

The Witness

Volume 28, Issue 6

Welcoming Worshipping Working

June 2024

Special points of interest:

Sunday

8:00 AM Service
10:00 AM Service with coffee hour following the service

Monday

8:30AM Prayers & Pastries at The Bridge Café—1074 Higuera Street, San Luis Obispo

Wednesday

12:15 PM Service



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What are you grateful for?

By The Rev Ian M Delinger, Rector

A priest was sharing how his 9 year old daughter, when sharing about her day at the dinner table, would mostly complain. He wanted to turn this around, knowing that his daughter's life was not a miserable one by any stretch of her young imagination. So, he started a new dinner table exercise for the family: *What are 3 things that happened today that you are grateful for?* It has revolutionized dinner and the personal outlooks of daughter, father and mother.

What happened in your life today that you are grateful for? How did you respond? How did it make you feel? Do you need to be more aware of things for which to be grateful?

To be grateful is to be "*appreciative of benefits received*" (Merriam-Webster.com). It is closely related to *being thankful*. At the Eucharist, we give thanks for all the Jesus has done for us in His Incarnation, earthly ministry, Death, Resurrection and Ascension. The word "*Eucharist*" means "*Thanksgiving*". In the BCP and in our service booklets, the heading above the Eucharistic Prayer is "*The Great Thanksgiving*" because that's what we're doing:

Let us give thanks to the Lord our God.

It is right to give God thanks and praise.

And then we go on to list the divine activities for which we are giving thanks.

You bring your whole self to Sunday worship, and our liturgy reflects that:

- Your need to understand your relationship with God, with others and with the world around you: the Liturgy of the Word, and particularly the scriptures, including the Psalm.
- Your griefs, sorrows, difficulties and anxieties: the Prayers of the People.
- Your mistakes, shortcomings, and "*we have left undone those things which we ought to have done; and we have done those things which we ought not to have done*": the Confession.
- Your joy, blessings, happiness: the Gloria



Fr Ian is grateful for this beautiful place where he is privileged to live and serve.

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(Continued from front page)

Your gratefulness – not only for the Divine activities, but for the seemingly mundane activities in your daily life for which you are grateful – should be brought into your worship, as well. And I hope that you bring those with you into worship.

The Altar Party and Choir are going to be more intentional about bringing that for which we are grateful into our worship.

The time before the service – the last 10 minutes or so – tend to be filled with the chitchat of everyday life. Long gone are the days when everyone entered the church and remained silent until worship started (*someone from another parish at Spring Renewal was lamenting this to me*). My desire is to get those of us who lead worship (including the Rector and any visiting clergy) to spend the last 5 minutes before worship starts in preparation for worship rather than in idle chitchat (sometimes not so idle!).

So, I've started asking the Altar Party and Choir: *What from this past week are you grateful for? As you prepare for worship, hold that in your heart and take it into your worship.* This is not just to stop the chitchat before the service; this is to discover if this little change has bigger consequences. As we gather around the Holy Table, will it revolutionize our individual time in worship and our personal outlooks?

What happened in your life today that you are grateful for? Ask yourself that question every day, and see what happens!

Drink This Cup



In the Eucharistic Prayer, Jesus' words are repeated: "Drink this, all of you: This is my Blood of the new covenant." We've returned to the Common Cup to the spiritual joy of many. Those who do not receive the wine can rest assured that if you have received the bread without the wine, you have received full Communion. But some may need more: to receive the Cup but not the wine. The LEMs offer the chalice to every person with the words: "The Blood of Christ, the cup of salvation." For those who do not drink from the cup, you can engage with the chalice of wine in a way that is honoring, respectful, and leaves one feeling the sweetness of the moment. The "halfway" option of intinction or dipping the wafer into the wine is not an option due to it being far more unhygienic than sharing the chalice. And intinction is also not allowed by our Bishop. In February, Br Dennis wrote about he kisses the cup at the words "The Blood of Christ, the cup of salvation." Some people cross their arms over their chest and receive blessing. Others reverently touch the chalice without drinking. Some simply turn and walk away. The important thing is that all of these practices, when offered with reverent intention, are fine. The receiving of Holy Communion is a deeply personal and intimate moment with Jesus. If it feels right to you, it is surely right with God.

Adapted from an article by Brother Dennis Gibbs, member of the Community of Divine Love, an Episcopal monastery dedicated to prayer and justice located in San Luis Obispo.

Episcopal Church 101 / Faith Formation / Confirmation

A faith formation course will take place in June and July. There are a couple of options that follow on from one another. The dates below are all Tuesdays starting at 5.30pm

For those who have been Confirmed in another denomination OR you're just interested in learning more about The Episcopal Church:

- June 4 – Episcopal Church 101 – a history, who we are, what we believe, how we do things. This will be an extended version of previous versions.
- If you have been Confirmed by a Bishop in another denomination (Orthodox, RC, ELCA Lutheran or Methodist), and you wish to be Received into The Episcopal Church, that will happen on St Stephen's Day, September 8, 2024. If you do not wish to be Received, you are still a part of the St Stephen's Family!

For those who want to know more about the Christian faith and the Episcopalian expression of it:

- June 4 through July 23 (minus July 3) – Episcopal Church 101 and then a 6-session course including:
 - ◇ The Church
 - ◇ Living as a Christian
 - ◇ Prayer & Worship
 - ◇ The Sacraments
 - ◇ The Eucharist
 - ◇ Baptism
 - ◇ Confirmation
 - ◇ Jesus: Life and Ministry
 - ◇ Jesus: Death and Resurrection
 - ◇ Homework presentations

If you decide to be Received from another denomination (see above) or Confirmed if you have not been Confirmed by a Bishop in another denomination, you can opt to be Received or Confirmed upon completion of the full 6-session course. That will happen on St Stephen's Day, September 8, 2024. If you do not wish to be Confirmed or Received, you are still a part of the St Stephen's Family! You do not need to make any decision prior to attending the course. And if your desire is simply to learn more, you are most welcome.

If you have any questions, please do not hesitate to ask. If you want to ask anyone who was in last year's course to see how it was, let me know, and I can connect you. Contact me, Fr Ian, at rector@ststephensslo.org or 805-235-7242

Being More Relational By Fr Ian

For Vestry meetings in 2024, the Vestry will reflect on how we can be more relational in our leadership of the parish. Each month we will reflect on a message from Jesus on how Jesus is calling us to be more relational.

For the May 12 Vestry Meeting, we reflected on ways in which Jesus demonstrates or calls on us to be more relational as we share our Gifts of the Spirit in leadership and the idea of "Understanding the Process vs. Understanding the Person in the Process" based on John 4.5-27 – the Woman at the Well.

Hands on Stewardship



Thank you to Adelle Butterfield, Bill Crewe, Lynn Hollister, Kay Lewis, and Kathleen Pennington for counting the collection and preparing the deposits during May.

Thank you to Cheryl & Craig McCollum, Rosey Parks, Kathleen Pennington, and Claire Yee for hosting coffee hour in May.

Thank you to Lynn Hollister, Kathleen Pennington, Elizabeth Potter, and Gail Taylor for teaching Sunday School in May.

Thank you to Ethan Finn and Spud Schroeder for taking the trash cans to the street for pick up each week.

Thank you to Gail Taylor, Nancy Devolet, and Cheryl McCollum who fold, tape and label The Witness every month.

Thank you to Stephanie Olsen for taking The Witness to the USPS Bulk Mail office every month.

Thank you to Clark & Kay Lewis for cooking, Liz Frost, Bruno Giberti and Diane Levison for helping serve at 40 Prado in May.

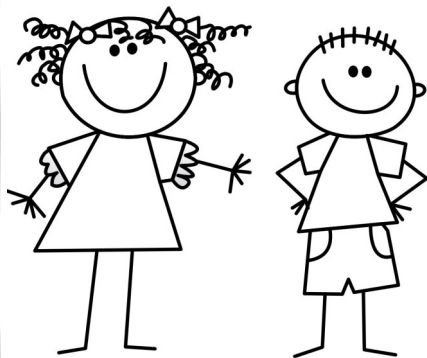
Thank you to Elizabeth Potter for helping with the celebration cards.

Thank you to Clark Lewis & Craig McCollum for picking up the no cook bags to distribute to those in need.

Thank you to the Clark Lewis, Craig McCollum and Beau Parks for live streaming the Sunday Services.

Thank you for reading The Witness and watching the services at home.

Relive One of the Joys of Childhood



Wasn't it fun going to Vacation Bible School when you were a kid?! There was music, games, crafts, new friends, old friends and lots of fun. Well, you can have that joy again by being a volunteer at our Vacation Bible Camp, July 29-August 2, 1-5 p.m. Volunteer for the full week or just a day or two. Enjoy going on an adventure in God's Garden with kids ages 5-11 as they explore the Bible and the world God created for them.

To volunteer or just find out more about this opportunity to be a kid again, contact Kathleen, kapennington@netscape.net

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 2024 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

Donations

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.



Happy Anniversary!

Name	Day
Bill & Sandi Crewe	9-Jun
Al & Bev Williams	10-Jun
Skip & Rosey Parks	11-Jun
Lawrence & Kathleen Pennington	12-Jun
Kathryn Bumpass & Sari Dworkin	17-Jun

Time to Celebrate

If you would like us to help you celebrate your special day, please reach out to the office to have you and your family members added to the list.

Email: office@StStephensSLO.org, Phone: 805-543-7212, or 1344 Nipomo Street, San Luis Obispo, CA 93401



Happy Birthday!

Name	Day
Berkeley Johnson	2-Jun
Gail Taylor	5-Jun
Chris Arndt	9-Jun
Lizzie Frost	14-Jun
Ogo Agbo	19-Jun
Cassie Tarantino	26-Jun
Bill Crewe	28-Jun
Amy Lewis	30-Jun

From the Vestry

The Vestry meets on the 2nd Sunday of the Month to discuss the business affairs of the parish. Here are some highlights of the meeting on May 12, 2024:

- The Treasurer engaged the Vestry in a conversation about online giving platforms. Currently, PayPal and ACH bank transfer are the only online giving options. PayPal’s fees are a bit expensive, and ACH is not nimble. After reviewing several platforms, the Treasurer recommends that St Stephen’s use Tithe.ly, designed specifically for churches. The Vestry will be trying it out between meetings.
- The June Vestry meeting will be an informational meeting with SmartShare Housing. We will continue our exploration about conducting a pilot program to rent the slab to a tiny home owner. If you are interested in learning more, join the conversation.
- Georgia Maggelet, who, with her mother Sarah, has volunteered for VBS and is a some-time attender at Sunday Services with her grandmother Gail Taylor, requested a grant to support her trip to the UCC Western Regional Youth Event (WRYE). Youth (current 6th graders to current 12th graders) from churches in western half of the United States come together for music, inspirational speakers, direct service opportunities, workshops, games, fun, and this time we’re also doing a day at Disneyland! The Vestry approved a full scholarship to be taken from funds in the Operating Account that are designated for youth ministry.

The next meeting is June 9, 2024. It will be a conversation about partnering with SmartShare Housing (see above). If you have an issue that you think should be addressed by the Vestry, please submit your request no less than 2 weeks before the next Vestry Meeting to the Rector or Wardens. All Vestry Meetings are open to members of the parish. Requests to speak can be made, approved on an individual basis. Executive Sessions are closed to Vestry members only, including the Clerk, Treasurer and Rector.



Centering Prayer & Three-Centered Knowing: A Silent Centering Prayer Wisdom Retreat with Heather Ruce

Dates: July 26-28, 2024

Where: All Saints' Episcopal Church
9th & Dolores Street
Carmel, California 93921

Retreat Fee: \$250

Includes: healthy breakfast, lunch, drinks, and snacks for 2 days

Lodging: for those attending from out of town some low-priced lodging can be arranged.

Time: Friday 9:00am—5:30pm
Saturday 9:00am—5:30pm
Sunday: 9:00am: Sit followed by Worship

To Register: Call 831-624-3883 or
email: info@allsaintscarmel.org

In Centering Prayer we practice letting go to the Divine Indwelling, building up a muscle of release, of consent to the presence and action of the Ultimate Mystery in our lives. Our Centering Prayer deepens further when we let go with our whole being: mind, emotions, and body, as Thomas Keating urges us. In this retreat we will explore Centering Prayer as a practice, in a way suitable for those new to it, as well as for those who have been practicing for a long time. Along with this we will explore three-centered knowing, not just with our heads but with our entire physical, emotional and intellectual being. In *The Wisdom Jesus*, Cynthia Bourgeault talks about tuning into Jesus as a living being here with us now she says, "It's not knowing something more, like a new fact or piece of esoteric information; it's knowing deeper, knowing with more and more of your being engaged."

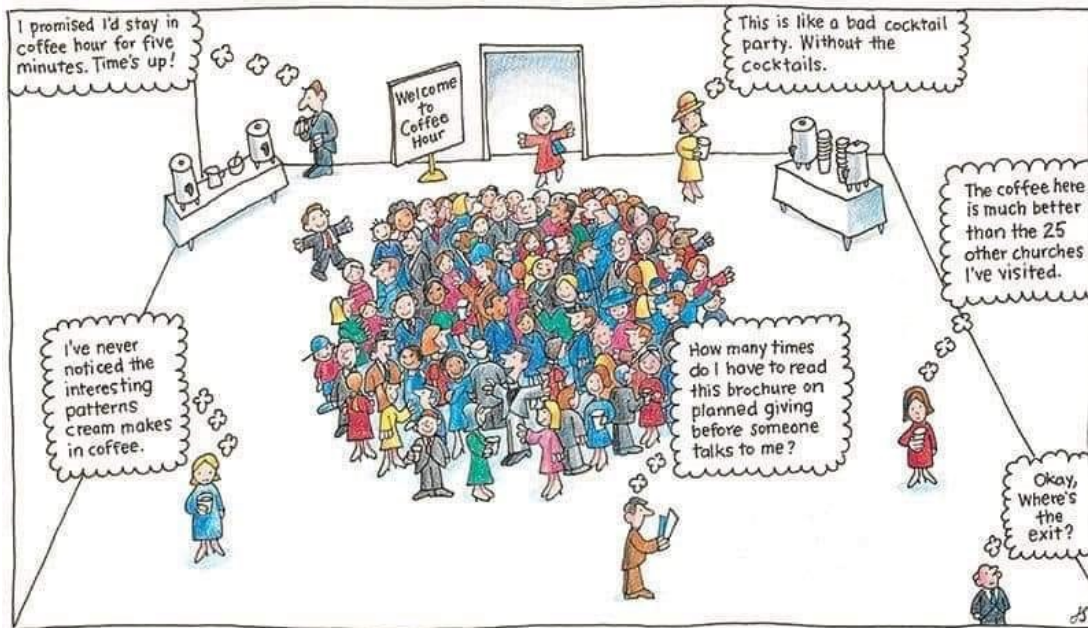
Join us in person at All Saints' Episcopal Church in Carmel, CA where we will gather together and practice silence, Centering Prayer, and wisdom practices of chanting and movement that will help to engage our whole being. The days will be held in the container of silence with some opportunities for group sharing during a few of the sessions.

Retreat Facilitator:

Heather Ruce, M.A. is a Wisdom Spiritual Director who offers Wisdom Practice Circles, Retreats, and Wisdom Schools focused on the expansive Christian Wisdom Tradition. She works within the lineage of Wisdom Teacher Cynthia Bourgeault whom she has been a student of for over a decade. Heather weaves her Masters in Marital & Family Therapy and training in Somatic Experiencing, Organic Intelligence & Spiritual Direction into her teaching and Guidance in various Wisdom practices of waking up and putting on the Mind of Christ.

Find out more at heatherruce.com

Coffee Hour



Cartoon by the Rev. Jay Sidebotham and
the Church Pension Group: www.cpg.org/global/online-resources/cartoons/



Men's Ministry in the 21st Century

Province VII of the Brotherhood of St. Andrew is having a retreat at St. Barnabas' on **Saturday 1 June, from 10:00 am to 4:00 pm**. The retreat will combine prayer and study. We will explore: What is men's ministry in a non-binary world? There will be ample time for prayer, reflection, and the exchange of ideas. There will also be time for socializing. Both men and women are cordially invited to attend.

The Brotherhood of St. Andrew is one of the oldest auxiliary bodies associated with the Episcopal Church. At the behest of President Theodore Roosevelt, it was chartered by Congress!

Here is some recommended reading:

- *The Intimate Connection: Male Sexuality, Masculine Spirituality*, James B. Nelson
- *A Thorn in the Flesh: How Gay Sexuality is Changing the Episcopal Church*, Caroline J. Addington Hall

Please contact Eric Fisher at 805-704-0238 or provviipresident@brothersandrew.net for more details.

AIDS/LifeCycle®

The AIDS Life Cycle bike ride comes through San Luis Obispo County on Tuesday, June 4 starting in San Miguel. On the day the riders come into the county I set up a water table at the north end of Mission Street and greet the riders as they round the curve on to Mission Street from Camp Roberts.

You can join me in greeting the riders on June 4 from 8:30am until 2:30 pm. The riders come through hot and tired and thirsty. They only have another mile+ to go for the rest break with water, food, bathrooms and shade but they really appreciate a quick spritz and splash, a hand slap, and high five as they make their way to the shade. Come for an hour or stay for a few. For the past 7 years I have been supporting this through monetary donation and by presence. They are so appreciative. I would love to have company this year. If you would like to join me in supporting these riders with your presence please contact me. Dcn. Susan Arnold, 805-550-2907 or dcnsusan.stbarnabas@gmail.com.

Aids Life Cycle is a non-profit organization that supports the San Francisco Aids Foundation and the Los Angeles LGBT Center. They raise funds through their yearly bicycle ride from San Francisco to Los Angeles every June.

Here is the link to their website and their donation page. <https://giving.aidslifecycle.org/index.cfm>

Fellowship Hour

On the last Monday of the month, we'll have an hour-long "event" starting at 5.30pm. Any person from the congregation can volunteer to take a month and host whatever event they want to host. Learn how to knit; game night; look-how-cute-my-grandkids-are night ... whatever. The host will decide how hospitality will be offered: They can provide snacks or a meal, or ask people to bring stuff, or have nothing. It will be up to them. If people want to mingle more after the event is finished, they can do so. If you want to host, get in touch with Fr Ian. **Volunteers needed for June 24, July 29 and onward.**

Thanks to The Hollisters who hosted a Fellowship Hour on St Stephen's History and a potluck of recipes from the 1980 St Stephen's Cookbook.

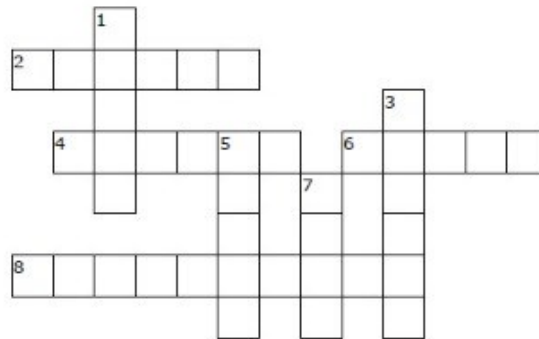
The May Fellowship Hour will be on June 6! (The last Monday in May is the Memorial Day holiday.) Molly Tedeschi (10am) will be bringing the **Cal Poly Swing (Dance) Club!** There will be a lesson before food, then food and then some music and social dancing. You bring the food (potluck); Molly will bring the Swing. Mark your calendars for June 6 at 5:30pm.



God Chooses a King

But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart." 1 Samuel 16:7

Based on 1 Samuel 16:1-13



ACROSS

- 2. To make someone holy by pouring oil on their head
- 4. Distance from the top to the bottom of something; how tall someone is
- 6. The one that God chose to replace Saul as king
- 8. The way people seem to be, rather than how they are inside

DOWN

- 1. Strength, energy, or force
- 3. The Prophet that God instructed to go Jesse's house in search of the new king
- 5. The center of a person's emotions or the organ that pumps blood through the body
- 7. A man who rules a country

APPEARANCE	ANOINT	POWER	HEART
SAMUEL	KING	HEIGHT	DAVID

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Bible Selections for June

	2-Jun-24	9-Jun-24	
	Pent 2 - Proper 4B	Pent 3 - Proper 5B	
1st Reading	1 Samuel 3:1-10	1 Samuel 8:4-20, 11:14-15	
Psalm	Psalm 139:1-5, 12-17	Psalm 138	
2nd Reading	2 Corinthians 4:5-12	2 Corinthians 4:13-5:1	
Gospel	Mark 2:23-3:6	Mark 3:20-35	
	16-Jun-24	23-Jun-24	30-Jun-24
	Pent 4 - Proper 6B	Pent 5 - Proper 7B	Pent 6 - Proper 8B
1st Reading	1 Samuel 15:34-16:13	1 Samuel 17:57-18:5, 10-16	2 Samuel 1.1, 17-27
Psalm	Psalm 20	Psalm 133	Psalm 130
2nd Reading	2 Corinthians 5:6-17	2 Corinthians 6.1-13	2 Corinthians 8.7-15
Gospel	Mark 4:26-34	Mark 4.35-41	Mark 5.21-43

Fellowship Hour: April 29, 2024

By Lynn Hollister

What a fun evening!

Stephanie Olsen came up with the idea of using recipes from the 1980 St. Stephen's Cook Book. She also made copies of the ones we selected.

Kathleen Pennington shared her knowledge of our church history with a tour of the property and pictures of the past. Chuck French (our friend since childhood) shared pictures and information of homes built pre-WWII in our neighborhood.

Our cooks were:

Bill Crewe made Ramona Frost's Corn Pudding
 Gina Hafemeister made Allison Glidden's Sweet & Sour Chicken Wings
 Claire Yee made Agnes Leighty's Potato Olive Salad
 Nancy Deovlet made Marjorie Wiggenghorn's Out of this World Eggplant
 Kay Lewis made Lorraine Wiech's Chicken Tortilla Casserole
 Carolyn Platt made muffins
 Diane Levison made oatmeal cake
 Lee Hollister made Bob Olsen's Fay's South American Beans
 Stephanie Olsen made Norma Brown's Soda Cracker Pie
 Jim Gates made Frances Scott's Mother's Applesauce Cake
 Cheryl McCollum made Lisa Holcomb's Shoo Fly Pie

Kathleen Pennington put the extra copies of the recipes on the bulletin board in Ramsden Hall for anyone who would like the recipes.

Our Clean up Crew was also terrific. Thank you to Cheryl & Craig McCollum, Stephanie Olsen, Carolyn Platt, and Lee Hollister. You are loved and appreciated.

Coffee Hour



June is here and vacations are on the horizon.

When the family is home, make cookies or coffee bread loaves, and volunteer for coffee hour on Sunday.

New experience? There are coffee hour experienced parishioners to help.

These Sundays are available: 6/2, 6/9, 6/23, and 6/30.

Flowers & Candles

Each Sunday of the year the Altar Guild supplies flowers (or greenery) and candle oil for the Sunday services.

If you would like to dedicate flowers or candles in thanksgiving, in celebration or in memory of your loved ones let us know.

Sign up is in Ramsden Hall, drop a note in the offering plate with your donation or reach out to the office.



Time, Talent & Treasure: Buildings & Grounds

By Kathryn Bumpass

We have a beautiful, historic church that is an essential part of our heritage and our identity in San Luis Obispo. Leading the care of this treasure is our Sexton,

Lee Hollister, who generously volunteers his time and considerable expertise.



Lee Hollister, Sexton



Repaving project

When there's a need for repair, a malfunction of equipment, or someone who knows how to use the business end of an electric drill, Lee is usually the first one called. He also has a major role in planning and executing major projects, such as the recent re-surfacing of the parking lot and the replacing of carpeting in the church.

Several parishioners assisted in moving the pews when our new carpet was installed in the church, among them Rick Brady, Spud Schroeder, Skip Parks, Beau Parks and Gus Gibson.

Additional volunteers, Spud Schroeder and Ethan Stan, assist in putting out and retrieving our garbage cans weekly. Kathanne Lynch has organized volunteers to do litter pick-up in the church neighborhood in the fall. Her helpers have included Kay and Clark Lewis, Amy Lewis, Diane Levison, Elizabeth Potter, Cheryl and Craig McCollum and Kathryn Bumpass, among others.

Our costs for Buildings and Grounds are about 8% of our overall annual budget. These include expenses for janitorial services, garbage; electricity, gas; water, landscaping and routine maintenance.

Our monthly expenses include janitorial services, provided by Executive Janitorial.

Solar panels on the education wing of our buildings hold down our costs for electricity, and also contribute to our stewardship of Creation.

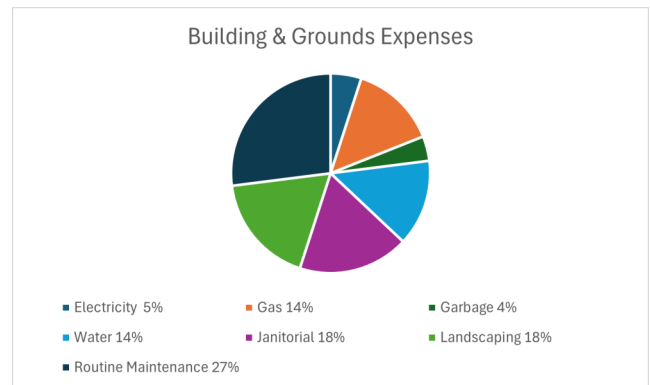
Recently installed dry-scaping of the Grounds likewise boosts our care for Creation, and saves us a lot of money on water bills. Dan's Landscaping is responsible for maintenance of the Grounds.

Total charges for water, not just landscaping, have fallen significantly since the new landscaping was installed.

Routine maintenance of our historic building is ongoing.

The 2023 campaign, "Re-Fresh St. Stephen's" addressed large projects for much-needed maintenance. The parking lot was resurfaced, a crack in the church floor was fixed and new carpeting installed.

The Vestry set \$40,000 as our goal for the Re-Fresh campaign, but thanks to the generosity of our parish, we exceeded our goal, allowing for the completion of other much-needed maintenance.



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

Sponsorship Time

HUNGER AWARENESS DAY



Contribute what you can so we can help combat food insecurity in SLO County

Hunger Awareness Day: Friday, June 7, 2024

Write checks to: St Stephen's Episcopal Church
Write in Note: SLO Food Bank

God's Garden

Vacation Bible Camp 🌻 July 29-August 2
1-5pm 🌻 Ages 5-11 🌻 \$50

Children will enjoy fun faith building activities including games, crafts, songs, stories, cooking, dancing and outdoor adventures. Scholarships are available for families in need.

For registration and more information
email kapennington@netscape.net

