

The Franciscan



The Bishop's Committee

From our Vicar... November 2019



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I do think Fall is one of the more marvelous seasons. We are invigorated with the cooler temperatures, when there isn't fire, and we rejoice in the changing of the leaves, if we can find them! We are indeed challenged here in California compared to the East Coast for instance, to see some of the more spectacular changes! It means we must look a little harder.

There is a street near our home that is beautiful! I will deliberately drive that street home just to see the changing colors! A deliberate action. I purposefully change the pattern of my driving to see the fall colors.

I wonder to myself, if I'm willing to change my habits and patterns to see the Fall colors, what other areas in my life are inviting me to deliberate action?

One area I think of immediately is Gratitude. Here we are in the month of Thanksgiving. I wonder if I can put some deliberate action into practice this month. One idea would be at the end of the day, I review the day and give deliberate gratitude for every hour of the day. Even those moments that are difficult, trying, a little confusing, overwhelming and just obnoxious! What if I made deliberate action especially for those moments to give gratitude to God, to others, for that time?

Deliberate action needs to be practiced. It is conscious choices to make priorities and decide what is important to us. Deliberate action not only is practiced but is prayed. We seek God for a renewed pattern of choices, actions and habits in our life that God is inviting for us. This may be an extended commitment to family, to friends, to those in need, to giving money, to giving time, and to offer our talents again to God. It may be a little uncomfortable as we earnestly pray about "who needs my time?", "who needs my money?", "who needs a listening ear, a prayer, a compassionate understanding?"

Gratitude is returning to God our thanks for all that God has given us. We give ourselves to others as an expression of Gratitude and loving God. Is there a deliberate action that God is inviting in your life this season?



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Focus: A Meditation for the Holidays

by Ardelle Walters, MS, LPC, YTT-200

The luxury of watching the candles in the fireplace on a Friday morning. The soot-covered bricks behind the candlelight. The quiet of the house. The occasional car on the street outside. Our funny little dog Coco asleep on the floor next to me. The books and magazines scattered on the coffee table. The morning light coming in the front window. These were my gratitudes on a November morning.

The therapist said to make a gratitude list and at first I balked. She said you have to. Be specific, she said. It can't be generalizations like "my family" or "my house." It is like picking up pearls in the sand, she said. Your mind has spiraled out of control with your worries and anxieties. It is making you weaker for whatever lies ahead. You have to pick up pearls, you don't have a choice. You have to because they will make you strong for whatever lies ahead.

And so began my journey with gratitude. With gratitude as mindfulness. With gratitude as a way to ground myself in the gift of this moment. With gratitude as a way to walk toward, walk with, the darkness.

Next was yoga. I balked at that too, but then I was desperate. I professionally treated other people for anxiety, but I couldn't treat it for myself. The year before, I had had two major health diagnoses. But it was the ensuing anxiety that left me falling over a ledge, barely hanging on by the tips of my fingers. And so I went to yoga. Put your mind in your breath, they said. Place your feet on the floor. Hip distance apart. Put your hands on your hips. Put your mind in your breath.

Put your mind in your breath. Put your mind in your breath. Put your mind in your breath. And one day I found I was sitting with my own breath, tending to it like I tended to the breath of my sleeping babies in years past. Like I had watched my child's chest move up and down in a hospital room before emergency surgery, not sleeping because I was watching her breathe.

And now I was watching my own breath, my own life force. I found that it was as sacred as my child's life force.

If the therapist had said, "Focus," I would have said "On what?" If the yoga teacher had said, "Focus," I would have said "How?" But no one said focus, and I did. On this present moment and on the life force that sustains my presence here. Just for a few minutes at a time, I focused. And one day, just for a few minutes, my joy returned. Another day for a few minutes more. And then more.

I had thought focus was an activity, a way to get something done. But instead it was a shedding of untruths by way of gratitudes and breaths. A way to see clearly this present moment, and the beauty and truth in my very own breath. Focus: Verb. Adapt to the prevailing level of light and become able to see clearly. Focus.

Ardelle Walters is a Licensed Professional Counselor. She has extensive experience working with adults on a wide range of issues including anxiety, depression, grief, self-esteem, and relationships. As a clergy spouse, she is particularly interested in the emotional well-being of clergy and their families, and serves as CREDO faculty and Planning for Wellness faculty for Episcopal clergy. Ardelle is a member of Calvary Episcopal Church in downtown Memphis, where she does a lot of brainstorming with the Christian formation committee, and where her husband, Scott, serves as rector.

Esther Dharmaraj preached Sunday October 20

Esther left us a prayer as we considered how we might manifest God's Love around us. Esther spoke about hope saying "hope is the response to an otherwise hopeless situation. Hope is in our response of compassion. Hope re-prioritizes our lives to align with the priorities of compassion." She prayed: *God, how might we manifest your love to the invisible? God, how might we manifest your compassion to the voiceless? God, how might we manifest your love to the devastated? God, help us to reorder our priorities so they fall in line with your compassionate priorities. Show us Lord. Help us Lord. Amen.*



STEWARDSHIP

We will be preparing Giving Statements and a letter about this year, and our upcoming year in consideration of our giving as a community.

In Gratitude, may we consider God's invitation for this next year of our tithes for St Francis and ask God what we might give. If you have concerns as to where your money goes, please talk with Reverend Sarah or Sam Anusiem, our treasurer. It might surprise you to learn so much is used here for our ministry at St Francis. If you would like to talk about your support to St Francis please reach out. We are earnestly seeking to be faithful with all the resources God provides through our community, in time, talents and treasure. Please never hesitate to talk with Reverend Sarah or Sam about concerns, desires, or your involvement at St Francis.

Encouragement

We are rescued by love when someone bequeaths dignity, worth, recognition, gratitude upon us, encouragement for us because of who we are and what we do. We simply cannot grasp this alone: that we are precious, and amazing, and of inestimable value, unless this truth is mirrored into our being by another person. We need to give and receive support and encouragement for one another as "daily bread."

-Br. Curtis Almquist

[Society of Saint John the Evangelist](#)



For the Blessing of the Animals
Celebration –

Thank you to all who attended.
What a wonderful day!



Interfaith Thanksgiving Service
We participate in the Interfaith
Thanksgiving Service with our brothers
and sisters from other faiths on Tuesday,
November 26, 7 pm at
Shepherd of the Valley Lutheran Church,
4191 Cochran St.
Bring canned goods for donation to the
Samaritan Center.



*For people with intellectual
and developmental disabilities*

Thanks to all who have signed up to purchase holiday gifts for the individuals in our community who have special needs and truly appreciate these tokens of your generosity.

*Please remember to purchase only one gift per person, you make the decision whether to do their 1st or 2nd choice.

*After wrapping the gift (or you can use a gift bag), please attach a gift tag and write the person's name and # (listed at the beginning of the column) on the signup sheet.

*Gifts can be brought to church beginning Sundays December 1st through December 15th.

Sylvia will be out of town until the first week of December. Please call me (Pat Udell), if you have any questions. Phone (805)358-4438 I will also have the signup sheet at church in case you need to check names, numbers, gift selection, etc.

Thank you, Pat

Parish Prayer Needs:

Music Program: new music director, Rahn Coleman.

Healing: Lee H., Dan J., Michael, Megan, Jean, Braydon, Hank, Fr. Steve, Al, Mary, Rich, Yvonne, VanNessa, Dee, Jeff, Jim, Bill & Leslie L., Jan, David, Lee, Trish, Sue, Tony, Mark, Michele, Eric, Louise, Bob & family, Edith, Rana, Howard, Mary, Donna, J.D. Frances B., Patrick, Margaret, Beverly, Eva.

For Comfort: Janet Johnson, McCarty family, Yvonne Robello, Kraft family, Deb Wollum, The Nilles family. Janet, Patricia and family. Barbara Haryn. Eden Suguitan and family. Margie Roblins and family. Amanda and Xenia delaRoche. Conte family, Morris family.



CHRISTMAS FOR THE SAMARITAN CENTER

This year we will again be raising money for the Samaritan Center as we give our contributions for the Angel Tree.

It will be a wonderful gift for our ministry for the Samaritan Center and all they do for the needs of our community.

Please give generously as we move with gratitude from Thanksgiving of all that we have, to give to those who may not have as much.

What a joy to express our Thanksgiving to God through this opportunity.



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

New Opportunity in Ministry

St Francis is offering a wonderful new opportunity in ministry and prayer through Massage. We have a masseuse who is willing to come to St Francis one day every other week and offer massage to anyone. She can do chair massage, table massage, or any way one feels comfortable. It is a wonderful opportunity! Through her massage, we are able to support the Samaritan Center! She will offer her time to the Samaritan Center for every massage she does for St Francis. We are thrilled to have her and so blessed for this opportunity!!! Please contact the office for more details and to sign up!!!



Malia Taylor discovered the gift of massage therapy ten years ago while going through some life transitions. For her, the giving and receiving of non-sexual, therapeutic touch was a way to connect back to herself, to others and to the Divine. Over the past decade, Malia has refined her skills through working on thousands of clients, including many A-list celebrities and athletes in several luxury spas and medical clinics.

She has deepened her practice by becoming a Certified Reiki Master (2016) a Certified Crystal Healer (2017) and a Certified Spiritual Director (2013). Her desire is to awaken others to the gift of connecting to their bodies and thereby connecting to the movement of God. Malia is also a devoted single mom who has raised her four nearly grown children in Los Angeles and currently practices massage therapy and spiritual direction in Beverly Hills and surrounding areas.



One of the Clients at the Samaritan Center enjoying a chair massage.

Words of gratitude
complete a circle of joy
begun by a gift.

Diantha Ain



Claire Holley will be coming to St. Francis

December 1 for Jazz Vespers!



Claire Holley grew up singing with friends and family in Jackson, Mississippi. She began writing songs while in college in Chicago, and shortly after released her first recordings while living in North Carolina. There, WUNC's Back Porch Music began spinning her songs, and NPR's Weekend Edition featured her 2001 self-titled debut from Yep Roc Records. To date, Holley has released twelve critically acclaimed records, and No Depression called Time in the Middle "one of 2015's finest albums." Both a vocalist and guitar player, Claire performs at venues around Los Angeles, her current home, and has performed around the country at venues like Merlefest,

Mountain Stage, Club Passim and the Thacker Mountain Radio Show. She regularly writes and records for film and theater. Her latest album, Every Hour, features modern arrangements of hymns and sacred songs, ranging in style from a 4th century carol to southern gospel and a Beach Boys cover. According to Mississippi Today, "In Holley's hands and voice, the hymns ring clear and sincere.

PRESS QUOTES "*Claire Holley is an observer, a romantic reporter from the backyards and front porches of the heartland...*" --Acoustic Guitar Magazine
"*She captivates audiences when she combines her warm spirit with a beautifully natural way of singing....*" --Independent's Day

"*Claire Holley has a firm grip on the musical vocabulary and storytelling obsession of the South. And like any great Southern character, she's as complicated as the recipe for sour mash whiskey.*" --PASTE Magazine "

...she owes much to the southern tradition of storytelling, and just as much to the southern tradition of charm..." --Image Journal

"*Holley's voice is nothing short of achingly beautiful, the songwriting could be used as an example of a poetic art form, and the production is top notch.*" --Huffington Post
"*Holley's work is straightforward, unabashed and beautiful.*" --Performing Songwriter

Members and News



Wednesday is the New Day! The Brown Bag Bible Study led by David Kitch, will be at Noon on Wednesdays instead of Monday, in the Clare Room. Everyone is invited to join!

When  you shop

at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization, St. Francis of Assisi Episcopal Church.

Go to smile.amazon.com/ch/95-2558848

and

Amazon donates to St. Francis of Assisi Episcopal Church every time you order through Amazon.



November 3!

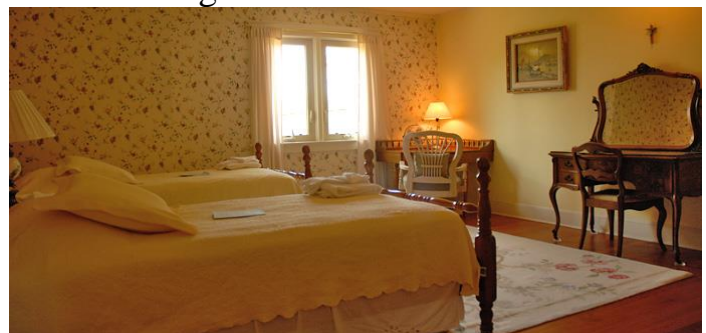


DOK Women's Retreat 2020

2020 may seem a long way off though we have had to make reservations and the planning has started for the annual Women's Retreat

We have made reservations for 20 and if you would like to reserve a spot, a \$50.00 nonrefundable deposit is due by December 1, 2019. Save the dates of February 28 through March 1 2020(Fri. Sat. Sun). The cost will be a few dollars more as Mt. Calvary has increased their rates. The total cost for the weekend will be \$270.00 for both Friday and Saturday evening with all meals included, starting Friday evening through lunch on Sunday. We had a great time last year and the accommodations and setting were lovely. It was a fun, relaxing, reflective and (at times) lively weekend. A sign-up sheet will be available in September, so save the date! **February 28th- March 1st 2020!**

If you have any questions see Pat Udell or Leslie Lonergan





BABY CLOSET

Don't forget the needs of the Baby Closet that is ongoing. Please talk with Gerri Harrington if you are able to volunteer on the days the Closet is open, or to **share in doing laundry as the donations of baby clothes come in.** We will be collecting new and gently used baby clothes, baby blankets, crib sheets, and receiving blankets. Look for the hamper in the narthex for donations ages newborn through toddler sizes. We are open from 11:30 am – 1 pm on Tuesday and Thursdays.

Donations needed of disposable diapers, baby wipes and cream. The next Baby Shower will be November 10. Start stocking up on diapers, wipes and cream! If you have any questions contact Gerri Harrington at (818)521-0313.

Gift card scam alert

Several local churches have reported a recent internet scam. Thieves will send an email from an address closely resembling that of the church's clergy or other leader, asking parishioners to buy gift cards (supposedly for charitable purposes), then to send the card activation number by reply email. The sender will insist that the need is urgent, and will often include names and other details about the church leader and the parishioner to make the request seem legitimate. Do not ever respond to such a

request without contacting Rev. Sarah. There is very little recourse if the scammer cashes out the card.

In a similar vein, scammers will send an email that looks like it comes from a priest or lay leader that will say something like "I need a favor from you, please email me back as soon as possible." If the parishioner sends a reply, it goes to the scammer (who, again, is using an email address very like the leader's real one). What they ask for may vary, but whatever it is isn't good for the parishioner, the priest or the lay leader.



NEW OPPORTUNITIES OFFERED THROUGH ST. FRANCIS

Our church members have asked what useful items **The Samaritan Center** can use the most. Your donations go directly to feed the needs of our community. Donations can be brought to church or left at the Sam Center kitchen door. Thank you so much.

All shelf-stable goods are helpful, as well as cleaning products and trash bags.

PLEASE HELP IF YOU CAN WITH...

- Canned meals (like stew, soups, ravioli, spaghetti'Os)
- Paper Towels
- Grape Jelly For Sandwiches
- Peanut Butter (Creamy) for Sandwiches
- Plastic Forks and Spoons
- Toilet Paper (Septic Safe)
- Gallon And Sandwich Size Ziploc Bags
- Soup Bowls
- 10 oz Coffee Cups

More Information:

<http://www.thesamaritancenterofsimivalle.org>

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Office Closed 6:30 pm ECW 7 pm Bible Study 8 pm AA PH	2
3 All Saints Day  Fall Back Rev. Brainerd Dharmaraj, Preaching 10:15 Eucharist with Music 6:30 Men's AA PH	4 9am-2pm Office Hrs. 8 pm Men's AA PH	5 9am-2pm Office Hrs. 7 pm AA Clare Rm 8 pm Women's AA PH	6 9am-2pm Office Hrs. 9 am-4 pm Malia 10 am Healing & Eucharist Service 12 pm Brown Bag Bible Study 7:30 pm Men's AA PH	7 9am-1pm Office Hrs. 7pm RCA Clare Rm	8 Office Closed 7 pm Book Club 7 pm Bible Study 8 pm AA PH	9
10 Pentecost 22 Jamie Barnett, preaching 10:15 Eucharist with Music Baby Shower 6:30 Men's AA PH	11 9am-2pm Office Hrs. Franciscan Articles Due 8 pm Men's AA PH	12 9am-2pm Office Hrs. 7 pm Centering Prayer at Church 7 pm AA Clare Rm 8 pm Women's AA PH	13 9am-2 pm Office Hrs. 10 am Healing & Eucharist Service 12 pm Brown Bag Bible Study 7:30 pm Cursillo Mtg. at Church 7:30 pm Men's AA PH	14 9am-1pm Office Hrs. 7pm RCA Clare Rm	15 Office Closed 7 pm Bible Study 8 pm AA PH	16
17 Pentecost 23 Esther Dharmaraj, Preaching 10:15 Eucharist with Music Noon BC Mtg 6:30 Men's AA PH	18 9am-2pm Office Hrs. 8 pm Men's AA PH	19 9am-2pm Office Hrs. 7 pm AA Clare Rm 8 pm Women's AA PH	20 9am-2pm Office Hrs. 10 am Healing & Eucharist Service, 12 pm Brown Bag Bible Study 7:30 pm Men's AA PH	21 9am-1pm Office Hrs. 7pm RCA Clare Rm	22 Office Closed 7 pm Bible Study 8 pm AA PH	23 10 am Spiritual Journey Class
24 Christ the King Rev. Sarah Kitch , Preaching 10:15 Eucharist with Music 6:30 Men's AA PH	25 9am-2pm Office Hrs. 8 pm Men's AA PH	26 9am-2pm Office Hrs. 7 pm Interfaith Service 7 pm Centering Prayer at Church 7 pm AA Clare Rm 8 pm Women's AA PH	27 Office Closed No Healing Service No Bible Study 4:15 Samaritan Ctr. Board Meeting 7:30 pm Men's AA PH	28  7pm RCA Clare Rm	29 Office Closed 7 pm Bible Study 8 pm AA PH	30 <hr/> Sunday Dec. 1 Jazz Vespers 6 pm

November 2019 Schedule for Holy Ministry

	Nov. 3 All Saints Day	Nov. 10	Nov. 17	Nov. 24	Dec. 1 Jazz Vespers
10:15 a.m. Holy Eucharist					
Lector (O.T./Psalm)	Chrissy B.	Susan S.	Ken S.	Joy C.	Chrissy B.
Lector (Epistle/P.O.P)	Ruth H.	Chrissy B.	Reuben A.	Eden S.	Ruth H.
LEM (Chalice)	Ruth H. Eden S.	Esther & Brainerd D.	Rob & Kristin W.	Bernadette	Jan J.
Acolyte & Crucifer		Esther S.		Esther S.	
Usher / Greeters	Tony F. Joe Z.	Rebecca S. Tony F.	Tony F. Jacob M.	Tony F. Joe Z.	Tony F. Rebecca S.
Altar Guild	Ruth H.	Chrissy B.	Chris M.	Joy C.	Ruth H.
Home Communion	Brainerd & Esther D.	Eden S.	Brainerd & Esther D.	Ruth H.	Eden S.
Vestry Counters	Bernadette Dan M.	Cathy G. Joy C.	Cathy G. Amy B.	Sam A. Bob C.	Bernadette Dan M.
<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>					

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

Nov.	3 All Saints Day	10	17	24	Dec. 1 Jazz Vespers
10am	Leslie L. Laurie B.	Samaritan Center Baby shower	Carole	Amy B. Cathy G.	Sam Center



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.

December 2019 Schedule for Holy Ministry

	Dec. 1 Jazz Vespers	Dec. 8	Dec. 15	Dec. 22	Dec. 29
10:15 a.m. Holy Eucharist					
Lector (O.T./Psalm)	Chrissy B.	Susan S.	Ken S.	Jan J.	Chrissy B.
Lector (Epistle/P.O.P)	Ruth H.	Chrissy B.	Reuben A.	Eden S.	Ruth H.
LEM (Chalice)	Jan J.	Esther & Brainerd D.	Rob & Kristin W.	Bernadette	Jan J.
Acolyte & Crucifer		Esther S.		Esther S.	
Usher / Greeters	Tony F. Rebecca S.	Rebecca S. Tony F.	Tony F. Jacob M.	Tony F. Joe Z.	Tony F. Rebecca S.
Altar Guild	Ruth H.	Chrissy B.	Chris M.	Joy C.	Ruth H.
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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!

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

Newsletter – November 2019

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Sunday Service:

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

Wednesdays

- **10 am Healing Service**