

# The Witness

Volume 26, Issue 7

Welcoming Worshipping Working

July 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



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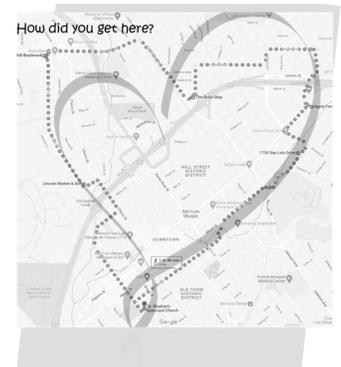
## Your Journey Here

By The Rev. Ian M. Delinger, Rector

A few weeks ago, the sermon posed the question: *How did your spiritual journey lead you to St. Stephen's?* I believe that I am led by the Spirit, and so in some way, I was led to St. Stephen's by more than just the application and interview process. Sure, my cumulative experience both inside and outside the Church, my desire to move back to California and our shared vision for what journey St. Stephen's could travel along were a part of that. But the Spirit helped fit those pieces and many others together which resulted in a call to serve here in SLO.

In that sermon a couple of weeks ago, I mentioned the homework for the Vestry Retreat in March. Each of the members were assigned a triad in which they were to share:

*What brings you to St. Stephen's and what keeps you here? What's your story?  
What connects you most with Jesus/God/Spirit at St. Stephen's?*



Our spiritual journeys are funny things, as I wrote about in the May issue. Among other aspects of life, they often lead us to our place of regular worship. Rarely is a spiritual journey a straight line. They lead us to both places of joy and places of sorrow...and they lead us out of that sorrow, back into joy. Many of us prefer to have some grounding to our journey, and our place of worship is that grounding. It may also be the place where you feel most comfortable being *discomforted* by what is occurring on your spiritual journey: a confusing sermon or one you disagree with, a sloppy worship service, or a tense conversation at Coffee Hour. Your place of spiritual grounding is where you are willing for that to occasionally happen because you know it is a safe place to work through the discomfort and potentially learn rather than reject or be rejected. Out of that, growth can happen.

Sharing your journey is good, too. Some people have Spiritual Directors who act as shepherds at various points on the journey. Some clergy (and probably lay persons, too) have cell groups or colleague groups who meet regularly to shepherd one another along their spiritual journeys. It's the sharing that can help you take that next step. Part of sharing your journey could include sharing a time when you felt joy or wonder or deep gratitude and knew *"God is a part of this."*

The Vestry has further homework from the Vestry Retreat, and that is to engage in this conversation with one or more of the congregation. I haven't checked up on their homework in a while. So, you may want to be proactive and invite a Vestry member, or another member of the congregation, to have this conversation. You can share as much or as little as you like – it's your story and your time. The Vestry members enjoyed the conversations and getting to know one another more.

Summer is the "green season", the season of spiritual growth. Do something different this summer that moves you along your spiritual journey and helps you grow... because, even a summer vacation is part of the journey!

## Thank you from SLO Food Bank

Thank you for joining us on 2022's Hunger Awareness Day and **congratulations** on your hard work and fundraising efforts!!



This year's Hunger Awareness Day was an incredible community event with the mission to raise awareness about hunger in SLO County, raise vital funds, and provide resources for anyone who needed help. This all came together with events across the county: a benefit concert *Good Fruit*, the in-person collection sites, and our first ever CalFresh application assistance sites.

We could not have been such a strong presence in San Luis Obispo without your support and are thankful that your team hosted the collection site at Pacific Premier Bank in SLO. The highlight of Garret, Branna, Luise, and Roman's day was being out and about, getting the chance to see you, and cheering you on!

Together, with hundreds of other Hunger Heroes in our community, you helped us with the challenge to help meet our goal of 910,000 meals! This event ensured more meals will fill the tummies of our neighbors in need across SLO County, and St. Stephen's Episcopal Church was a large part of this reason.

Thanks to St. Stephen's, **\$1,493.01** was raised at your collection site, congratulations!

Additionally, we would love to hear about your experience this year. If you have any stories, pictures, or ideas to make next year's Hunger Awareness Day more successful please share them with me via email: [clevine@slofoodbank.org](mailto:clevine@slofoodbank.org) or call at 805-457-5456 (I don't have text on this phone number).

Thank you once again, I had such a wonderful time working with you, and am so appreciative of your work!

*All the best,  
Claire Levine*

## Hands-On Stewardship:



**Thank you** to Lynn Hollister, Kay Lewis, Carolyn Platt and Kathleen Pennington for counting the collection and preparing deposits during June, and especially to Kay for her work in sorting out the puzzles of which donations go into which account numbers. **Thank you** to everyone who helped support the Food Bank's Hunger Awareness Day, either through donations toward our sponsorship of the event or volunteering on the day. A big thanks to Stephanie Olsen for coordinating the volunteers. **Thank you** to those watching the services at home on our Facebook page or on YouTube. **Thank you to** Father Ian Delinger, Sarah Maggelet, Becky Moseley, Kathleen Pennington, Gail Taylor and Amanda Thayer for their work in planning and developing this year's Encanto SLO Vacation Bible Camp. **Thank you** to Gail Taylor, Mark & Becky Moseley, Craig & Cheryl McCollum, Carolyn & Hugh Platt for their assistance at Hunger Awareness Day. **Thank you** to Gail Taylor for helping fold the Pentecost Service Booklet. **Thank you** to all who helped fold, tape, and label The Witness. **Thank you** to Kathryn Bumpass for the donation of office supplies.



# ENCANTO SLO



## Vacation Bible Camp at

**August 1- 5 9am-3:30pm Ages 5-13**

Mark your calendars for a week of fun faith building, including theater, art, music, cooking, games, sports and more, all in the spirit of Disney's "Encanto"!

- The cost is \$50 for the full week for the first child.
- Add just \$50 for up to 2 additional children in the same family.
- Pre-care from 7:45-9am and aftercare from 3:30-5:30pm is available for an additional daily charge. Scholarships are available.

There are also Camp Leadership Positions (volunteer) available for teens age 14-18.

Questions? Email [kapennington@netscape.net](mailto:kapennington@netscape.net)

**Register  
at**

**My805Tix.com**

## HELP WANTED for ENCANTO SLO!!!

There are many ways you can help make ENCANTO SLO Vacation Bible Camp a fun faith building experience for the kids who attend. Volunteers are needed to serve as greeters, help prepare and serve snacks, help set up the space and prepare materials, read stories, help with crafts, music, games, activities and more. Whatever your gift is there's sure to be a way to use it in ENCANTO SLO. Help all week or just a few hours one day, whatever fits your schedule.

Must be 14 years of age or older and complete an online Child Safety Course. For more information or to volunteer email [kapennington@netscape.net](mailto:kapennington@netscape.net)

Scholarship funding is also needed. Though the fee is very low for a full week-day long program, even \$50 is difficult for some families. Donate to scholarships through the registration site, or by writing a check to St. Stephen's and putting "Vacation Bible Camp" on the memo line.

## The Brotherhood of St. Andrew's Retreat



After a three year break, the St. Andrew's Brotherhood at St. Stephen's met again in retreat on Saturday, May 21 from 9 to 3 at St. Paul's Episcopal Church in Cambria. Men from both St. Stephen's and St. Peter's in Morro Bay joined together for day exploring ideas about, and insights from, Spirituality as experienced and expressed by various traditions and perspectives. Under the expert leadership of Brother Dennis Gibbs of the local Community of Divine Love, wisdom from Christian, Buddhist, Sufi, Hopi and other vantage points were reflected upon and discussed, with examples and applications from our own and shared life experiences. In between we enjoyed several quiet time breaks, where we wandered the grounds of St. Paul's, walked their labyrinth or just sat quietly contemplating how the various topics and insights related to our personal lives. We enjoyed a simple sandwich lunch with fellowship and support with each other. Brother Dennis shared some details from his arduous faith journey, much of which is recounted in his recent book, *The Gospel Life*, copies of which were presented to the participants upon the close of the retreat. Plans are being visualized for next year's retreat, and we hope to include more men from St. Stephen's and other parishes in the Deanery.

Meanwhile, with all the graduations, weddings, vacations and travel plans, the Brotherhood will take a short summer break in our activities, and resume in the fall with our monthly breakfast meetings and service plans for the chapter. Rest, rejuvenation, peace and grace be with you all this summer.

*Bud Zeuschner*

*St. Andrew's Brotherhood Chapter Coordinator, 2022*

### 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](mailto:office@ststephensslo.org)

**Contribution of articles is encouraged. Please e-mail submissions to** [witness@ststephensslo.org](mailto:witness@ststephensslo.org)  
The deadline for emailed submission of articles is the third Friday of the month. Email any questions to [witness@ststephensslo.org](mailto: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

### Run out of checks?

#### Watching the livestream while traveling?

You can make a donation to St. Stephen's Episcopal Church via PayPal. You can scan this QR Code with your phone to be taken directly to the PayPal site or you can go to [paypal.me/ststephensslo](https://paypal.me/ststephensslo)



Scan. Pay. Go.

## From The Choir Loft, July 2022

### The Great American Songbook

I have a fun tradition with my parents. I know that if I call them at 5:00pm, they will be pouring themselves a glass of wine to sip on their orchid-festooned patio in La Jolla. They know to carry the telephone out with them on the patio to receive a call from me with my wine glass in my living room. These weekly conversations became even more precious during the COVID lockdown.



A few weeks ago my parents described to me a beautiful song that was sung during the service at La Jolla United Methodist, where they have been longtime members. Both of them had obvious tears in their eyes and difficulty speaking about the song which had been so moving for them to hear. They also described how others in the congregation were significantly and similarly moved.

What was this song? It was none other than “On My Own,” from *Les Miserables*. As I listened to their story I could not help but think, “that is not really an appropriate song for church.” Yet, they were moved to tears and wanted to share those feelings they experienced in church with me. The memories of their feelings during that song was their “take-away” from church that Sunday.

Days later, I was reminiscing on that conversation and began to ask myself, “If I were to choose a song from the American musical stage, which one would I choose?” A list of songs began forming in my mind. I continued searching the Great Google “Songs from musicals suitable for church.” I found many songs I knew, and ones that were new to me. I immediately began listening to them and could not help but to smile and even cry at the beautiful melodies and moving texts.

As I reviewed the scripture readings for the month of July, the words “hope” and “inspiration” repeatedly leaped into my mind. I dared to look at the list of songs I had recently compiled and found that they complimented the scriptures! Our great 20th Century composers brought the charity, hope, and love of the Bible to the stage! Leonard Bernstein wrote in his Mass “Sing to God a simple song,” and “When my spirit falters and my illusions fade, I go on.” Richard Rogers and Oscar Hammerstein wrote “Walk on with hope in your heart, and you’ll never walk alone,” and “Climb every mountain, ford every stream, follow every rainbow ‘till you find your dream.” Sheldon Harnick and Jerry Bock set the Sabbath Prayer “May the Lord protect and defend you, may He always shield you from shame.”

In a time when I am confused and scared about the state of life in this country I love, these songs help refocus my spirit and my heart to what is right and good about America. They inspire me to continue to strive for every dream set by our Forefathers and illuminated by our Scriptures. So, I invite you to journey with me through our American song treasures this summer. May you also be moved and inspired.

—Cassandra Tarantino, Director of Music

## A Retired US Marine's thoughts...

To those who receive either the paper or electronic edition of the local *Tribune* newspaper, you no doubt saw on the front page of the Wednesday, June 1 issue of The Tribune offered on Monday, Memorial Day at the Cayucos pier. If you allow your eyes to scroll down a bit, you'll see me dressed in my Marine green uniform rendering a hand salute. Except for the past two years when we were not able to conduct such ceremonies due to covid restrictions we have honored those lost at sea through this tribute. This is a special time for me because as the sole Marine as a member of the ship's crew, I served for two years on an amphibious ship. As we sailed for the Far East enroute to Hawaii, one of the ships in our squadron collided with a smaller escort ship. When that damaged ship was brought into Pearl Harbor, it was discovered that there were three bodies down below. So, I will always consider "Lost at Sea" an important event to me.

Memorial Day was originally "Decoration Day", set aside as a time to honor our Civil War dead and an opportunity for citizens to decorate the graves of the fallen. The Civil War, or "The War Between The States" as identified by some, goes down in history as the most costly war in American (both North and South) deaths. While the exact numbers will probably never be known, it is stated that over 600,000 Americans lost their lives in the many battles as well as from various sicknesses.

By the time these words are printed and read, Memorial Day 2022 will be history. It has become a day of fun and games and celebrations of barbeques and gatherings of families, friends and neighbors. And this is fitting as a tribute to those who have given their last so that we may celebrate and honor those fallen men and women. Sadly, however, when the so-called man (or woman) on the street is asked the significance of Memorial Day, fewer and fewer have any idea of its importance as a national holiday. And that is sad! I am blessed and fortunate: I served my country in uniform for over twenty years. I spent thirteen months in Korea in 1951 and 1952. Later, I spent another thirteen months in Okinawa and Vietnam. I have two flag poles in front of my house. Except in times of severe weather (not recently!) the American flag flies. On certain other special days, such as the Marine Corps Birthday (!) or to celebrate California's entry into the Union, another appropriate flag is also flying from the other flag staff. My neighborhood is a friendly and rather close-knit group. Sometimes if my flag isn't up, someone knocks on my door to ensure all is well!

I am truly blessed. I am blessed to live in this country. I am surrounded by friends with whom I truly enjoy being with. While I mourn the loss of my wife of 58 years, and my severely handicapped son whose ashes are nearby, I have two beautiful daughters and we are in constant contact. Their children are grown adults and are also beautiful people! I am so proud of each of them and their children. One grandson further blessed me with a son, so I am now officially a Great grandfather!

Occasionally someone asks me why I have such a good attitude. I respond by asking "What's the alternative?" I really believe a positive attitude helps keep me in a pleasant mood and with a good outlook. I know there are troubles and problems all around, but I don't worry. Worry is a counter-productive attitude. It accomplishes nothing. Be positive! If there is a need or a problem, evaluate and act. If you can't then stop worrying! I do what I can to help others, whether it's at the market, here at church, or just to smile as I go about my daily ventures.

-Jim Murphy

## July 2022 Bible Selections

3-Jul-22

Pent 4 / Proper 9C

1st READING	2 Kings 5:1-14
PSALM	Psalms 30
2nd READING	Galatians 6:7-16
GOSPEL	Luke 10:1-11,16-20

10-Jul-22

Pent 5 / Proper 10C

1st READING	Amos 7:7-17
PSALM	Psalms 82
2nd READING	Colossians 1:1-14
GOSPEL	Luke 10:25-37

17-Jul-22

Pent 6 / Proper 11C

1st READING	Amos 8:1-12
PSALM	Psalms 52
2nd READING	Colossians 1:15-28
GOSPEL	Luke 10:38-42

24-Jul-22

Pent 7 / Proper 12C

1st READING	Hosea 1:2-10
PSALM	Psalms 85
2nd READING	Colossians 2:6-19
GOSPEL	Luke 11:1-13

31-Jul-22

Pent 8 / Proper 13C

1st READING	Hosea 11:1-11
PSALM	Psalms 107:1-9,43
2nd READING	Colossians 3:1-11
GOSPEL	Luke 12:13-21



## Coffee Hour

Coffee.....join parishioners after church for a cup.



Who knows? You may just meet a zoom parishioner in person.

Please join the café after the 10 am service and be part of the hosting volunteers for the summer months.

### Coffee Hour Hosts Needed!

We are looking for hosts for July and August

Please reach out to Liz Frost at either [lizwfrost@msn.com](mailto:lizwfrost@msn.com) or by phone at 805-805-594-0604.

## Centering Prayer

Please consider joining the Centering Prayer Group. Currently they are meeting via Zoom.

Where: on your computer or telephone  
 When: Tuesdays at 5-5:30PM  
 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)

When prompted enter the Meeting ID and Password.

## Celebrations this month

### Birthdays

1-Jul Dennis Deovlet  
 9-Jul Robert Misson  
 11-Jul Marshall Granger  
 20-Jul Alison Preston

### Anniversaries

8-Jul Bud & Linda Zeuschner  
 14-Jul George & Pat Brown

# St. Stephen's

Episcopal Church

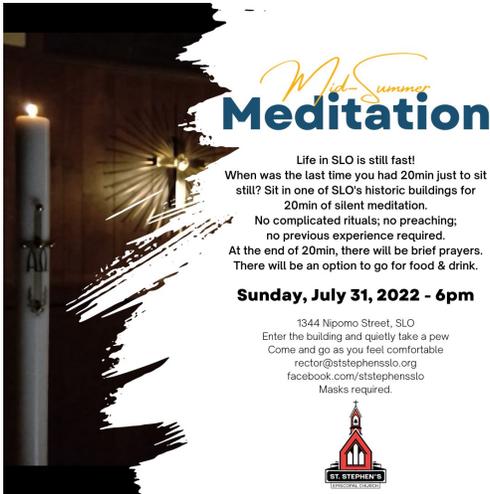
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*Mid-Summer*  
**Meditation**

Life in SLO is still fast!  
When was the last time you had 20min just to sit still? Sit in one of SLO's historic buildings for 20min of silent meditation.  
No complicated rituals; no preaching; no previous experience required.  
At the end of 20min, there will be brief prayers. There will be an option to go for food & drink.

**Sunday, July 31, 2022 - 6pm**

1344 Nipomo Street, SLO  
Enter the building and quietly take a pew  
Come and go as you feel comfortable  
rector@ststephensslo.org  
facebook.com/ststephensslo  
Masks required.



## Jen Crompton, Canterbury Chaplain

The Canterbury Board is pleased to announce a new chaplain, Jen Crompton. Jen has been appointed by the Bishop as the first Community Trailblazer. The Community Trailblazer role is designed for a recent seminary graduate to work with the churches to connect with their communities in new and vital ways. Unlike historical curacies, the Trailblazer is not being “trained” to be a traditional parish priest—although there will be many of those skills learned along the way. The Trailblazer is an explorer, who guides the parish outside its walls and its comfort zone to find ways to be New Church. Jen (they/them) just finished their studies at Church Divinity School of the Pacific as a Candidate for Holy Orders Sponsored by The ECR. In their role as the Community Trailblazer, Jen will be working with Saint Benedict's Church in Los Osos and as chaplain with SLO Canterbury on Cal Poly Campus.

*Submitted by,  
Elizabeth Frost  
Canterbury Board President*