

The Witness

Special points of interest:

Sunday

8:00 AM Service
10:00 AM Service

Tuesday

5:00 PM Centering
Prayer via Zoom

Wednesday

12:15 PM Service



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The Butterfly Effect

By The Rev. Ian M. Delinger, Rector

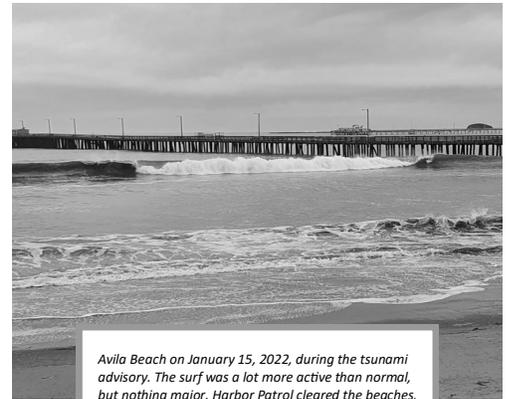
You know the old adage that, when a butterfly flaps its wings in Tokyo, there's a tornado in Oklahoma? That's called the Butterfly Effect. It's a real concept, and its roots are in physics and math. And it's what happened last month when a volcano erupted in Tonga, and we had a tsunami advisory along the entire western coastline of North America.

Unlike the 2011 Tōhoku earthquake and tsunami, which not only caused massive devastation in Japan, but caused over \$100m in damage along the California Coast, the Hunga Tonga–Hunga Ha'apai eruption caused very little disruption in North America.

Tonga is 5,300mi from San Luis Obispo. It's hard to believe that anything that happened there would impact us. Though it did little, the potential was there, and Avila Beach was awash with tsunami hunters early that Saturday morning as I went for my jog and to finish my sermon. This event should be a reminder of 1) humans do not dominate the earth, and 2) that we are all connected. That connection is worth being reminded of as we go about our own lives, knowing that we share *"this fragile earth, our island home"* (BCP 1979, Eucharistic Prayer C, p370). The natural conclusion one might make is that we therefore should care for another, however far flung.

Tonga, with just over 100,000 inhabitants, is part of the Anglican Church in Aotearoa New Zealand and Polynesia. We have Christian (and non-Christian) sisters and brothers there who are experiencing massive devastation. It's hard to think of what we can do that is both sincere and useful. We believe *"If one member suffers, all suffer together with it"*. (1 Cor 12:26a) But how good are we at living that? As a congregation of mostly doers, I'm sure many of you, like me, feel useless at helping people who are far away.

In my comings-and-goings in Christian circles, I know that people genuinely do appreciate prayers. Again, if you are like me, I appreciate being prayed for, but sometimes think it's insufficient to offer to others who I cannot otherwise support. But that's not true.



Avila Beach on January 15, 2022, during the tsunami advisory. The surf was a lot more active than normal, but nothing major. Harbor Patrol cleared the beaches, and there were no swimmers or surfers in the water.

(Continued on page 2)

(Continued from page 1)

For Lent, I'll be suggesting a book on prayer. Discovering new ways to pray and deepening our prayer life benefits the pray-er, and it also benefits those for whom you pray. As life events happen both locally and globally, work on your praying. It doesn't have to be quiet on your knees with your hands clasped and your eyes squeezed shut. It doesn't just have to be about bad things that are going on in people's lives. It's good to give God thanks, as well!

Knowing that theoretically, a butterfly flapping its wings in Tokyo causes a tornado in Oklahoma, or a real volcanic eruption generates tsunami advisories all around the Pacific Ocean, should remind us that we are connected around the globe. Volunteer, donate, write letters, do what you can. But always remember: the power of prayer transcends boundaries.

Pray for the people of Tonga.

Dear Lord,

Hear our prayers for all those who are affected by the tsunami in Tonga and other Pacific Islands. We pray for all who are bereaved and who are searching for loved ones.

May they be comforted by Your love and the knowledge that You are with them in their hour of need. We pray also for the emergency and search and rescue services who are working tirelessly at this time. In Jesus' name, Amen.

If you would like to donate: angmissions.org.nz/news/emergency-appeal-for-tonga

Ash Wednesday Services March 2, 2022

Ash Wednesday is on March 2. Assuming that we can still worship in-person, there will be services at 12.15pm and 5.30pm. Both services will be livestreamed.

Hands-On Stewardship:

Thank you to everyone who helped with the Memorial Services for Katie Arndt.

Thank you to Lee Hollister for his first interment in the Memorial Garden.

Thank you for all who submitted reports for the Annual Report.

Thank you for all who attended the Annual Meeting.

Thank you to all who are watching our Facebook Livestreams & YouTube Videos.

Thank you to all who have been hosting Coffee Hour.

Thank you to Lynn Hollister, Bill Crewe, Kay Lewis, Kathleen Pennington and Carolyn Platt for counting the collection and preparing the deposits during January.

Thank you to the teams cooking up a storm in our kitchen for 40 Prado.

Thank you to all who have contributed to this issue.

Thank you to all who helped with assembly of The Witness.

Thank you to all who read The Witness every month.

THANK
You
SO VERY
much

Notes from the Choir Loft

February 2022

We have another new voice that has joined our Choral Scholar group: Talia Ortega. I have known Talia for a long time both as her flute teacher and choir director at Cuesta College. Talia has finished her music degree at Cal Poly in Performance Flute. Welcome to the Choir Loft, Talia! We are thrilled to have you!

Speaking of flutes! We will have flute music every week in February! My dear friend, and Talia's Cal Poly flute teacher, Suzanne Duffy will join us on February 20 along with Jennifer Sayre on harp. Talia and I will join flute forces at the beginning and the end of the month. On the second Sunday in February, I will flute along with George and Ryan as they sing about three ships that sailed in on Christmas Day in the morning.

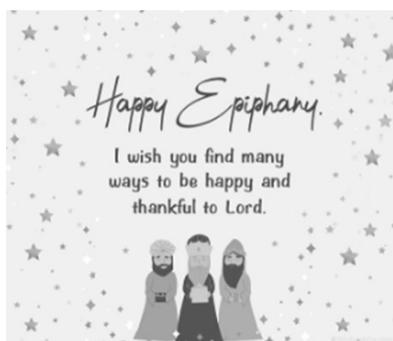
The Chancel Choir will record a lovely lullaby from the Philippines called "Caturug na Nonoy." We will begin rehearsing on Wednesdays in February to prepare this piece for recording to be played for you on Feb. 27.

Thank you to those of you who offered your thoughts to the Music and Worship Survey. I have had the opportunity to read the survey and am digesting the information you gave me. Susannah, Father Ian, and I are working together to create meaningful worship experiences for all of you.

My personal process of choosing music for the St. Stephen's services begins with prayer and Bible study. The Episcopal Church provides a wonderful calendar of Bible readings on the website www.lectionarypage.net. Anyone can access this page to see what the chosen readings are for this year. I read through the Psalms, Old Testament, New Testament, and Gospel passages before I begin choosing music. I pray that I will be guided to particular words, themes, ideas that will help me choose the most appropriate music for each Sunday. I base the majority of my choices on text. I ask, "How does this text enhance the readings?" I also think about the arc of the worship experience and try to create an integrated musical journey within the beautiful liturgy of the Book of Common Prayer. I am blessed with talented musicians (instrumentalists and singers) that give me ample choices for various repertoire styles. I am blessed by this congregation's love of fine music and hold my choices up to that very high standard. Choosing music for you each month is stimulating, challenging, and rewarding. It is my great honor to do so.

For Epiphany this year I have been focusing on music that is familiar and soothing. The long season of Epiphany in 2022 gives us another full month of carols and lullabies. It may seem strange to hear Christmas tunes in February, but think of it as keeping Christmas the whole year through.

*Musically Yours,
Cassandra Tarantino, Director of Music*





St. Valentine Wordsearch

R	T	Y	R	U	I	G	D	E	T	U	C	E	X	E
S	F	O	G	H	O	J	N	O	S	I	R	P	K	L
A	M	Z	X	O	C	V	B	C	N	M	E	P	L	M
E	R	T	D	E	P	L	E	H	Y	U	L	I	O	R
E	E	W	Q	S	Q	S	D	R	K	F	A	G	E	H
N	T	V	A	L	E	N	T	I	N	E	E	T	N	L
C	O	I	X	Z	A	W	N	S	D	B	H	N	A	M
D	N	R	T	C	V	D	X	T	I	G	T	G	G	H
T	D	F	T	G	H	J	U	I	U	G	E	I	U	O
S	S	E	G	A	I	R	R	A	M	L	N	E	A	Y
T	S	E	I	R	P	T	D	N	L	G	M	E	R	U
R	B	N	D	D	S	J	A	I	L	T	O	R	D	H

Valentine was born in **Rome** and lived from 176 to 269. He is the **patron saint** of engaged couples and happy **marriages**.

Valentine was put in **jail** because it was **illegal** to be a **Christian** in the third century. He was a **priest**, a **healer** and a **good** and **kind** man.

While Valentine was in prison, he **helped** and taught the blind **daughter** of the **prison guard**. Right before he was **executed**, he wrote a good-bye **note** to the girl and **signed** it “your Valentine.”

Find the **bold** words in the description of St. Valentine in the wordsearch above.

General Information

The Witness is a monthly newsletter published by St. Stephen's Episcopal Church, San Luis Obispo, CA to provide information about the parish to the congregation. Subscriptions are free to anyone. Send request along with your name and mailing address to the church office. Donations to help offset distribution costs are appreciated.

Make checks payable to St. Stephen's Episcopal Church

The Church's e-mail address is: office@ststephensslo.org

Contribution of articles is encouraged. Please e-mail submissions to witness@ststephensslo.org
The deadline for emailed submission of articles is the third Friday of the month. Email any questions to witness@ststephensslo.org © Copyright 2022 by St. Stephen's Episcopal Church. All rights reserved.

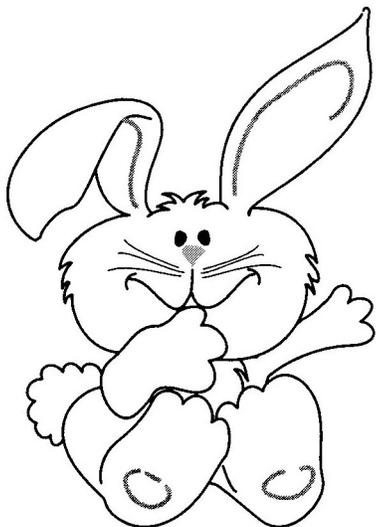
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Chocolate Easter Eggs?

Last year COVID-19 restrictions prevented making, selling and donating our famous, beautiful and delicious chocolate Easter eggs.... will this year be different? If the situation in March allows gathering to make fudge, shape it into eggs, and cover it with chocolate and beautiful flowers will anyone want to work in the "chocolate factory" or will we have a labor shortage? If we make the chocolate Easter eggs, will anyone buy them? We're sure the children at CAPSLO/40 Prado, Lumina Alliance/Stand Strong, and Family Care Network will be delighted to get a lovely chocolate Easter egg, but will potential customers welcome the return of this longstanding tradition or is it a forgotten relic of a long ago pre-covid era?

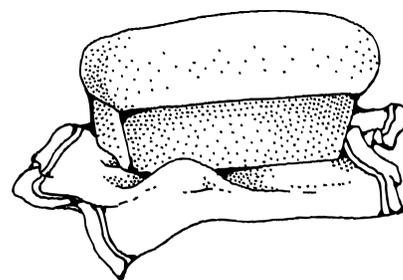
If we're able to do so, the Chocolate Factory will open March 20th, an order form will be in the March Witness and chocolate Easter eggs will be ready to pick up early in April. Please help as we puzzle over the Easter Bunny's questions. If the Chocolate Factory can open this year, would you consider being among the Chocolatiers? What safety protocols would need to be in place for you to feel comfortable working with others to make beautiful chocolate treasures at St. Stephen's? Would you be likely to order chocolate Easter eggs for yourself, friends or family this year? Would you be likely to make a donation toward chocolate Easter eggs for children served by CAPSLO/40 Prado, Lumina Alliance/Stand Strong, and Family Care Network? Please email your thoughts to kapennington@netscape.net.

Coffee Hour

Join Coffee Hour!!!! Make a cup of coffee or tea, turn on the computer, and join in the lively decision with fellow parishioners.

Due to the increase in COVID, Coffee hour is via zoom at 11:30 am on Sundays. Each Sunday a parishioner agrees to host the zoom meeting. No problem with the zoom set up. Fr. Ian has made the arrangements and written the information in the Saturday email.

Trivia for discussion – Friends of Liberia Peace Corps 60 the birthday. In honor I found my PC cookbook included in the training material. My favorite recipe was and is Banana Bread. The bread is much better if allowed to sit for at least 24 hours.



Banana Bread Recipe

- Cream together $\frac{3}{4}$ cup sugar with $\frac{1}{2}$ cup shortening. Add 2 beaten eggs, and 3 mashed bananas (I sometimes add 4) and mix well.
- Stir in 2 cups of flour, $\frac{1}{2}$ teaspoon salt, and 1 teaspoon baking soda.
- Bake in moderate oven for 45 minutes in a greased loaf pan.

SIGN UP TO BE A HOST

-Liz Frost

TACKLE HUNGER



An estimated 111 million people watch the Big Game while 48 million Americans struggle with hunger. What if each person watching the game gave just one non-perishable food item or one dollar to feed their neighbor in need? Don't sit on the sidelines. Join us in making a difference in our community now. The Souper Bowl of Caring began with a simple prayer from a single youth group in South Carolina: *"Lord, even as we enjoy the Super Bowl football game, help us be mindful of those without a bowl of soup to eat."*

Since that day, more than \$170 million has been raised for local charities across the country through Souper Bowl of Caring. It has become a powerful movement that is transforming the time around the Big Game into the nation's largest celebration of giving and serving.

Acolytes at St. Stephen's are joining this effort and learning what it's like to make a positive difference in the world as they collect food and raise money to provide meals to the hungry and show compassion to those in need. Foods and funds collected here will be given to Grass Roots II, a local agency that helps feed the needy in San Luis Obispo.

Please search your pantry for non-perishable foods to donate, or shop for "Souper Bowl of Caring" while shopping for your family's game-watching snacks. Bring your non-perishable food donation to church on February 6, 13 or 20. Of course, cash is also welcome, or checks made out to "St. Stephen's Episcopal Church" with "Souper Bowl" on the memo line. To donate by credit card online, click the "donate" button at www.ststephenslo.org, choose "write a note" and enter "Souper Bowl."

Please bring non-perishable foods to church on
Sunday Feb. 6, 13 or 20.

February Celebrations

Anniversaries

14-Feb Fred & Carol Astaire

Birthdays

- 6-Feb Lynn Wiech
- 9-Feb Eric Fisher
- 11-Feb Frances Edwards
- 12-Feb Al Williams
- 16-Feb Kathleen Pennington
- 18-Feb Frances Robertson
- 23-Feb Bud Zeuschner
- 28-Feb Ann Patry



Coffee Hour via Zoom

<https://tinyurl.com/CoffeeHour2022>

Meeting ID: 327 152 8720

Password: 0908

Coffee Hour Hosts Needed!

We are looking for hosts for February & March. Please reach out to Liz Frost at either lizwfrost@msn.com or by phone at 805-805-594-0604.

Due to the weather and the status of COVID-19 in our community, Coffee Hour has been moved to Zoom. If you would like to host please reach out to Liz Frost.

CREATION CARE REFLECTIONS

Puzzling Plastics

from www.history.com

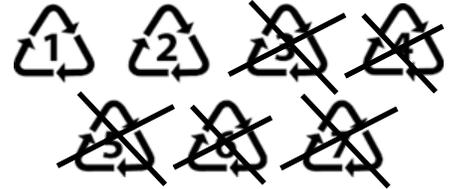
“In the 1800s, there were no blue recycling bins, no sorting, no recycling trucks rumbling down the alley. Recycling as we know it didn’t exist. But people were way better at it.

“People recycled far more than we do now,” says Susan Strasser, author of *Waste and Want: A Social History of Trash*. If the elbows in a shirt wore out, you’d take the sleeves off, turn them inside out, and voila: new shirt. If a dress went out of style, you added new buttons or sent it back to the dressmaker to fashion a trendier frock. Eventually, the fabric would be turned into a quilt or a rag rug or just a rag.

“Before there was municipal solid waste disposal, stuff would pile up in your house if you didn’t reuse it,” Strasser points out. “In addition, people who made things had an understanding of the value of material goods that we don’t have at all. Literally, if everything you wore, sat on, or used in your house was something you made or your mother or uncle or the guy down the street made, you had a very different sense of value of material goods.”

I wasn’t around in the 1800s, but I remember recycling in the 1970s when we took our glass, metal and paper to recycling centers at grocery stores and other places to keep them out of the trash and give them new life as other glass, metal or paper objects. In the 1980s cities were starting curbside recycling programs for lots of things, including plastic, and that triangle made of arrows began to be used to signify recycling and to identify the different types of plastics used in packaging.

In 2016, when Chris Arndt got information from our recycling company about what could be recycled, my mother bought blue plastic wastebaskets to use around the church for recycling and I made signs to put up by them, there were 7 different types of plastics identified with that symbol, and only one of them (#6) wasn’t recyclable. Now, according to an article in the *New Times*, there are only two that **are** recyclable. *New Times* describes the #1 & #2 plastics that are recyclable as “things with a bottle neck: plastic water bottles, milk jugs, empty laundry detergent containers, soda bottles, for example.” Other plastics like yogurt containers and berry baskets are all trash, even if you put them in the recycling bin. The article also points out that even those “recyclable” plastics aren’t really recycled, they’re “downcycled” to make other items like carpets that are not recycled at the end of their life. It suggests that change starts when you’re shopping, not when you decide whether to put a package into a recycling bin. Choose products in glass or aluminum containers instead of plastic whenever you can.



A great phrase from the 1970s is “Reduce, Reuse, Recycle.” It seems to me that as it has become easier to recycle, we’ve neglected the other two. Though we don’t need to go back to the 1800s, it would be good stewardship of all the amazing resources God has given us in this world He created for us if we tread a little more lightly.

- Kathleen Pennington



New Vestry and Delegates

The Annual Meeting of St Stephen's Episcopal Church took place during Zoom Coffee Hour on January 23, 2022. We passed the Budget for 2022 and we elected the following:

Vestry:

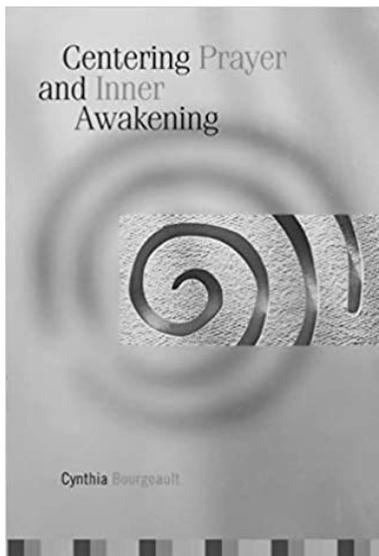
Bill Crewe, Senior Warden, Treasurer ('22), Kathryn Marshall ('22), Craig McCollum ('22)
Kathryn Bumpass ('23), Kay Lewis ('23), Skip Parks ('23)
Jim Gates ('24), Shannon Larrabee ('24), Elizabeth Potter ('24)
Alison Preston (Clerk)

Delegates to Convention:

Sophia Agbo, Liz Frost, Bruno Giberti, Dennis "Skip" Parks, Gail Taylor
(3 will serve as delegates, 2 will serve as alternates)

Bill Crewe has been appointed Senior Warden. The Junior Warden will be elected by the Vestry at its first meeting on February 13.

The **St. Stephen's Centering Prayer** group will read the book ***Centering Prayer and Inner Awakening*** by Cynthia Bourgeault (2004).
A book discussion will be on Tuesdays
Feb 15 - March 15 from 4:30-5:00.



This will be followed by their ongoing 5:00-5:30 Centering Prayer meeting (i.e., short reading, 20-minute silence, and the Lord's Prayer).

The book is Bourgeault's very-readable account of the Method, Tradition, and Psychology of Centering Prayer. You are invited to attend the book discussion and/or Centering Prayer for one or all meetings.

Additional information and the Zoom link is available from Kathanne Lynch of St. Stephen's at kathannelynch3@gmail.com. She can deliver a copy of the \$18 book to you or Volumes of Pleasure bookstore in Los Osos has copies.

St. Stephen's

Episcopal Church

Welcoming Worshiping Working

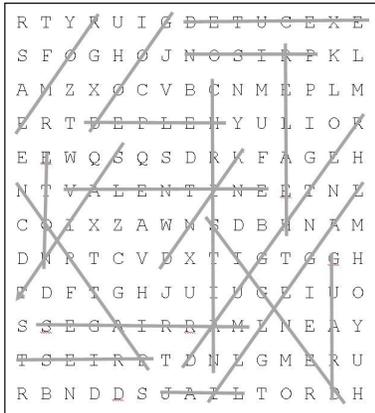
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Answers to St. Valentine Crossword on page 4



Bible Selections February 2022

6-Feb-22

20-Feb-22

5th Epiphany

7th Epiphany

Isaiah 6:1-13	Genesis 45:3-11, 15
Psalms 138	Psalms 37:1-12, 41-42
1 Corinthians 15:1-11	1 Corinthians 15:35-38, 42-50
Luke 5:1-11	Luke 6:27-38

13-Feb-22

27-Feb-22

6th Epiphany

Last Epiphany

Jeremiah 17:5-10	Exodus 34:29-35
Psalms 1	Psalms 99
1 Corinthians 15:12-20	2 Corinthians 3:12-4:2
Luke 6:17-26	Luke 9:28-36

Centering Prayer

Where: on your computer or telephone
When: Tuesdays at 5PM
How: Join Zoom Meeting
<https://tinyurl.com/CenteringPrayer2022>

Meeting ID: 327 152 8720

Password: 0908

Dial by your location:
+1 669 900 6833 US (San Jose),
+1 346 248 7799 US (Houston)



Centering Prayer Group