

# The Franciscan



## The Bishop's Committee

## From our Vicar... April 2018



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We are a Resurrection people and Alleluia is our song. We have been given New Life because of the Resurrection of our Lord and Saviour, Jesus Christ, and we sing that song of praise everyday in our lives. When we follow the Liturgical Calendar we are given opportunities to mark transitional moments in our lives. As we reflect through the cross, we offer to God our Thanksgiving and Penitence and bring a new resolve and prayer that we might walk closer with God. So it is in Easter Tide, the celebration of the Resurrection in the church. We offer ourselves a new way of life, considering shifting patterns and habits that may be altered. It is always a new day, a new beginning, a new way of life. Thanks be to God.

In *The Book of Joy*, which I would like to highly recommend, the Dalai Lama speaks about meaningfulness in a day's living. When he was asked what was it like to wake up with joy, he replied, "I think if you are an intensely religious believer, as soon as you wake up you thank God for another day. And you try and do God's will. ...As soon as I wake up, I remember the teaching of the importance of kindness and compassion, wishing something good for others. Then I remember everything is interrelated, so I set my intention for the day; that this day should be meaningful. Meaningful means, if possible, serve and help others. If not possible, then at least try not to harm others. That's a meaningful day." That's living a new life, a new way that is given because of God's life given to us. In this Easter Tide, may we find a new way of living with one another. May we seek how to be compassionate to others and give meaning to every day. Amen.



*Sarah Kitch*



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Easter Sunday  
April 1, 10:15 am  
Service with Eucharist and  
Baptism of Joshua Bowden  
Easter Celebration with Food  
and Refreshments, Egg Hunt,  
and Face Painting



### **PRAYING FOR A WORD FOR THIS YEAR**

In ancient times, wise men and women fled out into the desert to find a place where they could be fully present to God and to their own inner struggles at work within them. The desert became a place to enter into the refiner's fire and be stripped down to one's holy essence. The desert was a threshold place where you emerged different than when you entered.

Many people followed these ammas and abbas, seeking their wisdom and guidance for a meaningful life. One tradition was to ask for a word – this word or phrase would be something on which to ponder for many days, weeks, months, sometimes a whole lifetime.

This practice is connected to **lectio divina**, where we approach the sacred texts with the same request – "give me a word" we ask – something to nourish me, challenge me, a word I can wrestle

with and grow into. The word which chooses us has the potential to transform us.

What is your word for the year ahead? A word which contains within it a seed of invitation to cross a new threshold in your life?

**"Lectio Divina"**, a Latin term, means "divine reading" and describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us.

The first stage is lectio (reading) where we read the Word of God, slowly and reflectively so that it sinks into us. Any passage of Scripture can be used for this way of prayer but the passage should not be too long.

The second stage is meditation (reflection) where we think about the text we have chosen and ruminate upon it so that we take from it what God wants to give us.



### **Save The Date!**

When: Saturday, May 12<sup>th</sup> from 2-4 pm

What: Ladies' Afternoon Tea & Garden Fundraiser

Where: St. Francis of Assisi Episcopal Church Patio & Gardens

Cost: TBD

Ladies! Get out your prettiest HATS & join us for a beautiful afternoon of Traditional Afternoon Tea Fare, Teas, Live Music & Guest Speaker. Soothe your busy mind with 'the girls' for some down-time as we retreat to our patio. We will relax, enjoy tea varieties & nosh on lovely treats. Invite your friends, sisters, aunts, mothers, daughters... Open to the Public, but seating is limited. More information coming soon!

To make this Event a success, we are inviting the Ladies of St. Francis to Sponsor portions of the Tea. If we all share in sponsoring this Event, we can increase the value of our time spent together as well as funding the plantings of more drought-tolerant plants at the front of our Church. Please consider Sponsoring something at your comfort level. There's something for everyone!

- Tea Sponsors: Please provide a box (or several) of your favorite Tea(s). Please provide 48+ bags per type of tea, Decaf or Regular. Requesting PG Tips, Earl Grey, Florals, Herbals & your other Favorites.
- Finger Sandwich Sponsors: Recipes will be provided for making the sandwiches an Afternoon Tea is so famous for! Quantities at your comfort level & kitchen capacity.
- Dessert & Scones Sponsors: Your favorite cookies from a trusted recipe, cake or other special dessert would be welcome.
- Table Sponsors: Providing for one table to dress & decorate with your choice of: Round Table Cloth, Tea Pot, Tea Cozy if Available, Sugar Dish, Creamer, Place Settings for 6: Napkin, Tea Cup or Mug, Plate, Flatware if Available, Water Glass if Available. You are welcome to be creative, colorful... this is your table and privilege. Centerpieces will be provided.

Please contact Susan Swoish or Joy Craig for more information or to Sponsor. Thank you so much- we are looking forward to a fun-filled afternoon!

Susan: [\(805\) 501-5203](tel:8055015203)

[sjs@swbusinessadvisors.com](mailto:sjs@swbusinessadvisors.com) Joy: [805-796-0750](tel:8057960750) [joy.craig@simivalleyusd.org](mailto:joy.craig@simivalleyusd.org)

## **Members and News**

### **ECW**

### **Episcopal Church Women**



The ECW meets on the 1st Friday of every month in the church at 6:30. We would love to have you join us for a time of fellowship and service. Please contact Sylvia Moya, 522-2897.



#### **Prayer Shawls:**

Please remember that St. Francis has Prayer Shawls in the Narthex at church. These Prayers Shawls are to give to people who are in need of comfort. If you know someone who needs comforting and covered in prayer please help yourself.



#### **DOK**

#### **Daughter of the King**

These are another way to access prayer and comfort. They are small enough to fit into a pocket or purse, and can be taken to the hospital or carried for constant comfort. These can be found in a basket in the Narthex.



**There are three new books in the library.**

**The Tea Girl of Hummingbird Lane** by Lisa See If you enjoy reading about Chinese culture in the small villages high in the mountains, this is the book for you. See writes about family, mothers and daughters and the cultivation of tea. As a tea drinker, I was fascinated about the intricacies of tea production. I was also moved by the relationships of the family and especially the complex relationship between mothers and daughters.

**The Storyteller** by Jodi Picoult. Picoult book is composed of multiple stories. I struggled, along with the characters, about the right to tell the secrets of others and forgiveness. The story moves from present day to the horrors of WWII.

**All Fall Down** by Jennifer Weiner. Weiner follows a family with a difficult child and a mother's decent into addiction with prescription medications. "With a sparkling comedic touch, true-to-life characterizations, Weiner turns one woman's slide into addiction and her struggle to find her way back up again into an unforgettable tale of empowerment and redemption."



## WHAT IS A DRUM CIRCLE



A drum circle is a spiritual, communal, or therapeutic music experience in which participants join together in a circle to make rhythm, move, and dance, using various percussion instruments, voices, and whatever "found sounds" are around! Drum circles are often used to reduce stress, anxiety and blood pressure, to increase immune system function, and to create a sense of community.

Rhythm is a truly universal language, so therefore naturally creates a sense of community that can bridge gaps and potential biases.

Participants in a community drum circle act as both audience and artist, and the musical experience shared results in harmony, unity, and a feeling of wellness.

The success of a drum circle is not dependent on the group's musical ability. This is no different in children's drum circles!

Please contact Reverend Sarah if this sounds exciting to you and watch for details and upcoming Drum Circle Dates. There will be a Drumming Workshop April 22 Sunday from 1-3 with Chantel Zimmerman, facilitator.



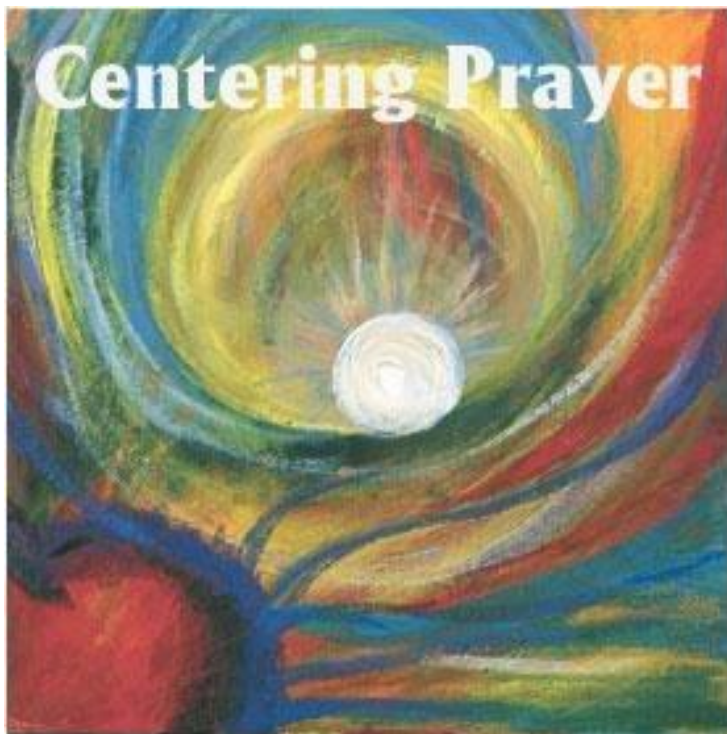
With deep appreciation we would like to thank all the participants, Readers, Ushers, Altar Guild, etc., during this Holy Week Services:

The ECW for helping with Wednesday, March 28.

The Palm Sunday Participants

Maundy Thursday

Brainerd and Esther for leading the Tenebrae on Good Friday.



Join Centering Prayer the second Tuesday each month at 7 pm at Brainerd and Esther Dharmaraj's home. 1540 Rose Arbor, Simi Valley, (805)583-5342 and the fourth Tuesday each month at the church in the Library at 7 pm.



### Donations are being Collected

Newborns – 4T  
Toddler Sizing Pampers,  
Baby Wipes, nursing pads, baby lotion,  
any infant and baby supplies. See Gerri  
Harrington and Amy Rasmussen.

Faith provides a shield  
to protect me as I face  
the battles of life.

Diantha Ain



### 2018 Women's Retreat

The 2018 annual women's' retreat will be held at St. Francis on Saturday April 21 please ask me or Kathy Butler. Due to the floods at Montecito, La Casa de Maria had extensive damage. We have decided to have our retreat on one day at our beautiful church. Many of the women in the congregation have gone in the past so you could very well find someone sitting right next to you that you can ask.

Mark your calendars for the weekend of April 21. There will be a signup sheet or you can contact Pat Udell at [\(805\)358-4438](tel:(805)358-4438) or by email at: [patriciaudell@sbcglobal.net](mailto:patriciaudell@sbcglobal.net)

### Men's Group

Will start meeting on the Third  
Tuesday of each month  
at 6:30 pm.

Please note the change on your  
calendars and women note it so  
you can remind your husbands!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 EASTER</b> Brainerd Dharmaraj, Preaching 10:15 am Eucharist with Music Easter Egg Hunt plus More! 6:30 Men's AA PH 7 pm Grief Counseling	<b>2</b> Office Closed Sarah out of the office until 4/9 Noon Brown Bag Bible Study  8 pm Men's AA PH	<b>3</b> 9am-2pm Office Hrs.  7 pm AA Clare Rm 8 pm Women's AA PH	<b>4</b> 9am-2pm Office Hrs 10 am Healing & Eucharist Service  7:30 pm Men's AA PH	<b>5</b> 9am-2pm Office Hrs.  7pm RCA Clare Rm	<b>6</b> Office Closed  6:30 pm ECW Mtg  8 pm AA PH	<b>7</b>
<b>8 Easter 2</b> Rev. Sarah Kitch, Preaching 10:15 am Eucharist with Music  6:30 Men's AA PH 7 pm Grief Counseling	<b>9</b> 9am-2pm Office Hrs. Noon Brown Bag Bible Study  8 pm Men's AA PH	<b>10</b> 9am-2pm Office Hrs. 7 pm Centering Prayer at Dharmaraj's  7 pm AA Clare Rm 8 pm Women's AA PH	<b>11</b> 9am-2pm Office Hrs 10 am Healing & Eucharist Service  7:30 pm Men's AA PH	<b>12</b> 9am-2pm Office Hrs.  7pm RCA Clare Rm	<b>13</b> Office Closed  8 pm AA PH	<b>14</b>
<b>15 Easter 3</b> Rev. Sarah Kitch, Preaching 10:15 Eucharist with Music, Sam Ctr. Collection Noon BC Mtg.  6:30 Men's AA PH 7 pm Grief Counseling	<b>16</b> 9am-2pm Office Hrs. Noon Brown Bag Bible Study <b>Franciscan            Articles Due</b>  8 pm Men's AA PH	<b>17</b> 9am-2pm Office Hrs.  6:30 pm Men's Group Meeting  7 pm AA Clare Rm 8 pm Women's AA PH	<b>18</b> 9am-2pm Office Hrs 10 am Healing & Eucharist Service  7:30 pm Men's AA PH	<b>19</b> 9am-2pm Office Hrs.  7pm RCA Clare Rm	<b>20</b> Office Closed  8 pm AA PH	<b>21            DOK            Women's            Retreat at            St. Francis</b>
<b>22 Easter 4</b> David Kitch, Preaching 10:15 Eucharist with Music, Recycle Sunday 1-3pm Drum Cir. Workshop 6:30 Men's AA PH 7 pm Grief Counseling	<b>23</b> 9am-2pm Office Hrs. Noon Brown Bag Bible Study  8 pm Men's AA PH	<b>24</b> 9am-2pm Office Hrs.  7 pm AA Clare Rm 8 pm Women's AA PH	<b>25</b> 9am-2 pm Office Hrs. 10 am Healing Service & Eucharist Service 6:15 pm FPU Clare Rm. 7:30 pm Men's AA PH	<b>26</b> 9am-2pm Office Hrs.  7pm RCA Clare Rm	<b>27</b> Office Closed  8 pm AA PH	<b>28</b>
<b>29 Easter 5</b> Rev. Sarah Kitch, Preaching 10:15 Eucharist with Music  6:30 Men's AA PH 7 pm Grief Counseling	<b>30</b> 9am-2pm Office Hrs. Noon Brown Bag Bible Study  8 pm Men's AA PH					



# April 2018 Schedule for Holy Ministry

	April 1 Easter	April 8	April 15	April 22	April 29
<b>10:15 a.m. Holy Eucharist</b>					
Lector (O.T./Psalm)	Dan J.	Esther D.	Joy C.	Tom B.	Susan S.
Lector (Epistle/P.O.P)	Jan J.	Grace R.	Esther D.	Kathy B.	Eden S.
LEM (Chalice)	Bernadette David S.	Esther & Brainerd D.	Rob & Kristin W.	Tom & Kathy B.	Jan J. Eden S.
Acolyte & Crucifer	Grace Andrew	Esther	Brenda Wesley	Andrew Esther	Grace
Usher / Greeters	Tony F. Rebecca S.	David S. Jr. Tony F.	Rebecca S. Tony F.	David S. Jr. Tony F.	Jacob M. Joe Z.
Altar Guild	Teri M.	Joy C.	Eden S.	Kathy B.	Joy C.
Home Communion	Brainerd & Esther D.	Eden S.	Brainerd & Esther D.	Tom & Kathy B.	Jan J. Eden S.
Vestry Counters	Susan S. Cathy G.	Tom B. Joy C.	Amy B. Kathy B.	Sam S. Cathy G.	Cathy G. Gerri H.
<b><u>If you are unable to serve on the day you are scheduled – please make arrangements with someone else to substitute for you. Please contact the church office to inform them of the changes. Thank you!</u></b>					

Please call Jennifer @805.990.4102 to sign up for Coffee Hour.

April	1	8	15	22	29
10am	DOK	Chrissy & Joshua	Anusiem Family		



Our coffee hour is a tradition of spending a few minutes together after our worship to connect and say hello to each other. All are invited because the “*feeling of belonging*” is for everyone to enjoy! It’s a blessing to host this time to refresh ourselves before we return to the “*busyness*” of the world.

# May 2018 Schedule for Holy Ministry

	May 6	May 13 Mother's Day	May 20	May 27	June 3
<b>10:15 a.m. Holy Eucharist</b>					
Lector (O.T./Psalm)	Dan J.	Esther D.	Joy C.	Susan S.	Tom B.
Lector (Epistle/P.O.P)	Jan J.	Grace R.	Esther D.	Eden S.	Kathy B.
LEM (Chalice)	Bernadette David S.	Rob & Kristin W.	Esther & Brainerd D.	Jan J. Eden S.	Tom & Kathy B.
Acolyte & Crucifer	Grace Andrew	Esther	Brenda Wesley	Grace Esther	Grace
Usher / Greeters	Tony F. Rebecca S.	David S. Jr. Tony F.	Rebecca S. Tony F.	David S. Jr. Tony F.	Jacob M. Joe Z.
Altar Guild	Teri M.	Kathy B.	Eden S.	Joy C.	Kathy B.
Home Communion	Brainerd & Esther D.	Eden S.	Brainerd & Esther D.	Jan J. Eden S.	Tom & Kathy B.
Vestry Counters					

**If you are unable to serve on the day you are scheduled – please make arrangements with someone else to substitute for you. Please contact the church office to inform them of the changes. Thank you!**



## RECYCLING AT ST FRANCIS

Please bring in your Recycling on the **last Sunday of the month** and we'll put those cans and bottles to good use! Our efforts will help support the needs of a family in our community and will be appreciated. See what glass and metal can do? So mark your calendars now with a big "R" for recycling at the end of the month. Thank you ahead of time for all your contributions!



# Spiritual Rhythms



## Heartbeats for Earth Day Sunday, April 22, 2018 from 1:00-3:00pm Fun Drumming

**No Experience Necessary** – let the spirit of the drum move you. Find your own rhythm, connect with God, the Divine Source Energy. Play in community. Have fun, relax, let loose.

Drumming can improve health, puts us in present moment awareness, evokes joy and happiness, and when done with others it helps to create a sense of belonging.

Drums and percussion instruments available for use, and bring your own hand drum(s) or percussion instrument(s) to use and share.

**St. Francis of Assisi Church,  
280 Royal Avenue, Simi Valley**

*For more information contact Chantel Zimmerman at 747-248-7878 or email [Chantel@artandsoullab.com](mailto:Chantel@artandsoullab.com)*

# *the* Franciscan

St. Francis of Assisi Episcopal Church  
280 Royal Avenue, Simi Valley CA 93065

## Newsletter – April 2018

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#### **Sunday Service:**

- **Eucharist with Music**  
**10:15 am**

#### **Wednesdays**

- **10 am Healing Service**