

SERVICES

SUNDAY

8:00 am Eucharist with hymns
9:00 am Fellowship
9:15 am Education for Adults,
Youth, and Children
10:30 am Sung Eucharist
11:45 am Fellowship

MONDAY

9:00 am Centering Prayer, Chapel

WEDNESDAY

10:00 am Eucharist, Chapel

SATURDAY

9:00 am Centering Prayer, Chapel

MUSIC REHEARSALS

CHORISTERS

Tuesdays, 4:30–5:30 pm

SCHOLA CANTORUM

Tuesdays, 5:45–7:00 pm

ST. THOMAS CHOIR

Thursdays, 7:15 pm

Sundays, 9:15 am

CALENDAR

MARCH 1

ASH WEDNESDAY

MARCH 2-30

12:00 pm, Grace in Aging, Brown Bag
Luncheon Series, *Del Bene Family Library*

MARCH 8-APRIL 5

6:00 pm, Disunity in Christ, Wednesday
Evening Series, *Great Hall*

MARCH 10-12

High School Youth Group Retreat,
Camp Casey, Whidbey Island

MARCH 10-11

Vestry Retreat, *Del Bene Family Library*

MARCH 12

DAYLIGHT SAVINGS TIME BEGINS

MARCH 18

8:30 am, Women's Lenten Retreat,
Vesta Loyd Parlor (details on page 3)

MARCH 25

7:30 pm, Concert: Sacred Music of Duke
Ellington, *Church*, (details on page 4)

THE COLLECT

March 2017

St. Thomas Episcopal Church • P. O. Box 124 • Medina, WA 98039
425.454.9541 • www.stthomasmedina.org

FROM THE RECTOR

The Grace in Aging

By The Rev. Lex Breckinridge

To ripen into an elder, into a being that is more than simply elderly and more than only self, is a deliberate, thoughtful, sustained choice that arises from the intention to see things as they are.

The Grace in Aging: Awakening as You Grow Older, Kathleen Singh, p. 18

Here's a newsflash. Every morning when you awaken, you have grown another day older. And you have moved one day closer to your death, to the exhaustion of your physical body. This is as much a part of what it means to be human as birth or any other part of the life cycle, yet we too often resist and deny that we are aging. This results in a limited experience of living, a limited experience of the simple joy of **being here now**, in this very moment. And it is only here, now, in the present moment, that we will find God.

Beginning on Thursday, March 2, and continuing for the following three weeks, you are invited to join me for a noon brown bag lunch and a discussion on aging and how we can embrace this natural-and inevitable-time of life. We will use as a resource the wonderful book, *The Grace in Aging: Awakening as You Grow Older*, by Kathleen Dowling Singh, a psychotherapist and hospice worker whose writing on the spirituality of dying and aging may already be familiar to many. This book, and our time together, will appeal to our want to be alert and alive, to live in a sane, kinder, more compassionate way, for ourselves and others, and to live more deeply connected to the sacred. Singh reminds us that aging can offer us a real opportunity to intentionally reorient ourselves towards a rich interior life which is a far more reliable and trustworthy space than what the world of our contemporary culture has to offer. To open this inner space, to awaken to life as it really is, and not as we imagine it ought to be, is to begin to let go of our attachments to our egoic desires, a significant cause of so much of our suffering. This awakening can help us grow in love and wisdom even as we face the reality of our physical decline.

There are spiritual practices which we will discuss and experience that will help us engage the process of awakening. And we will engage all this together, as a community of wise seekers who have much to share with one another. So please consider joining us for lunch these four Thursdays in March. You don't have to think of yourself as "old", whatever that means, to find meaning from this time. You simply need to have the intention and the desire to wake up and grow up!

Faithfully,



FROM THE ASSOCIATE RECTOR

Reflecting on the Holy Land

By The Rev. Karen Haig

It has been several weeks since our group of 37 people from across the country returned from our pilgrimage to the Holy Land. We traveled to that place mostly as strangers, yet we returned connected by our shared experience of being in the places Jesus lived his life and shared God's love, and of seeing how deeply the people in those places are still in need of that life-giving love.

For me, it will take months, or even years to process my experience of the Holy Land. It is a profoundly complicated place today, as it has been since ancient times. My time in the Holy Land - experiencing the complexity of that place has helped me to understand that a neutral mind – not a neutral heart – but a neutral mind is essential in finding ways to enter into peace-making and justice-making in this place that is sacred to so many.

The complexity of the Holy Land has given me an entirely new appreciation of the paradoxical nature of the gospel and the way Jesus taught. Everywhere we looked, we saw paradox... drifting on the Sea of Galilee in a fishing boat, listening to the gentle waves lapping against the side of the boat, imagining Jesus telling Peter to put his net out on the other side, and looking to the other side where the Golan Heights are far from peaceful. Looking out across the Palestinian landscape, seeing perfectly landscaped Israeli settlements in perfect suburban order in the midst of ramshackle Palestinian homes that only have running water one or two days a week. Visiting a Christian orphanage that's called The Creche, that takes in any baby, but primarily the babies of unmarried Muslim women whose punishment for pregnancy out of wedlock would be death by their own families. The Christians may not adopt these babies, but sometimes Muslim people do. Hearing the Muslim call to prayer broadcast over Manger Square in Bethlehem while standing only yards away from the cave where Jesus was thought to have been born. Sitting with a Palestinian father and an Israeli father and listening to stories of losing their 14 year old daughters... one shot in the back by an Israeli soldier, one killed by a suicide bomber, men who chose not to retaliate but to begin a group called the Parent's Circle. Now along with over 700 other parents who have lost their children to violence and war, are crossing racial and religious boundaries in hopes of creating a more just and peaceful world. "We don't care if you're pro-Palestine or pro-Israel" they told us. "But we demand that you are pro-peace."

It's complicated. And I think that's why Jesus told his stories in so many different ways and why he used the ordinary stuff of people's lives to help them understand what he was trying to teach them. God's love and mercy and justice is for all of us, and I know that differently now.

I hope you will have the opportunity to make your own pilgrimage one day. I feel quite sure it will change you too. The Gospels come alive in a way they never did before and my heart has been opened just as my eyes have. While being in the places Jesus walked was an extraordinary gift, it is the work Jesus was doing in those places that has become so much more important for me. The Jesus movement came alive in one of the most conflicted places in all the world, and that's just how God works, isn't it? Showing up as the greatest love in the places of deepest pain and conflict. It's what we're called to do too, and my time in the Holy Land brought that to life for me in ways more beautiful and challenging than I ever could have imagined.

Faithfully,



Damascus Gate, Jerusalem

ST. THOMAS EPISCOPAL CHURCH

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The Collect

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Deadline: For the **April** issue, **March 13**.
Please submit copy to office@stthomasmedina.org or leave in the mailslot marked
"Collect" at the church. All articles will be
edited. Questions? Please call Laura at 425-
454-9541.



On Saturday, March 18, the women of St. Thomas will gather for a one-day Lenten retreat. We'll have time to reflect on our spiritual lives, and to explore and share our spiritual journeys with one another. Rev. Karen will lead our retreat day where there will be time for listening and sharing, contemplation and rich conversation. We will gather at 8:30 in the morning and conclude with Eucharist at 3:00 pm. Call the office to register, or email Sheila Miller millersden89@gmail.com.

CALL FOR POETRY

April is National Poetry Month, and The Collect will feature works by St. Thomas poets.

Please submit original poems for potential publication in the April issue by March 13 to the editor

office@stthomasmedina.org.

music@
ST. THOMAS

Sacred Music of Duke Ellington

featuring the St. Thomas Singers & the Northwest Chamber Chorus

Michael Brockman, conductor



Saturday, March 25, 2017
7:30pm

Suggested donation: \$25 per person
8398 NE 12TH STREET, MEDINA, WA



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EPISCOPAL CHURCH

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ADULT FORMATION

WEDNESDAY EVENING SERIES

FEBRUARY 15-MARCH 29

Disunity in Christ:

Uncovering the Hidden Forces That Keep Us Apart



Wednesday evenings, 6 - 8pm

February 15 - March 29

\$10 dinner. Childcare provided.

In these times of conflict, the way towards healing and reconciliation is to find the values and aspirations we hold in common and to speak and listen to each other with civility and compassion. We are exploring how we live together in these “interesting” times, using as our foundational text, *Disunity in Christ: Uncovering the Hidden Forces That Keep Us Apart* by Christena Cleveland, Professor of Public Theology at Duke Divinity School. An Episcopalian, Dr. Cleveland’s work focuses on the unseen dynamics that separate us and provides the tools we need to overcome those forces that divide us. Supper begins at 6:00 and the program starts at 6:45. Please respond to your emailed invitation or call the church office to reserve supper(s).

THURSDAY BROWN BAG LUNCHEON SERIES

MARCH 2-30

The Grace in Aging AWAKEN AS YOU GROW OLDER

Brown Bag Luncheon Series with Fr. Lex
Thursdays, March 2 - 30
12:00 - 1:30pm

Every day when we awaken we are another day closer to our last one. Aging: it’s not for sissies, as someone once said. But how do we face the fact of aging with peace and equanimity rather than fear and dread? Come join your St. Thomas friends for a lively discussion led by Lex on *The Grace in Aging: Awaken as You Grow Older*, by Kathleen Dowling Singh. As one reviewer notes, this book “leads us forward with such dignity and resolution that we become convinced that this phase of life holds a promise and a potential unlike any other.” Isn’t that what we all want for our latter years? Our time together will be both informative and healing. Bring your lunch to the Del Bene Family Library. Coffee and tea provided.

MARCH 2017 @ ST. THOMAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVINGS TIME BEGINS ON MARCH 12. SET YOUR CLOCKS AHEAD 1 HOUR ON SATURDAY NIGHT, OR YOU WILL BE SURPRISINGLY LATE TO CHURCH.						
5 8:00a Holy Eucharist 9:15a Education for All 10:30a Holy Eucharist	6 9:00a Centering Prayer	7 10:45a Bible Study 4:30p Choristers 5:45p Schola Cantorum	8 7:00p Eucharist/Ashes 10:00a Holy Eucharist	9 7:15p Choir Rehearsal 12:00p Grace in Aging	10 7:00p AA	11 9:00a Altar Guild 9:00a Centering Prayer 10:00a Chorister Day
12 CHORISTERS 8:00a Holy Eucharist 9:00a Moms' Group 9:15a Education for All 10:30a Holy Eucharist	13 9:00a Centering Prayer 6:30p Finance Comm. 7:00p AA	14 10:45a Bible Study 4:30p Choristers 5:45p Schola Cantorum	15 6:00p Disunity in Christ 10:00a Holy Eucharist	16 7:15p Choir Rehearsal 12:00p Grace in Aging	17 7:00p AA	18 8:30a Women's Lenten Retreat 9:00a Altar Guild 9:00a Centering Prayer
19 8:00a Holy Eucharist 9:15a Education for All 10:30a Holy Eucharist	20 9:00a Centering Prayer	21 10:45a Bible Study 4:30p Choristers 5:45p Schola Cantorum 6:30p Vestry	22 6:00p Disunity in Christ 10:00a Holy Eucharist	23 7:15p Choir Rehearsal 12:00p Grace in Aging	24 7:00p AA	25 9:00a Altar Guild 9:00a Centering Prayer
26 6:00p HS Youth Group 8:00a Holy Eucharist 9:15a Education for All 10:30a Holy Eucharist	27 9:00a Centering Prayer	28 10:45a Bible Study 4:30p Choristers 5:45p Schola Cantorum	29 6:00p Disunity in Christ 10:00a Holy Eucharist	30 7:15p Choir Rehearsal 12:00p Grace in Aging	31 7:00p AA	7:30p Concert: Sacred Music of Duke Ellington
5:00p MS Youth Group	7:00p AA	7:30p Boy Scouts	6:00p Disunity in Christ	7:15p Choir Rehearsal	7:00p AA	
These are just some of the events happening on the St. Thomas campus this month. To schedule meetings or other activities, please call or email the church office • 425-454-9541 • office@stthomasmedina.org Church Office Hours: Monday through Friday, 8:30 am to 4:30 pm						