to mention Your name.

Praised be You, my Lord, with all your creatures;
especially Brother Sun, who is the day, and through whom You give us light.

And he is beautiful and radiant with great splendor,
and bears a likeness to You, Most High One.

Praised be You, my Lord, through Sister Moon and the stars;
in heaven You formed them clear and precious and beautiful.

Praised be You, my Lord, through Brother Wind,
and through the air, cloudy and serene,
and every kind of weather through which You give sustenance to Your creatures.

Praised be You, my Lord, through Sister Water,
which is very useful and humble and precious and chaste.

Praised be You, my Lord, through Brother Fire,
through whom You light the night;
and he is beautiful and playful and robust and strong.

Praised be You, my Lord, through Sister Mother Earth,
who sustains us and governs us and who produces
varied fruits with colored flowers and herbs.

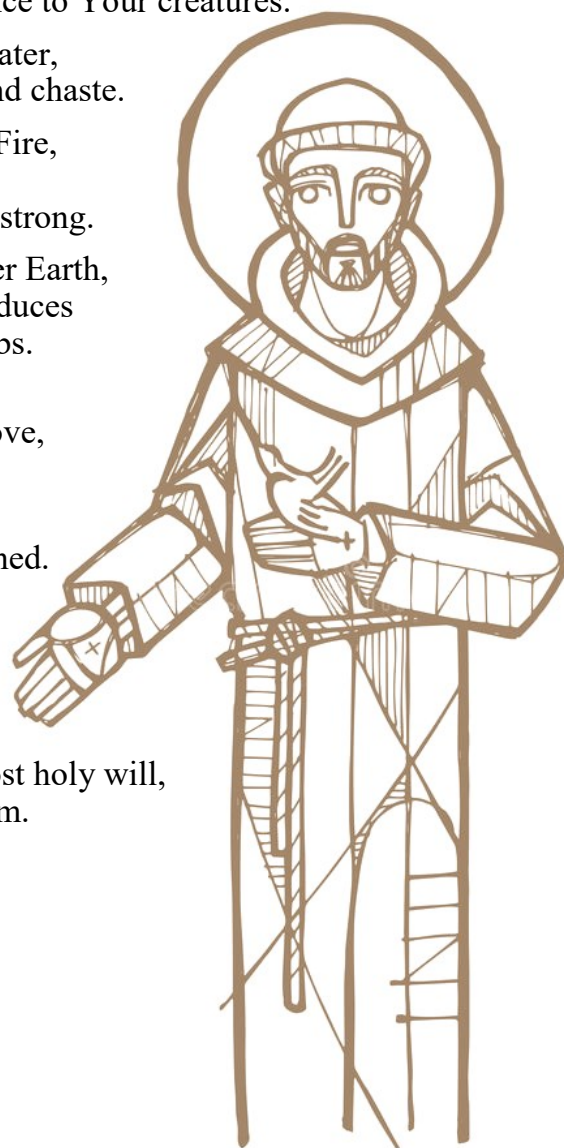
Praised be You, my Lord,
through those who give pardon for Your love,
and bear infirmity and tribulation.

Blessed are those who endure in peace
for by You, Most High, they shall be crowned.

Praised be You, my Lord,
through our Sister Bodily Death,
from whom no living man can escape.

Woe to those who die in mortal sin.
Blessed are those whom death will find in Your most holy will,
for the second death shall do them no harm.

Praise and bless my Lord,
and give Him thanks,
and serve Him with great humility.
Amen.



**St. Francis Blessing
of the Animals &
Sacred Saunter with
Bishop Megan
Saturday October 5
11 AM
Sequoia Park**

Meet at the Red Gate on W Street



**There will be an additional opportunity to have
your beloved animal blessed this year:**

**Joy Mass with blessing of the animals
Sunday | October 6 | 9:30 AM
Chapel of our Merciful Saviour**



More thoughts on Autumn ...

I'm sure we are all familiar with the term "Indian Summer", that period of warmer weather that occurs in the fall, usually after the first frost, not the best name to be used these more enlightened days. The term is thought to come from the description native Americans used for the warmer Autumn days when they hunted.

As a child growing up in the North East of England, we didn't use the term at all, but if we were lucky, this early period of warm autumn weather would coincide with our first school break after the summer, Potato Picking Week! Needless to say, by the mid-nineteenth century, we did not go out into the fields to pick potatoes, as presumably children had done in earlier times, but we enjoyed this break in the school routine. I remember my grandmother using the term, St. Luke's Little Summer, for this time of year, and I would wonder what potatoes had to do with St. Luke. This is the same child who for many years thought "Venerable" was the first of name of St. Bede, as in the Venerable Bede. Hopefully I have moved on since then.



St. Luke's Little Summer is the name used in Europe for those warmer days that fall around October 18, the feast day of St Luke. We know St. Luke as the author of one of the Gospels and of the Acts of the Apostles and tradition tells us he was a physician, a fellow missionary with Paul, and was most likely a Gentile or a Hellenistic Jew. It is thought that he wrote his gospel while in Greece, later dying at the age of eighty-four. Luke is honored as the patron saint of physicians and of artists, the latter because he is believed to have been the first iconographer. Many hospitals are dedicated to St. Luke. I have also read that the term "lukewarm" comes from St Luke's Little Summer, neither too hot nor too cold. Whether this is true or apocryphal I cannot say!

Beginning on Thursday October 3, we will enjoy a Bible Study based on the Gospel of Luke, led by Pastor Karen Stanley. Luke is a good writer and a great storyteller. He is known for including many very familiar accounts in his gospel, including the Annunciation to Mary, and the beloved Christmas story.

Almighty God, who inspired your servant Luke the physician to set forth in the Gospel the love and healing power of your Son: Graciously continue in your church this love and power to heal, to the praise and glory of your Name; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Book of Common Prayer, #244

We know November 11 as Veterans Day, but it is also the feast day of St. Martin of Tours. Martin was a soldier, and his legend is that while he was still a catechumen, he came across a poor man who asked for alms in the name of Christ. Martin, drawing his sword, cut off part of his military cloak and

Continued on the next page.

gave it to the beggar. The following night, Jesus appeared to Martin, clothed in half a cloak, and said to the saints and angels surrounding him, “Martin, a simple catechumen, covered me with this garment.” Martin was baptized, but believed that his commitment as a Christian required him to leave the army, saying famously: “I am a soldier of Christ. I cannot fight.” Martin pursued the vocation of a hermit for some years until, to his dismay, he was elected as Bishop of Tours in 372. (From *Lesser Feasts and Fasts*, 2022, #504).



There is often a spell of warmer weather around the beginning of November, and this is known, surprisingly, as St. Martin’s Little Summer. In the North of England and in Scotland, Martinmas was historically the occasion for a great feast. Martin’s feast day coincided with the time when animals were slaughtered to provide meat for the long winter months ahead. How the meat was stored for months without refrigeration is the subject for a different article.

In Germany, St. Martin’s Day was celebrated with a feast of roast goose. The legend being that when Martin was about to be chosen Bishop of Tours, feeling he would be no good as a bishop, he tried to run away, and hid amongst a flock of geese. Unfortunately, the geese cackled, and their noise gave away his hiding place.

Lord God of hosts, you clothed your servant Martin the soldier with the spirit of sacrifice and set him as a bishop in your church to be a defender of the catholic faith: Give us grace to follow in his holy steps, that, at the last, we may be found clothed with righteousness in the dwellings of peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Lesser Feast and Fasts, #505

We often enjoy warmer weather in the fall, and our meteorologists will tell us why this is so, and share the science behind their forecast. However, you may want to think on the legends and customs of our forebears, and give a thought to St. Luke, or St. Martin, as is appropriate, while you are out and about enjoying the sunshine and blue skies.

Lesley+





Birthdays and Humpty Dumpty

Last Sunday, when I was preaching and presiding at Calvary Lutheran, I shared with them a story of praying the Birthday Prayer that we pray every week at Christ Church.

When I was Priest-in-Charge at St. Francis' in Fortuna, we also prayed the Birthday Prayer every week. As I shared with the people of Calvary, one Sunday, early in my time there, we prayed with a dear older man named Hal, who had the only birthday that week. His birthday, as I recall, was that very day. We prayed: "Watch over your child, O Lord, as his days increase; bless and guide him wherever he may be. Strengthen him when he stands; comfort him when discouraged or sorrowful; raise him up if he falls; and in his heart may your peace which passes understanding abide all the days of his life; through Jesus Christ our Lord. Amen."

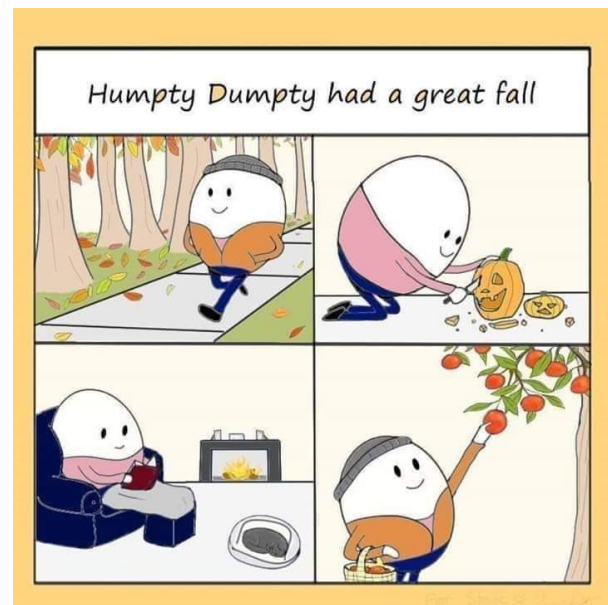
Three days later, in the middle of an ordinary day, Hal stepped off a curb wrong, fell and hit his head, and within 24 hours was in God's eternal care. As I spent time with his family at the hospital, they were astounded that his health could change so quickly, from vital and full of joy on his birthday, to letting go of life three days later. But it occurred to me that in committing his life to God for another year, we had prayed that God would raise him up if he fell. And that when he actually and literally fell, God would still raise him up... to eternal life.

I am convinced that among all the liturgies and prayers of The Episcopal Church, there is nothing more timely and beautiful than prayer number 51, page 830, of the Book of Common Prayer, what we know more familiarly as the Birthday Prayer. And maybe I think of it this time of year because my own birthday is near. But what occurs to me is that, in asking to be raised up, and for God's "peace which passes understanding," we pray for all conditions and situations. We pray that we might have peace for the rest of a long life to come, and also for peace in the next moment, when we might have to trust in God's promise to raise us up.

Do you remember this nursery rhyme?

"Humpty Dumpty sat on a wall
Humpty Dumpty had a great fall
All the King's horses and all the King's men
Couldn't put Humpty together again."

I recently saw a little cartoon which I share with you here. I don't know who drew it, but it makes me smile. It shows Humpty Dumpty having a great fall – taking a walk through the falling leaves, carving a pumpkin, reading a book in a cozy living room by the fire, and reaching up to pick apples that he places in a basket. I think that is the kind of fall we all hope to have – a great one! But the birthday prayer holds out the promise that when we stumble and fall – figuratively or literally – God is there to bring us to our feet again. And when that is not possible, to raise us up to eternal life.



"As our days increase," and in the lovely season of fall, may we all remember that. Thanks be to God.

Jeri +

MUSIC COORINATOR — Avery Alexander

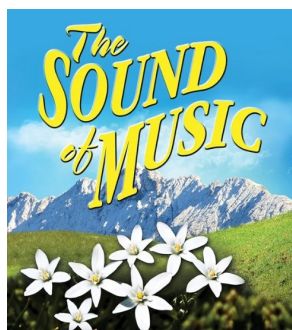
It's now been a little over a month that I've been serving as music coordinator/organist at Christ Church. I couldn't be happier with how things are going. The services are becoming more familiar and comfortable each week. I'm learning more and more with each week of planning hymns and choosing music. It has been such a joy to have the choir starting up this past month. A milestone for me is accompanying on the organ for the first time.

I continue to have organ lessons and mentorship from Merry Phillips, who I am so grateful for. I couldn't have imagined a more perfect transition period. Stepping into Merry's shoes in this new role has been a lot of work, and overwhelming at times, but having her guidance throughout the process has helped tremendously.



I am thankful for Thomas and Merry who have agreed to play for the 8am services while I am busy with the production of Sweeney Todd at North Coast Repertory Theatre. This has been my latest musical theatre endeavor. The show runs through October 20th, Fridays and Saturdays at 8pm, and Sundays at 2pm. For tickets, visit ncrt.net.

Looking ahead, my next musical theatre project will be The Sound of Music. Presented by MainStage Humboldt, this show will run for one weekend only at the Arkley Center for the Performing Arts, November 22-24.



Considered by many to be the world's most beloved musical with its Tony, Grammy and Academy Award-winning score, including "Do-Re-Mi," "My Favorite Things," "Edelweiss" and the iconic title track "The Sound of Music," the hills come alive once more.

Broadway guest talent, local artists, and Main Stage Young Performers Company come together to present this Rodgers and Hammerstein classic.

Let us welcome the newly baptized.

**"SACRAMENTS
ARE OUTWARD
AND VISIBLE
SIGNS OF INWARD
AND SPIRITUAL
GRACE."**

The Book of Common Prayer

*Holy Baptism of
Mason Christopher Bozzoli
September 20 | 10:30 am service*



Bach On!

with Baroque Natural Trumpets

Sunday, October 20, 2024

at 4:00 PM

Christ Episcopal Church

Admission is free; donations to support the musicians are gratefully accepted.



Gil Cline & Chris Cox, playing baroque natural trumpets, and are pleased to join Bach On in just a few weeks. Attendees will hear true natural trumpets, one folded, one coiled -- types used in the 17th century before the invention of valves -- playing that Rainbow of Tones from the Harmonic Series of nature. On tap are the rarelyheard Sonata Venatoria by Pavel Vejvanovsky, and the popular Concerto in C by Antonio Vivaldi.

Also on the program are : Georg Frideric Handel: *Concerto Grosso, Opus 6 Number 7*
 Wolfgang Amadeus Mozart: *Salzburg String Symphony, K. 137*
 Fritz Kreisler: *Liebesfreud*

Bach On, a Tiny String Orchestra, launched its first concert in the fall of 2022 with Reid Blickenstaff, Holly MacDonell, and Julie Fulkerson, founding members still in the group. **Bach On** dedicates itself to performing chamber music requiring upwards of six string players -- a natural for the concerto grosso literature popularized by Corelli, Handel, Bach, and later composers -- and the perfect size consort for the trumpet works on the bill.

Musicians in Bach On are violinists Reid Blickenstaff, Julie Fulkerson, Angela Galioto, Trillium Pitts, Hanah Rolf, and Katie Swisher; violist Holly MacDonell; cellist Cassandra Moulton-Rizzo; and bassist Ron Lee. Organist Merry Phillips joins in on basso continuo parts.

Christ Episcopal Church is a perfect setting for all this music. The wonderful Kegg pipe organ, with three manuals controlling 1,917 pipes in 31 ranks, serves as an excellent continuo instrument, part of the orchestra.

Bible Study

The Gospel of Luke

Thursdays | 12:30-2PM | Lewis Hall

Pastor Karen Stanley

A study of the Gospel of Luke began on Thursday, October 3rd. The group meets at 12:30 each Thursday in Lewis Hall, led by Pastor Karen. Background information is shared, followed by questions and discussion. EVERYONE is welcome; bring your Bible and your lunch if you wish.

Beginning in December the lectionary turns from Mark to Luke, so this is an opportunity to have a better understanding of the Gospel passage read each week in Year C. Luke's Gospel contains the only telling of some favorite parables (Good Samaritan, Prodigal Son), the most stories about women, and an emphasis on prayer and praise. Come explore Luke, the "favorite gospel" of Pastor Karen and many others.



Quilters+

The day: Wednesday, October 9

The time: 9:30 AM

The place: Lewis Hall



Come join Quilters+ on Wednesday, October 9, at 9:30 am in Lewis Hall! Join us as we gather to craft more fleece throws for foster children and youth in Humboldt County. Our fleece throws are given to the TFI (The Forgotten Initiative) Family Resource Center to be included in Journey Bags as youngsters enter foster care. The throws are warm, colorful, and cozy, something new and their very own to keep. All the necessary supplies are provided, the directions are extremely simple, and everyone is welcome to help.

Coffee and snacks and conversation, busy hands – a great way to spend a morning. Come and join us!

You can bring your own project to work on.

Come and enjoy conversation, snacks, and working together.

Questions? Call Peg Gardner 443-9627 or Belinda Zander 442-4222.



Christ Episcopal Church Green Team Tip of the Month

Less of these



None of these

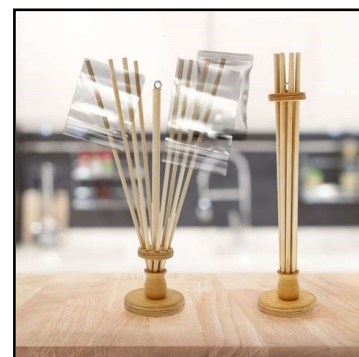


Sandwich Bags –Last month we told you about the Global Warming Potential (GWP) of single-use take out boxes. We mentioned a University of Michigan study, **Parametric life cycle assessment modeling of reusable and single-use restaurant food container systems (Resources, Conservation and Recycling, March 2023)**, that showed using a reusable container as few as 5 times could reduce the carbon footprint of take-out boxes. Also mentioned in the article was silicone sandwich bags.

What a surprise! Silicone sandwich bags do not have a break even point for GWP. No matter how many times you use a silicone sandwich bag, it will continue to have a higher GWP than single use sandwich bags. So, go ahead and keep using your single use plastic sandwich bags.

But, maybe we can all be a little more judicious in the number of sandwich bags we use in order to reduce the amount of plastics that wind up in landfills every year. Did you know its safe to wash and reuse sandwich and freezer bags? Just make sure they have not held raw meat, fish, eggs or potentially allergy triggering foods and they are not damaged, cloudy or dirty. (Can You Reuse Your Plastic Freezer and Sandwich Bags? Madeline Buiano, March 14, 2024, marthastewart.com)

Wash your bags in warm soapy water. Take extra care to clean the seams where food can get stuck, but don't turn them inside out. That can cause unnecessary wear and result in stress tears. Make sure the bag is thoroughly dry before reusing it. Bag dryers, like the ones pictured, aid drying by keeping the bag open while it dries.



Christ Church Eureka Green Team | Mission and Vision Statement

In fulfillment of Diocesan Resolution R1-2022, General Convention Resolution A087, and our church mission statement, the Christ Church Green Team promotes care for the earth and its resources as God's gifts for sustaining life. We strive to minimize the environmental footprint of the parish and its people by honoring the land and practicing mindful stewardship of our planet and its resources. As Christ Church Eureka, we seek to provide a carbon neutral presence by the year 2030.

From the Senior Warden Elizabeth Harper-Lawson



Our Senior Warden is in the United Kingdom and will be returning in time for the many activities for October. In place of her regular article, Elizabeth sent an email about some of the churches she has been visiting. I have put together some photos and facts on them for you to enjoy until Elizabeth returns and we can hear about the churches in person.



St. Paul's Cathedral, London. *Elizabeth writes that she finally got to see the statue that John Donne posed for before his death.*

Nicholas Stone's effigy of the poet and preacher John Donne in St Paul's Cathedral, London, is a remarkable survival of seventeenth-century English sculpture. Donne is shown standing, perched on a funerary urn, and enveloped in a body-hugging burial shroud which has been gathered into two decorative ruffs at the head and feet.



Saint Stephen's Church, Gloucester Road.

Tucked away in the south transept of Saint Stephen's you'll find a memorial to one of the greatest poets of the twentieth century, T.S. Eliot who served as Churchwarden here for twenty-five years, and who was a faithful member of the congregation for over forty.



The Church of St. Martin in Canterbury is England's oldest parish church in continuous use. St. Martin's was the private chapel of Queen Bertha of Kent in the 6th Century before St. Augustine arrived from Rome.

Elizabeth writes that this church has been her favorite because it is so old. She learned about it during Lent Madness from Scott Gunn's series on Saints.

From the Junior Warden **Heidi Erickson**



A Special Request from the Junior Warden

When I was a child, every Labor Day weekend, beloved comedian, actor, and philanthropist Jerry Lewis hosted the Jerry Lewis MDA Labor Day telethon. I remember watching so many of the biggest stars of the day make an appearance: Frank Sinatra and his Rat Pack, Jimmy Stewart, Jimmy Durante, Debbie Reynolds, Scott Baio and many others. They all took time out of their Labor Day weekends to help Jerry's Kids. Even President Ronald Reagan called into the show one time.

It was edge-of-your-seat excitement when Ed McMahon would inform Jerry of a new total on the Big Board almost every hour. I can still hear the drum roll as everyone would applaud and cheer and Jerry would tear up in appreciation.

You're probably wondering what my childhood memories of the Jerry Lewis Telethon has to do with a Junior Warden article.

Well, I'll tell you. During our July Vestry meeting, the vestry approved an estimate to have our church building, office/apartment and chapel repaired and painted. The estimated total is \$87,300 for all three buildings. This is a huge financial expenditure.

And while we do have the funds available, this will dramatically drain our maintenance account by over half. Leaving us a little short, should an emergency occur.

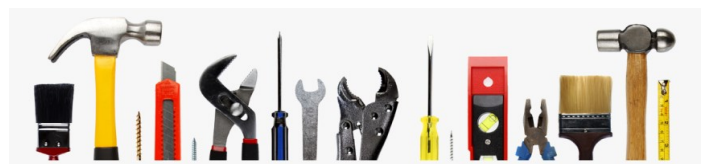
So I am humbly asking you to consider reaching a little deeper into your wallets each month to help us build up our Maintenance account. If everyone was able to donate an extra \$1-20 per month, just for a little while, we would be able to restore our maintenance fund for any emergency that happens down the road.

While Jerry Lewis provided music, comedy, and entertainment in exchange for donations to help "his kids". He also spoke from the heart with gratitude for each and every donation. Since I don't share Jerry's singing or comedy ability, I'm hoping that my eternal gratitude along with that of future members of Christ Church will suffice. Just think of it as helping "Christ's Kids" here at Christ Church.

Thank you for considering helping to restore our maintenance fund. I hope you all have a wonderful October.

With love and gratitude,

Heidi Erickson



Election Day—Church will be open for prayer ...

Prayer matters! Prayer changes things. Prayer changes us.

On November 5, 2024, Election Day, Christ Church wants to support you with having the church open for silent prayer from 9 am to 5 pm.

The Labyrinth will also be available in the Heritage Room for individuals to walk. People of all faith traditions and spiritual backgrounds are welcome to walk our labyrinth or sit in silent prayer on Election Day.

Clergy and staff will be available to keep the church doors open between 9 am & 5 pm. If you are interested in helping, contact Mtr. Lesley at klmccloghrie@gmail.com

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes; through Jesus Christ our Lord. Amen.

Book of Common Prayer, For an Election, #818



2024 Stewardship Event
SUNDAY | NOVEMBER 17
9:30 AM (one service only)
The Rev. Aidan Rontani, Guest Preacher

Called to *Serve*

LAY MINISTRY by Marty Vega



Because we want to provide your families with more detailed information about time and talents involved in our ministries, we're currently gathering the information you've been curious about. Keep watching for an announcement for the Stewardship Fall Event.

Here is our most recent list of ministries. As you can see, there've already been changes since last month. As always, we are open to adding more opportunities.

Acolytes, Eucharistic Ministers	Royal McCarthy	→707 498-1215
	John Patton	→707 443-1825
Altar Guild	Kathy Clague	→707 822 5860
Associates & Oblates of the Sisters of the Transfiguration	Stephanie Schultz	→707 498-1058
Choir	David Powell	→davidbpowell@gmail.com
Coffee Hour 8am	Peg Gardner	→707 443-9627
Coffee Hour 10:30 am	Lynne Bean	→707 822-6086
Concerts at Christ Church	Elizabeth Harper-Lawson	→707 445-1726
Contribution Counters	Christ Church Office	→707 442-1797
Eucharistic Visitors	Elizabeth Harper-Lawson	→707 445-1726
Green Team	Steven Preston	→213 304-3715
Joy Mass Team	Vickie Patton	→707 443-1825
	Robin Cardona	→707 267-5825
Labyrinth Walk Team	Kathryne DeLorme	→707 616-1721 or →labyrinthquest@gmx.com
Office Assistants	Church Office	→707 442-1797
Prayer Circle	Jannetje Vrieze	→jvdutchgirl@yahoo.com
Quilters +	Belinda Zander	→707 442-4222
Readers and Intercessors	Marty Vega	→707 443-9782
Stream Team	Perry Gray-Reneberg	→perryggr@gmail.com
Ushers and Greeters	Sharon Kalberer	→707 630-3100
Welcome Bags	Belinda Zander	→707 442-4222

Joy Mass Family Service

Christ Episcopal Church
SUNDAYS
9:30-10:00 am



Join us!



Centering Prayer

Tuesdays | 6:30 pm | In person and on Zoom

Covid protocols are: Full vaccination is recommended, masks are OPTIONAL for those who are fully vaccinated, and masks are expected for those who are not fully vaccinated. Seating is distanced.

Join Zoom Meeting:

<https://us02web.zoom.us/j/82639812032>



Food for People

The Food Bank for Humboldt County

FOOD FOR PEOPLE—we had a really good month!

Last Sunday, September 19, we had 50 lbs. of food items donated which brought our total donations for the month of September to 83 lbs.

Our total pounds donated so far this year is 739 lbs.! We are well on our way to meeting or surpassing our goal for of 800 lbs. for 2024.

Thank you on behalf of Food for People!

Stay safe

Bev



FRESH PRODUCE SUNDAY OCTOBER 20

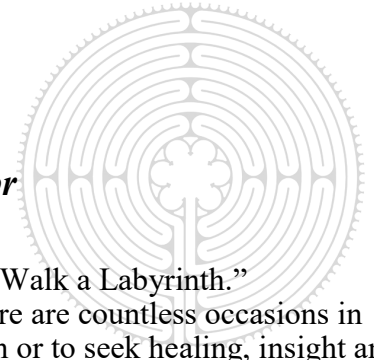
Fresh Produce Sunday is October 20. Baskets will be placed at the back of the nave to collect donations of fresh produce which will be blessed and then taken to St. Vincent de Paul's dining facility on Monday morning. Thank you parishioners for remembering to help each month with your gifts of potatoes, carrots, apples, oranges, bananas, lettuce, onions, cabbage, kale, avocados, peaches, kiwis, and, and, and....



Labyrinth Quest...

Occasions for Prayerful Walking

Kathryne DeLorme, Veriditas Certified Labyrinth Facilitator



Last month I shared some specific guidance and general guidelines on “How to Walk a Labyrinth.” Now I want to offer ideas about “When and Why” to plan a labyrinth walk. There are countless occasions in life that call for prayerful reflection whether for celebration and commemoration or to seek healing, insight and peace of mind.

The labyrinth invites you to tailor your walk depending upon what your needs are at a particular time.

Here are some suggestions for Labyrinth Walks:

- **Any situation you want to pray about.** As you walk you might silently recite a scripture verse, a prayer, or hymn that is dear to you. Freely communicate with God as you walk.
- **Prayer for a person in need** – Hold that person in your mind and heart, placing them in God’s care as you walk.
- **Seasonal holidays** of Thanksgiving, Advent, Christmas, Lent, and Easter are perfect times to focus on the blessings these occasions bring.
- **Loss, Grief, and Transition** – Walk to seek peace and solace in times of loss and difficult changes.
- **Memorial** – Walk to remember a loved one, human or animal. Carry a photo or memento as a reminder of them. Converse with them as you walk if it brings you comfort.
- **Discernment** – As you walk, ask for guidance and clarity when facing a difficult decision or crossroads.
- **Physical or Medical Matters** – Walk for comfort and courage to accept a diagnosis, life-changing condition, upcoming procedure or treatment.
- **Emotional Processing** – Walk to work through emotions related to a painful life situation, relationship or work challenges, or hurtful event. Open to insight that may lead to a resolution.
- **Seeking Forgiveness** – Walk to let go and move on, forgiving another or yourself.
- **Setting Intention for Personal Growth** - Walk to acknowledge issues you intend to be more conscious of such as judgment, control, resentment, Inner Critical Voice, etc.
- **Cultivating Compassion** – Walk to deepen a sense of caring and understanding of the trials and needs of others in our community.
- **Creative Inspiration** – Stuck on a project? Walk to enliven the imagination!
- **Honoring** – Celebrate a new member of the family, a new home, a promotion, a graduation, a healing, a hard-won achievement, a recovery goal, a reconnection with someone, etc.
- **Preparation for an Upcoming Event** – Walk to calm yourself and find confidence for a successful and positive outcome for all.
- **Ceremonies** – The Center of the Labyrinth is a sacred space for Weddings, Baptism, Confirmation, and other sacraments.
- **Celebrate Your Birthday, Anniversary, or the New Year** – Walk to clarify your desires or set intentions for the coming year. Offer thanks for the blessings of the past year.

Continued on the next page.

Labyrinth Quest... Occasions for Prayerful Walking — *continued from previous page*

- **Anchor a Commitment You're Making** – Walk to ground yourself in the new path you've chosen or new responsibility you're taking on.
- **"Walk a Dream"** – Take an image or scene from a dream on a labyrinth walk to explore it and gain insight into its meaning.
- **Self-Care** – Walk to relieve stress and anxiety and to stay connected to your heart in turbulent times.
- **Healing Our Earth & Global Peace...** Walk to seek how you can contribute to a more peaceful, sustainable world starting with your own life choices.
- **Communion with God** – Walk to refresh your sense of God's Presence with you on every step of your life path.
- **Witness a Walk** – If you're not able to actually walk, simply sit by the labyrinth as others walk and feel the serenity of the sacred space.

"Walking the labyrinth clears the mind and gives insight into the spiritual journey. It calms people in the throes of life transitions. It helps them see their lives in the context of a path, a pilgrimage. They realize that they are not human beings on a spiritual path, but spiritual beings on a human path. " - Lauren Artress, from *Walking a Sacred Path*.

Our October Labyrinth Walk will be on Saturday, October 19 from 2 – 5 pm. No special occasion is needed. Walk for the Joy of it!

The Labyrinth will also be available for walking on Election Day, Tuesday, November 5 from 9 am to 5 pm. The doors of the church will be open for silent prayer. People of all faith traditions and spiritual backgrounds are welcome to walk our labyrinth or sit in silent prayer on Election Day.



You're invited to Germany this fall!

OKTOBERFEST 2024

AT THE LUTHERAN CHURCH OF ARCATA

Saturday, October 26th, 2024

The Lutheran Church of Arcata would like to invite you and your family to celebrate the fall season with us at an authentic German Oktoberfest feast on Saturday, October 26th, 2024!

The traditional German menu includes: *Sauerbraten* roasts that have been marinated for seven days and seven nights in a most amazing wine-spice-vinegar brine; rich gingersnap gravy; homemade *Spätzle* (German pasta sautéed in butter); sweet-and-sour red cabbage (*Süss-saures Rotkraut*); crisp and tangy Deutsch-style green salad, dressed with sharp German vinaigrette; garden-fresh bacon-pear green beans (*Birnen, Bohnen, und Speck*); and fresh-baked (that morning!) German breads prepared especially for the meal by Beck's Bakery and crafted from locally grown and ground grains. Desserts will not disappoint – true German *Apfelstrudel* and *Schwarzwälder Kirschtorte* (Black Forest Cake) highlight the dessert offerings.

To drink, an outstanding selection of imported German beers and German wines will be available, as well as local fresh-pressed apple cider, Kaffee, Tee, and lemon-kissed ice water. The meal is served table-side, family-style. All this, and live accordion music too!

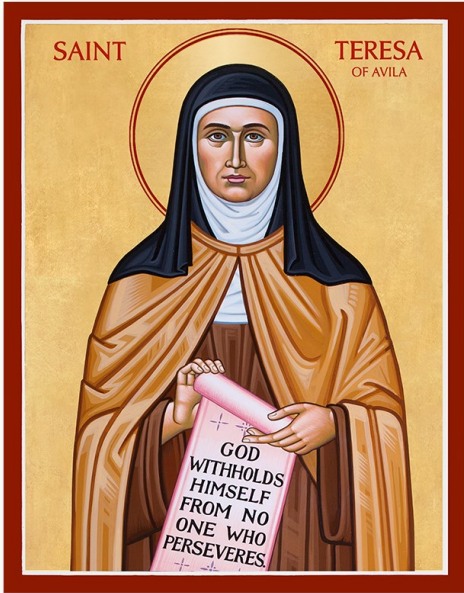
The cost of the dinner is \$25/adults. There will be three seatings: 3, 4:30, and 6 p.m. This meal does sell out, so please reserve your seats at your earliest convenience by calling The Lutheran Church of Arcata at 822-5117, or emailing: gwyn@lutheranchurcharcata.org. Funds raised at The Lutheran Church of Arcata's Oktoberfest will be used to support the ministries of The Lutheran Church of Arcata. *Hope to see you at Oktoberfest 2024!*



A Great Cloud of Witnesses

Commemorations within the life of The Episcopal Church

Editor's note: Our Confirmation Day, October 13, is close to the commemoration of Teresa of Avila. The confirmands have all adopted Teresa of Avila as their Confirmation Saint. In preparation for the service on October 13, let's join with the confirmands and take a moment to read about Teresa of Avila.



Teresa of Avila

Nun, 1582

October 15

O God, by your Holy Spirit you moved Teresa of Avila to manifest to your Church the way of perfection: Grant us, we pray, to be nourished by her excellent teaching, and enkindle within us a keen and unquenchable longing for true holiness; through Jesus Christ, the joy of loving hearts, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. **Amen.**

Teresa was one of two women declared a “Doctor of the Church” in 1970 by the Roman Catholic Church, primarily because of her two mystical contemplative works, *The Way of Perfection* and *Interior Castle*. She was a close spiritual and personal friend of St. John of the Cross. Teresa was born near Avila. Even in her childhood, she took much pleasure in the study of saints’ lives, and she used to delight in

spending times of contemplation, repeating over and over, “For ever, for ever, for ever, for ever, they shall see God.” In her autobiography, Teresa tells that, following her mother’s death, she became quite worldly. To offset this, her father placed her in an Augustinian convent to be educated, but serious illness ended her studies. During convalescence, she determined to enter the religious life; and, though opposed by her father, she became a postulant at a Carmelite convent. Again, illness forced her to return home. After three years, she returned to the convent.

The easygoing life of the “mitigated” Carmelite rule distracted her from her customary prayer life, to which she returned. Taking recourse in two great penitents, Augustine of Hippo and Mary Magdalene, she became increasingly meditative. She began to receive visions—whether from God or the Devil she could not know—and struggled to reject them. Teresa set out to establish a reformed Carmelite order of the “discalced” religious, who wore sandals or went unshod. Despite many setbacks, she traveled for 25 years through Spain. Energetic, practical, efficient, as well as being a mystic and ascetic, she established 17 convents of Reformed Carmelites. Even imprisonment did not deter her.

Despite the demands of her administrative and missionary work, Teresa found time to write the numerous letters that give us rare insights into her personality and concerns. She shows us a practical organizer, a writer of native genius, a warm devoted friend, and, above all, a lover of and the beloved of God. Her death in 1582, following two years of illness, was peaceful. Her last sight was of the Sacrament brought for her comfort; her last words, “O my Lord! Now is the time that we may see each other.”



October 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 Lord. **Amen.**

Catherine Mace	10/02	G. Barrett Mace	10/15
Laura Lee-Chinn	10/03	Ava Bennett	10/17
Elizabeth Harper-Lawson	10/04	Jeri Gray-Reneberg	10/21
Cathy Nickalou	10/08	Michael Tipton	10/21
Felix Cardona	10/09	Albert Martinez	10/24
Cindy Denbo	10/12	Earl Morgan	10/28
Patricia Malcolm	10/13	Bob Hines	10/28
Karen Childers	10/15	Richard Baker	10/28



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.**

Fred & Jacqueline Moore	10/01
Daniel Hafer & Steven Preston	10/10
David Powell & Alexandra Blouin	10/10
Merry & Dan Phillips	10/25



Did we miss your special day? The staff apologizes 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 October 2024 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 in October, The Very Rev. K. Lesley McCloghrie, Dean of our Semper Virens Deanery, has asked us to pray for the people of Christ Episcopal Church, Eureka.

Intercessor: We pray for the congregations of our Deanery, this month for the people of Christ Episcopal Church, Eureka. May the members of Christ Church deepen their understanding of “discipleship” as they engage more fully in the spiritual disciplines of Bible Study, the Daily Office, Centering Prayer, stewardship, formation classes, Labyrinth meditation, and creation care.

People: Lord, hear our prayer.



October 6

DIOCESAN CYCLE OF PRAYER

Trinity Episcopal Church, Sonoma
The Rev. Lisa Biersch-Cole, Rector

ANGLICAN CYCLE OF PRAYER

The Anglican Church of Papua New Guinea
The Rt. Rev. Nathan Ingen, Bishop of Aipo Rongo
and Acting Archbishop of Papua New Guinea

October 13

DIOCESAN CYCLE OF PRAYER

St. George's Episcopal Church, Carmichael
The Rev. Ray Hess, Priest-in-Charge

ANGLICAN CYCLE OF PRAYER

The Episcopal Church in the Philippines
The Rt. Rev. Brent Harry Alawas
Prime Bishop of the Philippines and
Bishop of Northern Philippines

October 20

DIOCESAN CYCLE OF PRAYER

St. James of Jerusalem Episcopal Church, Yuba City
The Rev. Richard Laughman, Priest Associate

ANGLICAN CYCLE OF PRAYER

Eglise Anglicane du Rwanda
The Most Rev. Laurent Mbanda
Primate and Bishop of Shyira

October 27

DIOCESAN CYCLE OF PRAYER

St. James Episcopal Church, Lincoln

ANGLICAN CYCLE OF PRAYER

The Scottish Episcopal Church
The Most Rev. Mark Strange
Primus of the Scottish Episcopal Church
and Bishop of Moray, Ross and Caithness

November 3

DIOCESAN CYCLE OF PRAYER

St. John the Evangelist, Chico
The Rev. William Stomski, Interim

ANGLICAN CYCLE OF PRAYER

Church of the Province of South East Asia
The Right Rev. Dr. Titus Chung Khiam Boon, Primate
And Bishop of Singapore

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 2023-2026 Anglican Cycle of Prayer for you. Deacon Anne.



October 2024

Church Office • 625 15th Street • P.O. Box 861 • Eureka, California 95502-0861

Office Hours • Tuesday, Wednesday, and Friday—9 am to 1 pm

Phone • (707) 442-1797 | Email • christchurchureka@gmail.com | Website • christchurchureka.org

SUN	M	T	W	Th	F	SAT
<div>The 20th Sunday of Pentecost 8 AM—Eucharist: Rite I 9:30 AM-JOY MASS & <i>Blessing of the Animals</i> 10:30 AM—Holy Eucharist: Rite II JUST ONE CAN SUNDAY Food for People 12:45 PM Green Team Meets Pierson Room</div>		<div>1 Writer's Group 12:30-1 PM Lewis Hall Centering Prayer 6:30 PM Chapel</div>	<div>2 Staff Meeting and Worship Committee 10 AM Lewis Hall</div>	<div>3 BIBLE STUDY Gospel of Luke 12:30-2 PM Lewis Hall</div>	<div>4 </div>	



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 Very Rev. K. Lesley McCloghrie - Associate Priest
The Rev. Jeri Gray-Reneberg - Associate Priest
The Venerable Pam Gossard - Archdeacon
The Rev. Anne Pierson - Deacon

Avery Alexander - Music Coordinator and Organist
David B. Powell - Choir Director
Dr. Douglas Moorehead - Organist Emeritus

Mike Robnett, Sexton
Thomas Swanger – Administrative Assistant

THE VESTRY

Elizabeth Harper-Lawson, Senior Warden; Heidi Erickson, Junior Warden; Peg Gardner, Clerk;
Francis Rivinus, Treasurer; Dr. Bob Hines, Treasurer Emeritus; The Venerable Pam Gossard;
Robin Cardona, Roni Carlson, Lin Chase, Steve Cole,
Ian Haynes, Lyn Klay, Royal McCarthy

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