

The Witness

Volume 26, Issue 3

Welcoming Worshipping Working

March 2022

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

Reminder:
March 13, 2022



Inside this issue:

Chocolate Factory	2
Lenten Fasting	3
Use it up, Wear it out	4
Celebrations	5
Choir Loft	7
Bible Selections	7
Easter Flowers	On back

Lent: The Season of Prayer, Fasting and Almsgiving

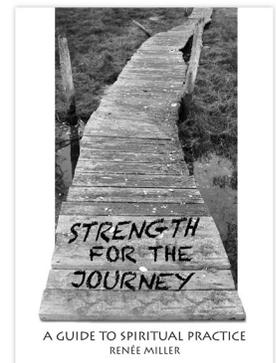
By The Rev. Ian M. Delinger, Rector

March 2 is Ash Wednesday, starting the 40 days during which, we are called into ever-deeper engagement with our spiritual life, abstaining from our indulgences and evaluating their usefulness, and more deliberately engaging in acts of kindness and generosity. Throughout the 19C and 20C, it seems that many simply encapsulated all of that into eating fish on Fridays and giving up alcohol and chocolate. By the end of the 20C, this universal way of observing Lent appeared to many as being so routine that the discipline had lost its meaning: a holy time of self-examination and repentance, meant to mirror Jesus' 40 days in the wilderness.

People's lives are so much more complex than they were even at the end of the 20C. What we fast from needs to be tailored to the individual in order for it to be meaningful and for it to create that Jesus-sized gap that draws a person into prayer and good deeds. For what good does it do a pescatarian to eat fish on Fridays? So, abstain from what works for you and what draws you into a deeper relationship with God.

Acts of kindness and generosity were challenging during the pandemic. I imagine that most people who took on this Lenten discipline did so through donations to charities, particularly those who supported the most vulnerable due to the pandemic. Almsgiving itself has changed over time. The vast majority of us give to charities. However, the Lenten discipline of almsgiving used to be directly to those who needed money. That was before government and non-profit social service agencies existed. It limits the personal connection we can make with another of God's children who might change our hearts. Nevertheless, people's lives are more complex in this arena, too. The ways that we give, the ways that others receive, and the opportunities for acts of kindness also need to be tailored to what will truly engage you with your spirituality.

As for prayer, I do have a suggestion! On my retreat last Fall, I read *Strength for the Journey: A Guide to Spiritual Practice* by Renée Miller. In it, Miller explores 5 different ways to deepen your spirituality, alliteratively: Meditative, Ministry, Media, Mind and Movement. Many of her examples are spiritual practices that I had never before considered. I commend to you to choose a new spiritual practice from this book and



(Continued on page 2)

(Continued from front page)

try to engage your spirituality in ways that you previously have not. Try to stick it out throughout Lent. And if you're not sure, give it some time before you decide it's not for you. You can always choose a different spiritual practice.

What I liked about this book is that it acknowledges that our lives are indeed more complex than they used to be, and there are ways of engaging our spirituality and prayer life that may better suit us than we have ever considered. While I've experienced a bit of each of Miller's offerings, I certainly haven't experienced all of it. There are always more ways to travel along your spiritual journey in your quest to deepen your relationship with God.

So, that's my Lenten recommendation (in addition to another one later in The Witness). And as I will do on Ash Wednesday:

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. (BCP p265)

Order Chocolate Easter Eggs by March 20th!



Yes, Bunny, there will be chocolate this year! Though ingredient prices have increased, as a "Re-introductory Price" we're holding our 2019 prices of only \$10 for half a pound of beautifully decorated, handmade chocolate or \$5.50 for a quarter pound. Order for yourself, your friends and family or sponsor an egg for a needy child. Proceeds from the sale of these eggs go CASA, Transitions-Mental Health Association and Lumina Alliance/Stand Strong Women's

Shelter. Eggs will be ready to pick up after services on Sunday, April 3rd. We'll be making the "no nut" eggs first, so if you'll need yours early, choose "no nut" and you can pick them up Sunday March 27th. Order forms are in this issue of The Witness. Pick up more at the back of the church, on the bulletin board in Ramsden Hall or at our website (www.ststephenslo.org).



Hands-On Stewardship:

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 Diane Levison and Nancy Deovlet for our palm crosses.

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

Thank you to The Packet Helpers: Nancy Deovlet, Becky Moseley, Charleen vonGortler, Cheryl McCollum, Kathanne Lynch, Liz Frost, Chris Kellett, Jennifer Sayre, Rosey Parks, Robin DiBiase, and Bud & Linda Zeuschner.

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: Gail Taylor, Sandi Crewe, Cheryl McCollum and Nancy Deovlet.

Thank you to all who read The Witness every month.

THANK
You
SO VERY
much

St. Stephen's Chocolate Factory, Opening March 21st - Help Wanted!

Our Chocolate Factory was closed during the pandemic, but we expect to be able to re-open this year, and though many places around town are short staffed, we hope we won't be short on workers. Both experienced and inexperienced workers are needed. Please sign up for whatever two hour shifts best fit your schedule. If you're attending services in person, sign up sheets will be on the bulletin board in Ramsden Hall early in March. You can also call or email Kathleen (546-0880, kapennington@netscape.net) to find out more about the work and which shifts are open.

For covid safety we'll follow the County and Diocese protocols in place at the time, which will probably include workers being fully vaccinated, and/or a negative covid test before working. We'll check temperatures as Chocolatiers start their shifts, keep a log of work schedules for tracing, have the windows open in the Parish Hall as we work for good ventilation, be masked and distanced, and, of course, will wash hands and use gloves when working with food.

If you've worked in "the chocolate factory" before, you know the task schedule may not be adhered to precisely, but whatever we happen to be doing each day you'll be in the company of friends and the place will have that wonderful smell of chocolate.

Lenten Fasting...from your trusted source

By The Rector

Back in late September 2019 when I first ventured out in the pre-vaccination days of the pandemic, I took my bicycle to Carmel and spent time out in nature, away from other people. During that time, I made a pact with myself to not consume *any* news for 5 whole days: no radio news, TV news, newspapers, online sources. I was so anxiety-laden, partly because of pandemic stress and partly because of the news. I *had* to give it up! I knew bits-n-pieces from

social media, but I never clicked on an article or looked for whole stories. Fortunately, my friends on social media aren't the type to post links to lots of news articles. IT WAS BLISSFUL!!!



Consider this: News is not designed to inform; it's designed to provoke a reaction. It doesn't matter what the news source, whether it's conservative or liberal. That's what makes fake news so easy to propagate, because we are already trained to place our reaction to news above being informed. Our reaction fuels our interest, resulting in more eyeballs, more clicks, more subscription, which equals more money for the news

outlets. This isn't just the Rector opining at the death of good journalism. Many more astute people than I have been warning the public about this, and they point out that it's not a new thing. The news industry has *always* been about revenue, so it's designed for reaction rather than information.

So, I commend to you this Lent: Set aside 5 consecutive days of a news blackout. It sounds difficult, but you might be surprised at the outcome.

Use it up, Wear it out, Make Do or Do Without

I was impressed by the comments that Kathleen Pennington made in the February issue of *The Witness*.

I was just nine years old when the Japanese attacked Pearl Harbor and we entered WW II. As children (and adults, too) we were very aware of our part in the war effort. My parents smoked so we tore the metal foil off the cigarette packages. Every Friday I took one thin dime to school and bought a savings stamp (originally a "war" stamp) and carefully stuck it in a book that was eventually full and had a value of \$17.50 to be redeemed for a \$25 bond.

Scrap drives were a major part of our regular lives. If we spotted a rusting piece of farm equipment in a field, we reported it and it soon disappeared to be turned into something for the war effort. Plastics, as Kathleen discusses, really didn't exist in our lives. (The first plastic was a product named "Bakelite".) We had a slogan and everyone practiced it: "Use it up, wear it out, make do or do without." At my old age, I still live by this rule. The other half of that slogan is "Want not, need not."

Kathleen doesn't mention it, but all these plastics are manufactured from petroleum. Do the reading and try to consider the "island" of plastic floating in the Pacific Ocean.

Many are strong advocates of electric vehicles, or EVs. There are many advantages of EVs over traditional internal combustion vehicles, far fewer parts, primarily. However the batteries require sophisticated elements that are not readily available in this country but must be imported from China or African countries. I continue to consider EVs and specifically the processes of keeping one properly charged. Unless the user has installed a 240 Volt AC special circuit to accomplish this charging, but use the more common 120 V AC, the charging time is extended considerably. Then what is the range of most EVs? Don't expect to make it to Sacramento, about 300 miles from SLO. But for around town, there is no more effective and efficient method of travel. But Diablo Canyon is closing down. Who and how will the electricity be generated to charge these EVs? Alternating current cannot be stored but is in fact used as it is generated. Batteries? Others are planning on these as nearby as the now closed Morro Bay plant. But batteries don't store electricity but chemically generate when tapped. What does our future really bode for us and those yet to come?

- Jim Murphy

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.

POSTMASTER: Please send address corrections to: St. Stephen's Episcopal Church, 1344 Nipomo Street, San Luis Obispo, CA 93401-3935

If you would like to make a donation to St. Stephen's Episcopal Church

You can scan this QR Code with your phone and be taken directly to our PayPal site or go to paypal.me/ststephensslo



Scan. Pay. Go.

Women’s March SLO: Engage for Equity Rally

March 5, 2022
 Mitchell Park, San Luis Obispo, CA
 Rally – 1pm-3pm
 Call to Action Alley – 12pm-4pm
 RSVP - <https://bit.ly/30ydEnd>
 DONATE - <https://bit.ly/3qsTbLk>



When people come together with hope, unity and a plan, nothing is impossible! On March 5, 2022, let's rally for equity and celebrate the 5th anniversary of our work! Join us in Mitchell Park for a family friendly event with speakers, performers, DJ, community leaders, and local nonprofit organizations!

How can you engage to make this world a more equitable and just place to be? What steps can you take in your own community? Come hear from people who are actively engaged in making a difference. Let's mobilize, get involved, and stay involved in 2022 and beyond!

SPEAKERS:

Wendy Lucas, yak titʻu titʻu yak tilhini Northern Chumash Tribe member
 Erica A. Stewart, San Luis Obispo Mayor
 Yessenia Echevarria, Paso People’s Action
 Ben Vargas, Jackie Beatty and Gracie Edler, Planned Parenthood Generation Action
 Serrina Ruggles, GALA Pride and Diversity Center
 Eve Barajas, Paso Robles High School Equality Club
 Dian Sousa, Poet
 and music by DJ Felly Fell!
 The Call to Action Alley will be back, so make sure to check out your favorite nonprofit organizations and learn more about the ones you don't know.
 Plus – Plant Ivy food truck with better burgers for a healthy planet will be there!

March Celebrations!

Are we missing your special day? Please reach out to the office and let us know. Call, email, drop a letter in the mailbox. Please no smoke signals.

Anniversaries

- 4-Mar Jon & Cassie Tarantino
- 25-Mar Dennis & Nancy Deovlet

Birthdays

- 10-Mar John Kellett
- 11-Mar Sandi Crewe
- 12-Mar Nancy Deovlet
- 18-Mar Sari Dworkin
- 24-Mar Beverly Williams
- 28-Mar The Rev. Karen Siegfriedt



St. Stephen's Service Music Calendar

	March 2, 2022	March 6	March 13	March 20	March 27	April 3
	ASH WEDNESDAY 12:15 & 5:30	1st Lent	2nd Lent	3rd Lent	4th Lent	5th Lent
CHORAL SCHOLAR		George	Talia & Ryan	Rosey	George & Ryan	Rosey
1st HYMN	No entrance hymn Ash Wed	143: The glory of these forty days	370: I bind unto myself today, v. 1-4	685: Rock of ages, cleft for me	690: Guide me, O thou great Jehovah	474: When I survey the wondrous cross
2nd HYMN	Walk in the Light, v. 1-2, 3					
3rd HYMN	411: O, Bless the Lord, my soul	150: Forty days and forty nights	370: I bind unto myself today, v. 5-7	574: Before thy throne, O God we kneel	470: There's a wideness in God's mercy	398: I sing the almighty power of God
OFFERTORY ANTHEM		<i>"If with all your hearts,"</i> from Elijah, F. Mendelssohn	<i>Thy Will Be Done</i> , F. Mendelssohn	<i>Lord, we pray Thee</i> , W. A. Mozart	<i>The Heart Worships</i> , G. Holst	<i>Song of Freedom</i> , C. V. Stafford
COMMUNION ANTHEM	WLP 825: Bless the Lord My Soul (congregation invited to sing refrain; Choral Scholars sing verses)					

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)



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 March & April.
 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.

Notes from the Choir Loft

GOD PROVIDES

*“In Year C, the Old Testament and Gospel lessons in Lent point to **God’s provision for his chosen people**, contrasted with the worldly ways that lead to inequity.”*

This quote is from one of the many resources I use when choosing service music for our worship at St. Stephen’s, “The Episcopal Musician’s Handbook.” This quote helped me look at Lent in a new way. I began to think that the giving up of something for Lent was not just about denying myself of something I like; rather, it is about opening a space for God to fill. Instead of a “Dry January” dietary cleanse, Lent is a spiritual cleanse that opens a space for God’s provisions to become more clear and apparent.



With this idea, I began the lengthy process of choosing hymns, offertory anthems, and communion music for Lent. I felt moved to offer to our spiritual journey more time to meditate upon the texts of the songs. In lieu of changing all three hymns every week, I chose one hymn for the Gospel and one hymn for communion for the five weeks of Lent. Inspired by the *Taizé* tradition, it is my goal to offer you the space to repeat a text in such a way that it may take on new meanings each week. For the hymns that do change, (the processional and recessional), I focused on text that spoke of God’s provisions.

The season of Epiphany with carols and lullabies has been a soothing journey. May Lent offer you deeper insight that you are not alone and your every spiritual need has a Godly provision.

–Cassandra Tarantino, Director of Music

Bible Selections for March 2022

	2-Mar-22 ASH WEDNESDAY	6-Mar-22 1st Lent	13-Mar-22 2nd Lent
1st READING	Joel 2:1-2,12-17	Deuteronomy 26:1-11	Genesis 15:1-12,17-18
PSALM	Psalms 103:8-14	Psalms 91:1-2, 9-16	Psalms 27
2nd READING	2 Corinthians 5:20b-6:10	Romans 10:8b-13	Philippians 3:17-4:1
GOSPEL	Matthew 6:1-6,16-21	Luke 4:1-13	Luke 13:31-35

	20-Mar-22 3rd Lent	27-Mar-22 4th Lent
1st READING	Exodus 3:1-15	Joshua 5:9-12
PSALM	Psalms 63:1-8	Psalms 32
2nd READING	1 Corinthians 10:1-13	2 Corinthians 5:16-21
GOSPEL	Luke 13:1-9	Luke 15:1-3, 11b-32



St. Stephen's

Episcopal Church

Welcoming Worshipping Working

1344 Nipomo Street
San Luis Obispo, CA 93401-3935

805-543-7212
office@ststephensslo.org
www.ststephensslo.org
Office Hours: Mon-Thurs. 9am-1pm

Non-Profit Organization
U.S. Postage Paid
San Luis Obispo, CA 93401
Permit No. 57

Address Service Requested



Thank you to everyone who contributed nonperishable foods for the "Souper Bowl of Caring" food drive through which our acolytes donated 61 pounds of food and \$245 to Grass Roots II, a local agency that helps feed the needy in San Luis Obispo.

Easter Flowers

Each year at Easter, members of our Altar Guild decorate the church with beautiful flowers.

If you would like to donate Easter flowers, please fill out this form, enclose or attach a check made payable to **St. Stephen's Episcopal Church**. Please note on the memo line with "Easter Flowers" and place it in the offering plate, drop it by the church office or mail it to: St. Stephen's 1344 Nipomo St., San Luis Obispo, CA 93401



PLEASE PRINT CLEARLY

Name _____

In Memory of _____

In Thanksgiving for _____