



St. Dunstan's

Highlights

Rooted and Grounded in Love Ephesians 3:17

Growing in Shoreline for 60 years.

March 2010

This month
at
St. Dunstan's

St. Agnes Guild

Sunday School
Seasons of the Spirit

Youth Group
First and Third Sundays
11:30 am

Adult Discussion
God in Real Life
Wednesdays at 11:00 am

No-Host breakfast

Prayer of the Lamb

Holy Eucharist
Sundays

Rite I 8:00 am

Rite II 9:30 am

Wednesdays

Rite II 10:00 am

Shrove Tuesday dinner and auction

The members of St. Dunstan's celebrated the end of Epiphany in fine style on Shrove Tuesday, February 16. Almost 90 people enjoyed music by Terry Rogers and the Ain't No Heav'n Seven Dixieland band, a delicious spaghetti dinner, and a lively auction. Guests were dancing in the aisles!

The food was prepared by the Riccardos and their crew, and the youth group ably served the diners and bused the tables. Lu Gardener oversaw the no-host bar. Terry Rogers did double duty as auctioneer.

The bidding was lively and several items were so popular that their donors added one or, in one case, two more personally hosted events. Buyers will be enjoying new quilts, home cooked dinners, kayak trips to the San Juans, music lessons, rum cakes from the Bahamas, a garden shed, and many other things.

The church is enjoying adding over \$5,000 to the general fund, St. Agnes Guild will add about \$1,200 for its outreach projects, and the youth group will build their treasury. Everyone enjoyed the evening.

Thanks to everyone who helped with the preparation, everyone who donated items for auction, and to all those who pitched in and cleaned up, and especially to all you who attended.



Ain't No Heav'n Seven

Holy Week services

Sunday, March 28: Palm Sunday; 8 am, Chapel; 9:30 am, St. Dunstan's

Thursday, April 1: Maundy Thursday service with foot washing, 7 pm, St. Dunstan's

Friday, April 2: Good Friday Services, Noon-1:30, 7:00 pm-8:30 pm, St. Dunstan's
Stations of the Cross, 5:00 pm, St. Dunstan's

Saturday April 3: Great Vigil of Easter, 8 pm, Florence Henry Memorial Chapel

Sunday, April 4: Easter Day Combined Service, 9:30 am, St. Dunstan's
(NOTE: No Chapel service; please come to the 9:30 service at St. Dunstan's for this combined celebration.)

A Word from the Rector

Building a Cathedral

Dear Friends,

I heard this parable from Bishop Rickel: A man was walking along and passed three bricklayers. He asked each in turn what he was doing. The first replied that he was laying bricks. The second replied that he was building a wall. The third replied that he was building a cathedral.

I love this little parable. Each bricklayer told the truth. Each one was laying bricks. Each one was building a wall. But it is also true that all of them were building a cathedral.

We, at St. Dunstan's Church, are building God's cathedral. We are engaged in a mission that is bigger than any one of us and bigger than any one task or chore or project or ministry or worship or prayer. The life and work, worship and mission of this congregation is to participate in God's kingdom. We are called to be Christ's heart and hands for the world. We are called, as the Body of Christ, to be God's blessing to this broken world.

We do this by "laying bricks." Some of us serve as ushers or greeters at Sunday services. Others serve on the Altar Guild or work with the St. Agnes Guild to raise money for ministry in the world. Some are working in leadership, on the vestry or on committees and teams. Some attend classes or give their physical labor for spring cleanup. We all have to admit that the things we do together, even our worship and prayers, sometimes feel more like "laying bricks" than "building a cathedral." So, I am here to tell you, with great enthusiasm, love and gratitude, about the cathedral.

It helps us to see the "cathedral" as we lay the next brick when we focus on ways to bless the world. When we ask ourselves, "How can I be a blessing in this situation?" Or, "How can St. Dunstan's Episcopal Church be a blessing to the community around us?" These kinds of questions draw our

attention away from our own needs, frustrations, and struggles and towards God. We trust and cherish Jesus because he is God's blessing. Jesus calls us to continue the work of Christ. That means being God's blessing.

This Lent, along with giving up chocolate or praying the Lord's prayer, or however you have chosen to observe Lent, I invite you to be a blessing. Maybe that can be your Lenten discipline. Be a blessing. Be a blessing to others and I promise you will be blessed. Be a blessing to those whose need is greatest, and you will encounter God.

Your Brother in Christ,

The Rev. David Marshall

What Do I Say?

Being with friends or family who are dying, or when they've lost a loved one.

On March 24, at 7:00 pm at St. Dunstan's Church, Trudy James will offer a seminar on speaking with and being with friends and loved ones who are themselves suffering, or who have lost a loved one. Trudy, a hospital chaplain and AIDS Care Team coordinator, has been with hundreds of people and their families as they deal with the loss of loved ones. She has seen how hard it can be to talk with friends and loved ones who are sick, dying, or who have lost a loved one themselves. Trudy brings a loving, gentle approach, including stories from her experiences and opportunities to share your own stories. This seminar is open to all, regardless of religion.

Help raise needed operating budget funds!

Beginning February 21, the Vestry will be collecting used cell phones, laptops, inkjet cartridges (NO EPSON PLEASE) and unwanted, broken or mismatched jewelry. RECYCLING© Fundraiser will pay us for these items and 100% of the proceeds will benefit the general fund. We have a bin and more detailed information about what can and cannot be donated in the narthex.

You can help even more by canvassing your neighborhood, office or local cell phone store for donations. We can provide fundraising materials such as template letters, door hangers, posters, collection bins, etc. Contact us for more details! Diana Rall at 206-660-9156; dtoshiba@comcast.net.

St. Dunstan's Church & The Henry Memorial Chapel

Rector: The Rev. David Marshall, (206) 334-0175

E-mail: Rector@sdchp.org

Deacon: The Rev. Jerry Garman (206) 364-4707

Senior Warden: Mary E. Pacher; E-mail: srwarden@sdchp.org

Junior Warden: Glen Pacher (206) 856-4472:

E-mail jrwarden@sdchp.org

Parish Musician: David Lepse: e-mail: music@sdchp.org

Sunday School: Sandra Lamb (206) 546-1947

Youth Group: Ann-Patrice Riccardo (206) 363-3994

E-mail: sundayschool@sdchp.org

Newsletter: Joan Baker, E-mail: news@sdchp.org

Office Manager Liz Twiss (206) 363-4319:

E-mail: office@sdchp.org

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Shoreline, WA 98133

What is your vestry up to?

Check the "Vestry corner" on the bulletin board in the narthex and find out.

A note from the editor:

March was kite month when I was growing up in the Midwest. One evening when the weather was turning just right, my father would go down to the basement, set up the table saw, find a perfect board and cut a pile of kite sticks; they would be needed.

He made lots of extras. The sticks were tied into a cross at just the right point on the longer stick. After I watched my Dad do it a few times, I knew where. Next you fastened a length of cotton string around the perimeter of the kite being sure to pull it tight and wrap it firmly at each end point. Now, you were ready to cover the kite with newspaper. We liked the comic pages because they were colorful. The paper was trimmed to fit and pasted over the string with flour and water paste being careful not to get paste on the string. Then came the tricky part; a string had to be tied to the ends of the shorter stick and pulled tight to pull the stick into a bow. Too little tension and the kite would not fly; too much, and the stick would break. Our masterpieces (we always made two or three at a time) were left to dry overnight. Next stop was the rag bag. There was always a worn-out sheet or a couple of old pillowcases that could be torn into strips for a tail to add stability.

The next day the kite was ready to finish. A string was tied loosely to the long axis on the front of the kite and the end of a large ball of string was fastened to a loop in it. The tail was added and you were ready to head for the vacant lot.

You had to hold your kite as high as you could and run as fast as you could with the wind to get your kite up. It usually took several tries. but finally you would feel the kite pull against your hands and see it rise into the air. Now, you had to play out the string carefully so that the kite rose smoothly and soared high into the sky. What a thrill to watch it float above the trees!

As in all things, success required a plan, some work, careful preparation, patience and the right amount of push and pull. Success required a balance between flying high and holding steady, some reserves in case of difficulties and most important of all, a lot of help from your Father. Things haven't changed much.

Joan Baker

A report from the Senior Warden

Dear Friends in Christ,

What a wonderful time of year this is. There are signs of new life everywhere, and we here at St. Dunstan's are also experiencing new life and enthusiasm. The Youth Group hosted an awesome Pancake Brunch and St. Agnes Guild had a fantastic Shrove Tuesday dinner with a very successful auction, and our new series, "Dessert with The Marshalls," is off to a great start. Our Sunday School is alive with new ideas and new teachers as our volunteers become involved with the Christian Education of our children. Sandy and Ann-Patrice assumed their roles as directors. The love and fellowship in this church is a gift from God, and it is everywhere.

Your vestry held its retreat on February 13 here at St. Dunstan's. We accomplished a good deal and a re-cap of the day long meeting is on the Vestry Corner. For those of you who are new or may have forgotten, the Vestry Corner is posted on the bulletin board in the Narthex. This is our way of keeping you up to date with what is going on in your Vestry. In line with keeping expenses down, we did not go out to dinner following the meeting. Instead, Fr. David and Alice treated us to delicious appetizers and beverages. It was a very productive day. In addition, at the retreat, we celebrated the forgiveness of the \$31,835 debt from the Diocese. This forgiveness of debt is a result of your commitment, hard work, and dedication to the church, and to God. Congratulations, and God bless you.

We are well on our way into Lent, and a new activity during this holy season is our Stations of the Cross project. I am thrilled to see so many of you involved with this. It is a wonderful opportunity for each one of us to re-visit the final days in the life of Christ. There will be a special service on Good Friday, as we prayerfully visit each station. Please plan on joining us for this lovely service.

May God's grace rest upon you, and His love lift you up.

Blessings,

Mary E. Packer, Senior Warden

Meet the vestry

On February 28 we had our first "Meet your Vestry" event. The members of the vestry met with interested parishioners ready to field any and all questions about the affairs of our church. After everyone had time to sample the refreshments, a varied selection of wines, cheeses, crackers, breads and fruits, we formed a circle for a "town hall" type discussion period. As expected most of the questions were about the budget. The search for a new director of music was touched on, and the need for updating our first aid kit and adding more in places other than the kitchen was discussed.

This is a very good way to share ideas and to learn about things going on in our parish. Watch for news of our next meeting.

Dessert with the Marshalls

In March, we will be continuing a wonderful new activity entitled "Dessert with the Marshalls." Parishioners will have the opportunity to host Fr. David and his wife Alice in their homes and invite members of the congregation to join them for an evening of fellowship. More information will be coming.

Blessings,

Mary E. Packer

St. Agnes Guild

At our February meeting, Liz Twiss talked to us about her duties as an office manager. Afterward, we enjoyed brown bag lunch and dessert served by Lu Gardiner and Ginger Phalen, our hostesses.



Our next meeting will be on March 5 when David Lepse will tell us about his duties as interim organist. The Guild's one hour business meeting starts at 10:00 am and at approximately 11:00 am the program is presented. For more information call Lu Gardiner (206) 362-6024 barryluis@msn.com or Joan Baker (425) 776-9059 joanruth3@verizon.net.

Gal's Needlework Night Out, Tuesday, March 23, 7:00 pm, Narthex.

Women of all ages invited. Let's share our knowledge, show off our talent and encourage and support needlework arts here at St. Dunstan's. Contact Sally Smith: 425-379-0860; ssmithever@comcast.net; Diana Rall: 206-660-9156; dtoshiba@comcast.net.

Matthew House

Volunteers needed to deliver clothing donations to Matthew House, Monroe, Washington.

Thanks to everyone who has donated clothing for use by families visiting prisoners at Monroe Correctional Center. Matthew House is an organization dedicated to assisting the families of people incarcerated in Washington's prisons.

Father Richard Stohr explained why the house was so necessary. He said, "I've come to the conclusion that the really 'hard time' of prison life is done by the wife, children and parents of an inmate. Loneliness, hurt, poor communication, shame, distance, increasing expenses and very limited income—as well as a variety of other factors—create an over burdening challenge to the stability and future of an inmate's marriage and family. At the same time, experience shows that the greatest hope for an inmate's future—keeping him 'off the streets'—lies in the stability and normalcy of his family life."

Father Richard Stohr named the program, The Simon of Cyrene Society, Inc. after Simon, who helped Jesus carry the cross when he was a prisoner enroute to his crucifixion. Father Richard Stohr passed a way on September 26, 1995 of cancer. This ministry touches lives every single day with the compassion and love of Christ.

For further information visit www.matthewhousemonroe.org.

The Prayer of the Lamb: A form of Christian Meditation

"Jesus, Lamb of God, have mercy on us."



This simple prayer in the tradition of the Orthodox Jesus Prayer offers universal intercession for the needs of the world, a Prayer of the Heart that can be prayed without ceasing (1 Thessalonians 5:17, Ephesians 6:18), and a personal and communal prayer practice that opens the heart to realization of the abundant Mercy of

God, the Resurrection Life of Jesus, and the transforming process of Holy Spirit. For further information contact the Rev. Beverly Hosea at:

The Community of the Lamb
P. O. Box 20697
Seattle, WA 98102
PrayeroftheLamb1@mac.com: 206.713.5321
<http://prayerofthelambmeditation.blogspot.com/>

The Community of the Lamb is recognized by the Internal Revenue Service as a tax-exempt 501(c)(3) non-profit organization.

The prayer of the Lamb at St. Dunstan's

The group meets the second Sunday of every month in the sanctuary. We join together under the direction of the Rev. Beverly Hoseas in intercessory prayer, meditation, reflection, gospel study and the Lord's Prayer. Everyone is welcome to join us around the altar. Bring a Bible.

Our next meeting is Sunday, March 14, from 7:00 to 9:00 pm.

Rica O'CONNOR

Highlights by e-mail

This edition of the Highlights is being delivered to you electronically in keeping with our efforts to reduce printing costs. The printing and mailing of the Highlights is a major expense each month. In addition, printing, folding and preparing your newsletter for mailing is labor intensive requiring about 10 man (usually woman) hours each month.

We had hoped to delay the changeover, but our final budget numbers dictate otherwise. Please give this method of delivery a fair try. You will be assured of prompt delivery to your electronic mail box.

Happy March from Sunday School and Youth Group!

THANKS from all of us, to all of you, for the following:

\$235.39 from the special collection
157 peanut butter and jelly sandwiches
220 cans of food

All of the above was donated to the Seattle Downtown Union Gospel Mission



What is "Seasons of the Spirit"?

Seasons of the Spirit resources are produced collaboratively by teams of writers, editors and resource persons from Australia, North America and the United Kingdom from denominations such as Anglican and Episcopal, Presbyterian, the United Church of Canada and the United Methodists. This is a year-round curriculum that lines up with the same gospels that Father David uses in the Mass. Each Sunday we have a ritual that includes lighting the candle, a special prayer for the week, reading from the Bible, discussion of this reading and then breaking into two age groups. Appropriate age level activities are shared between grades K-5 and grades 6-12. If you have not joined us recently, we re-invite you to join us Sundays at 9:30 am.

During the next 40 days, the students in both the Sunday School and Youth Group will be talking about how they can best be immersed in Lent, the core of the Christian liturgical year. What can we as young people not only give up but also give to others! Be sure to look for our special coffee hour contribution from all of us on March 14!

Youth Group news

On April 23 and April 24 the members of Saint Dunstan's Youth Group will be involved in the nationwide "30 Hour Famine." Our 6th graders through 12th graders will be spending 30 hours with no food, but MUCH concentration on FELLOWSHIP, OUTREACH and FUN! We are in the planning stages of figuring out how we will be spending the 30 hours. A car wash will be held on Saturday, April 23. Father David will be saying a Mass just for us! More to follow in the April Highlights!!

Finally, in an effort to add a personal touch, we will be calling families to invite them to both the Sunday School and Youth Group activities.

Wishing you a blessed Lent and Saint Patrick's Day!

Sandy Lamb and Ann-Patrice Riccardo
Sunday School and Youth Group Directors

Easter Baskets

The Parish of St. Dunstan's will once again participate in an outreach program to benefit New Beginnings, a local shelter for women and children who are the victims of domestic violence. On Palm Sunday, the Sunday School children will assemble baskets full of goodies that will be delivered to the shelter in time for Easter. You can be a part of this project very simply. Either make a cash donation (checks payable to St. Dunstan's and marked "Easter Outreach") or purchase a new item and place it in the Easter Outreach box found in the Narthex. The very last Sunday to donate is March 28. If you need ideas, consider the following suggestions:

Ideas for Children: coloring/activity books, crayons, jacks, jump ropes, bubbles, small cars, small balls, small stuffed animals, balsa wood gliders, barrettes and scrunchies, small story books.

Ideas for Moms: book of stamps, bus pass, phone card, pen and memo pad, small address book, purse-sized sewing kit, journals, compact umbrellas, gum.

Ideas for Both: toothbrush, toothpaste, floss, shampoo, hand lotion, mouthwash, chapstick, combs and brushes, Easter candy.

Pancake brunch

On January 31 the youth group treated us to a pancake brunch after the 9:30 am service. We enjoyed orange juice, pancakes with butter and syrup, crisp bacon, and juicy sausage.

This was a good opportunity for fellowship, and many parishioners took advantage of it. The tables filled and more chairs had to be put out!

Through the generosity of the diners, the Youth Group was able to add nearly \$500 to their funds for outreach projects.

Thank you all.



Celia and Beth Dube

Musical notes

It is a healthy sign when a congregation can worship together in different musical modes. We had a good example of this on February 7 when the lively Dixieland Ensemble "There Ain't No Heaven Seven" led our worship service. Many thanks for Terry Rodgers who made the arrangements and directed the ensemble.

Composers from many cultures produce music for Christian worship. We can expand our horizons by incorporating some of this into our repertoire. This Lenten season we are learning an offertory song from Malawi to sing as the gifts are brought forward to the altar. Using the song gives us a little taste of what worship is like in Malawi, and it creates a connection to our brothers and sisters in East Africa.

David Lepse, Interim director of music



Kay Hessemer, Karen Rogers, Susan Vanek, and Dawn Friend

What are the Stations of the Cross?

The Stations of the Cross began in Medieval times as a way of prayerfully and imaginatively entering into the story of Jesus' last hours before his death on the Cross. In Medieval times the vast majority of people would have been illiterate and the stations offered a graphic, pictorial way of learning and experiencing the story of Jesus' passion. Just as stained glass windows told key stories from the Old and New Testaments, the Stations told the detailed story of Jesus' last hours. Most protestant churches rejected the Stations of the Cross, along with stained glass windows and statues. There were some good reasons for this. Many of the traditions that developed around the Stations of the Cross were not at all scriptural. For instance, there is the station where Veronica wipes Jesus' face with a cloth as he is carrying the cross. This is a beautiful image of a disciple caring for Jesus in his time of suffering, but it is not a part of the Gospel story. In recent years these medieval traditions have been replaced, even in the Roman Catholic Church, with stations based on the scriptures.

A story told with text is experienced differently from a story told in images. The images engage our imaginations and our hearts in a different way. Our Stations of the Cross project this Lent allows us, both in the creation of the stations and in the worship service we will hold on Good Friday, to enter in another way into the story of Jesus' last hours. Come on Good Friday and see how your fellow followers of Jesus have interpreted the 14 scriptural quotes that make up our Stations of the Cross.

The Rev. David Marshall

Please send material for the Highlights to Joan Baker at joanruth3@verizon.net before the 20th of the month.

RESPOND TO GOD WITH ART

The Stations of the Cross project is well under way; the teams have been formed and they have received their scriptures. On February 21, Father David talked to us about how to read a scripture and gave us some guidelines for studying our scriptures.

First, read it carefully paying attention to the words. Then read it over slowly and listen for a word that jumps out at you. Repeat listening for a phrase. Finally read the passage a third time and listen for what God wants you to do. This is a good way to read any passage of scripture.



On February 28 Mary E. Pacher talked to us about ways we could interpret our scriptures. There are only a few rules:

- Be sure to put the number of your station somewhere on your piece, back or front
- Include the title of your scripture somewhere on the piece
- Write a short paragraph about how you felt while working on this project
- Complete the project by March 21

When the icons are finished, they will be turned in and we will have a wonderful time of sharing as we enjoy each other's work. The icons will be displayed in the Narthex and Guild Room and on Good Friday. We will have a special Stations of the Cross at 5:00 pm

This is a time for us to work together and do it to the glory of God. For more information or to join a team, contact Joan Baker (425) 776-9059 or news@sdchp.org or Mary E. Pacher (425) 374-8846 or seniorwarden@sdchp.org



Prayer list

In your prayers please remember:

At St. Dunstan's: *Betty Conover, Mark Eddy and George, Alan and Shanta Francis, Randy and Maya Garman, Kelly and Judy Makngren, Ginger and Joe Phelan, Carmen Ray, Steph Ross, Ruth Sawyer, Shirleymae Wendt, Dick and Ellen Germain, Peggy Miller, Faith Moore, Nicholas and Margaret Bartolomeo, Jeff Buol, Keelen Keiser, Robert and Lorraine McCormick, Don Argo, Bill Bayard, "Ginna Dunn, Daniel Riccardo, Jody Enderle, Nate Albro, B. J. Duffy, Hayes Keeler, Kurt Wenzel, Kathy Franklin, Aljandrina, Caroline Bright, Al Oblinger, Amanda and Patrick Clark, Dean Ellis, Gordon Chase*

Please offer prayers for the safety of military personnel connected with this parish or known to members:

Lt. Commander Clayton Massey
Sergeant Robert Munsey
Lieutenant Scott Washburn
Senior Airman Vera Thornton
Private Mickel Ditanra
Lt. Commander Kris Runaas
SPC Brady Rohrig
Bryan Peterson
Sgt. 1st Class Tom Collison
Pvt. Jeremy Lewis

In the diocese: *Good Shepherd, Federal Way; St. Elizabeth/Santa Isabel, Burien*

Almighty God, we commend to your gracious care and keeping all the men and women of our armed forces at home and abroad. Defend them day by day with your heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be; through Jesus Christ our Lord. Amen (BCP)

Altar flowers

It is time again to plan for Easter flowers. Please watch for a special letter from the Altar Guild in you mail box.

Many parishioners have signed up for permanent calendar dates to sponsor altar flowers. However, there are still open dates available for sponsors during the year.

them directly. Simply contact Dixie Buol or any altar guild member and they can answer questions or help you select an available date. You will be asked to supply a dedication for the flowers to be included in the Sunday bulletin. You are welcome to take the flowers home after the service.

The cost for flowers is \$60.00 including tax. We will make the arrangements with the florist or you may talk to

The Altar Guild

No flowers are used during Lent. On March 28, we will celebrate with palms.

Coffee Hour

We hate to sound like a broken record, but, once again, we do not have sign ups at St. Dunstan's for coffee hour.

Hopefully, you all have noticed the increased participation at the after-church coffee hour. Visitors are being welcomed, friends are greeting one another, and there is a warm feeling of closeness developing. And this is all augmented by a hot cup of coffee or tea and a cookie or some other snack.

Please look around at church and find another family to share the responsibility of providing goodies for a Sunday coffee hour soon. It's always fun when two (or more) families share the duty and maybe you can become better acquainted with fellow members.

Elizabeth Ann cannot continue to do this alone. She deserves our help.

Thank you.

Food Bank Donations

Remember! The last Sunday of the month is Food Bank Sunday. The unemployment numbers keep growing and so do the lines at the food bank. We will accept donations at any time, but the last Sunday of each month is a special day to remember those who may be hungry. Thanks to Al Bahlkow for faithfully delivering your donations.

Spring Work Party

Because there have been more pledges and new fund-raising events, we have been able to hire a cleaning service every other week. This will help, but certainly will not replace, our sexton, Dick Germaine who often worked more than the 12 hours a week he was scheduled for. Much of the time we will all have to clean up after ourselves!

Also, it is time for our annual outdoor clean-up held on March 21, the weekend before Palm Sunday. Watch for more information in the weekly message or the Sunday bulletin.

Joan Baker



St. Dunstan's Church of the Highlands
& The Henry Memorial Chapel
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The way to the Columbarium