



St. Jude the Apostle Episcopal Church in Cupertino

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St. Jude's is a spiritual oasis where lives are transformed.

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the View from the orchard

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Supporting Our Veterans

By Mike Landis

On September 29, the aroma of grilled cheeseburgers and hot dogs flowed in and around the Parish Hall as the St. Jude's Veterans Group hosted over 25 students and staff from De Anza College with a BBQ lunch. In addition to the BBQ lunch, the De Anza College Veteran Services Department held its annual Certification and Benefits Workshop for incoming and returning student veterans. The BBQ luncheon on September 29 provided a great opportunity for new students to meet members of the St. Jude's Veterans Group and get acquainted with our location for future luncheons. Sarah Lapenta-H welcomed each of the De Anza students and staff to St. Jude's.



Earlier this year, St. Jude's and the De Anza College Veteran Services signed a Memorandum of Understanding. As part of our support under the MOU, the St. Jude's Veterans Group has committed to provide tutoring on an as-needed basis and assistance in developing resumes, and to periodically host a luncheon in the Parish Hall for the veterans attending the college.

Members of the Veterans Group who helped prepare and serve the lunch included Bet Messmer, Noriko Kunimi, Linda Iimura, Bob Hebson, Vance Nau, Syd Jacobsen, and Mike Landis. If you are interested in supporting the student veterans at De Anza College, please contact Mike Landis, landismr@comcast.net



Wreaths Across America

By Mike and Peggy McNutt

Three years ago, our son-in-law asked us to attend a ceremony at Mt. Hope Memorial Park to lay wreaths on veterans' graves as part of Wreaths Across America. It was a moving experience, and we felt good about honoring our veterans in that way. We learned Wreaths Across America (WAA)

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started at Arlington Cemetery in 1992. It has since spread to over 1000 locations across the United States. We were so touched by the whole process, that after the second year, Mike looked into what was available in our area. Gate of Heaven in Los Altos was delighted to have WAA at its location...and so began the process of getting a sponsor organization (Cupertino American Legion) and then to fundraise for the event. What a lovely experience to help lay wreaths and attend the ceremony to honor those who have served our country.

On Nov. 5 & 12, we will have a table set up after church services where you can donate \$15.00 to purchase a wreath to honor our veterans.

Turning Grace into Action, By Wilma

Warm greetings! I have been a grateful recipient of God's grace this past month, as I traveled to South Africa to celebrate 25 years of ordination of women priests in the Anglican Church. It was a joy to reunite with women from all over Southern Africa who shared the struggles, pains and joys of living out our callings, and to see how the grace of God has deeply enriched the church through the ministry of ordained women. Though the road ahead is still challenging, we were all energized as we took steps to move the process of transformation forward.



I am also grateful to return to my U.S. life and home at St Jude's, where the joys and challenges of ministry in community with all of you run very deep. I continue to experience the reality of my favorite Scripture, Ephesians 3:19, that "God is able to do abundantly far more than all we can ask or imagine." As we partner with God to love the world, like a junior partner who works closely with a senior partner, we are invited each day to ask God what is in store for us - how we can give or receive God's grace this day, and see God's abundant grace in action.

During our financial promise season, we have been reflecting on Grace in Action – where we've experienced grace in our lives and at St Jude's, and how we can turn grace into action in the future. In our Sunday services we heard wonderful stories from parishioners Juneann McDonald, Paul Hayter, Tony and Jana Chow, and Mary Lyn and Gwyn Azar. Thank you to our storytellers! Our new tri-fold brochure outlining Grace in Action through facts and figures, our Mission Covenant accomplish-

ments this year, and our ministry/financial aspirations for next year is here: <http://saintjudes.org/stewardship>.

I invite you to think of your own story of giving. How do you like to give? What brings you joy in giving? Where do you experience grace in your life or at St Jude's? I encourage you to prayerfully decide how much you can promise to give to St Jude's during 2018, and to send in your financial promise card or make your promise online here: <http://saintjudes.org/pledge-form>, or bring it to church on October 29th.

As we head towards October 29, the annual celebration of St Jude, our patron saint of hopeless cases, the bringer of hope - we want to give to those who have suffered enormously from the effects of the devastating hurricanes and fires. You can give to the US Disaster Fund of [Episcopal Relief & Development](#) to help them work with the dioceses affected and partner organizations to provide the critical help needed.

Ever grateful for all of you, and for Grace in Action!



Role of Community in Healing Compassion Fatigue,

By Sarah+

In addition to hearing people say they feel stressed or burned out, I have begun wondering over the last several months if some of you may actually have compassion fatigue as a result of several layers of loss happening in a relatively short period of time:

- The layers of international traumas, for example, watching through social media the impacts of natural disasters, one after the other.
- The layers of national or local traumas, for example: the loss of political expectations, job or housing risks, DACA protests outside the front door of your house.

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- The layers at St. Jude’s, for example, of friends and long time parishioners dying, Trump supporters feeling unheard or not taken seriously, a drop in volunteerism where fewer people are doing more work on behalf of our faith community.

Any one of these layers would be manageable stress, but I hear many of you describing your experience of the number and timeframe of these layers as leading to feelings of helplessness, loss of trust, physical symptoms, cynicism, safety concerns, avoidance and temptation to give up and withdraw, because what difference would it make anyway?

Vicarious trauma is also known as “compassion fatigue” – the experience of bearing witness to another’s trauma in a specific period of time, through friendship, newsfeed, helping, etc. As a community of faith, how do we continue being involved in sharing the joys and sorrows of the world?

The professional response to compassion fatigue: Awareness. Self-Care. Consultation in community. We hear a lot about being aware and self-care, but less about the importance of community. Some standard suggestions for the role of ‘community’ in healing from compassion fatigue include:

- As counterintuitive or guilty as it may seem, it’s very important to have fun. Cultivate joy and rest through agenda-free time together, such as our weekly coffee hours, Food Truck Sundays, and social time. This honors and helps refuel us for helping others in need.
- Ask for (more) help.
- Join a small group... hence, GOTS!
- Spend time in nature, like the gentle hiking with Groups of the Spirit (GOTS).
- What else would you suggest?



Altar of Remembrance 2016

The pains of compassion fatigue happen in community, through bearing witness to another’s trauma. So it makes sense that healing the pains of compassion fatigue also happens in community.

One helpful resource for additional support is <https://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>, and clergy are also available to offer you more support.



The Fruit of the Tithe: Our Stewardship Story

By Paul and Joy Hayter

My wife and I have been parishioners at St. Jude’s for about eight years. We have been married for nine years, and were drawn here because my father is here, and because in our marriage, it was important for us to find a church home together. We were both Episcopalians when we met; I was raised and confirmed in the Catholic Church and Joy in the Methodist Church. But it was grace in action, the Lord’s blessing, which brought us together, both of us looking for a person of faith. My wife and I are also called to tithe to St Jude’s.

I have always given to the church. I remember as a child going to Catholic school, being issued a miniature version of the weekly offering envelope and putting coins into it. After a church hiatus starting in University, I returned to the church. This return was a difficult time for me. Having recently divorced, I was not in a situation where I could give much emotionally, time-wise, or financially. But I found a very giving and supportive community and covenant group. It took me a year or so to retake communion because I was in such an emotionally numb state.

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The rector at my church made quite an impression on me, and was significant in my faith development. I remember, in particular, one sermon he gave during Stewardship month. He said that the natural response of a truly grateful person is to give. He said, "What do you do when given a box of chocolates at Christmas? You offer them to others – you share." I could see that, almost viscerally. The rector also preached the tithe as a mark of discipleship. So I thought: "I don't know if I can do that. I am divorced – joint-custody with two kids." So I decided if I could stretch to start at 5%, and then increase that by 10% per year, eventually I would get to a tithe.

While working, I met other Christians, and came to the understanding that all blessings come from God, ultimately for God's purpose. Returning a portion of the gifts that God blessed me with did not seem so outlandish, so the bridge from 5% to 10% did not take as long as I expected, and did not hurt the way I anticipated. So now, the question is not about increasing a standard of living, but increasing a standard of giving.

Why give to St Jude's? Others will give to Save the Whales, but we are experiencing the St Jude's community. The scriptures in Deuteronomy 14:23 say: *"Eat the tithe of your grain, new wine and olive oil, and the firstborn of your herds and flocks in the presence of the Lord your God at the place he will choose as a dwelling for his Name, so that you may learn to revere the LORD your God always."*

This scripture quote describes benefiting from the fruit of the tithe. Our consumption of our pledge is our clergy, Godly Play, the forums, the music, and many other ministries, too numerous to mention. So the tithe is given so that we may enjoy and share its abundance in community both here and with our neighbors and partners in outreach. This is why Joy and I choose to tithe.

Stewardship as a Spiritual Discipline: My Journey

By Juneann McDonald

I was baptized as an infant and later confirmed at Christ Church in Georgetown, Guyana. As a child, I attended weekly services with my family, and remember being given a small amount of cash for the offering. Attending church regularly and giving to the church were expected.

Like many young adults, once I left home for college, I enjoyed the freedom to rest and recuperate on Sunday mornings, and didn't attend church for several years. On

starting my career in Silicon Valley in 1987, I looked for a church, and I came to St. Jude's after visiting three other churches in the area. I met Bob Mayer who introduced me to several people, and I immediately felt at home.

I attended services infrequently at first, giving a cash offering whenever I did. One Sunday after the service, I was asked to consider joining the choir. Singing in the choir required attendance at weekly practices and services. I got a deeper understanding of stewardship and the importance of making an annual pledge. I learned about St. Jude's ministries, served as a counter, then ran for Vestry. My understanding of stewardship was that it was a responsibility that enabled the church to be of service to parishioners and to do outreach.

In my second Vestry term, Jeffrey Pugh introduced me to a new view of stewardship and challenged my previous thinking. Jeffrey emphasized the church's suggested commitment to tithing, introduced stewardship as a spiritual discipline and highlighted the reality that St. Jude's expenses were starting to exceed annual contributions. I served on the stewardship committee and started to increase my annual pledge with the goal of eventually tithing. I prayed for the Holy Spirit's guidance in determining my annual pledge, and made a habit of giving an annual check to St. Jude's.

I continued to give as I experienced God's love and abundant grace at St. Jude's. I was lifted up in prayer during job searches, joined a small bereavement group after several parishioners lost a parent, and enjoyed the inclusive welcome extended to my family and friends. I



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received the eucharist at home after illnesses, and was honored to attend and sing at the memorial services of St. Jude's members.

Last year, I had a unique experience. I served on the Financial Promise Season committee, prayed once again for God's guidance in determining my promise, and contributed my annual check. In March 2017, as I gathered documents to prepare my tax return, I realized that my St. Jude's statement listed two payments, each in the amount of my full promise. I was sure it was a reporting error, but decided to check my checkbook before asking for a correction. I saw that I had indeed paid my 2016 promise twice! I felt as though God had just said "Gotcha!"

I mentioned this error to the pledge secretary who immediately offered to "fix this", but I gratefully declined, saying "maybe God is trying to tell me something". I realized that I had asked for the Holy Spirit's guidance, but hadn't really paused to receive it.

In this year's Financial Promise Season, I invite you to pray for the Holy Spirit's guidance, then to humbly pause and receive it.



Gratitudes

Many thanks to ...

... Dr. Windy McNerney, Karen Carlson, Lizzie Hood, and Anne Clarke for facilitating our recent series of "Ages and Stages" Community Forums.

... Mary Hultquist for organizing the "staging team" for our annual St. Francis/Pet Blessing worship service, including Syd, Nick, Vance, Tim, John, Adam, Linda, Brock, and Mike. Thanks also to "animal hosts" Jill and Hannah. And also to the flexible volunteers who welcomed everyone, came to my aid on the busy day, and helped to hold the worshipful, adventurous space of the morning!

... Groups of the Spirit (GOTS) coordinators Linda Morris and Marcia Landis, as well as small group point people Barbara, Beth, Bruce, Carolyn, Jean, Jeffrey, Kathy, Linda, Marcia, Mona and Susan — and everyone who showed up in October — for making our 2017-18 GOTS kickoff energetic and intergenerational!

... Beth Parab for her long-ago food truck idea, graphic artist Nick Cuccia (Sarah's friend in LA), "project manager" Mary Hultquist, set up help Jeff Hultquist, and generous "coupon" giver Mair Dundon, and tear down volunteers Carlos and Andy — and to everyone who showed up — for making our first ever Food Truck Sunday a huge hit!



Women's Weekend – April 13-15, 2018

by Kathy Lynch

I love the Women's Weekend! In the past, I have chosen it over my children's competitions, plays and a prom! The Women's Weekend is an annual opportunity for St. Jude's non-male parishioners to gather in order to create and develop relationships with one another. Typically, there are one or two "get-to-know-each-other" activities, one or two spiritual activities, at least one worship service, and lots of time to plan your own activities, socialize, or just relax. The key to this weekend is to do as much or as little as you want – everything is optional!

This is a wonderful way to get to know St. Jude's women of all orientations, and our people who identify in a more gender-expressive way. It is also a great chance to take a break from your busy life.

Next year, the Women's Weekend will be at St. Francis Retreat in San Juan Bautista. This is a quiet, beautiful location with views of rolling, pastoral hills. We will have single or double sleeping rooms with bathrooms and a

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common gathering area. Delicious meals are included and are served in the cafeteria.

There will be opportunities to walk/drive to town to shop or tour the Mission San Juan Bautista, to hike in nearby parks, and to cycle/drive beautiful local roads. More information on this venue can be found at: <http://stfrancisretreat.com/>

More details will be coming in the next month. I hope that you will join us and strengthen our St. Jude's community. I will be there! Amanda Williams and Pattie Rotondo have kindly joined me as coordinators, so if you have questions, please ask us!



Vestry Notes

By Judy Bailey

Wilma opened the meeting with a devotion from 1 Peter 4:10. Vestry members reflected on two questions: How have you seen God's Grace in Action at St. Jude's? In what ways going forward can each of us put God's Grace into action at St. Jude's?

Wilma reported that 120-130 parishioners have signed up for the Harvest dinner on October 20. There are pre-assigned table hosts and Vestry members are asked to help animate their table discussions and ensure that everyone feels welcome. The possibility of a part-time deacon to assist with youth group is moving forward. A retired professor from De Anza has offered his services to St. Jude's as a volunteer to screen and assist those who come to the church looking for financial or food support. He will be on site for a couple of hours, two days per week, in the West Room, starting once background checks are complete.

Finance update: Sherry Snow and Scott Rotondo gave a financial report. Sherry announced that she and her husband Ned will be moving to Santa Fe, New Mexico next month. The Vestry expressed gratitude to Sherry for all she has done over the past two years to update our software and procedures. Our data is now in the cloud. Sherry made recommendations for the future which include keeping the current accountants and refining policies and procedures related to designated/restricted funds. Scott and the Finance committee will focus on the 2018 budget with ministry leaders. Replacing Sherry will be a challenge, but the Vestry is working towards a solution.

Update on sound system: Ken Foot reported on his assessment of the sound system needs in both the church and the parish hall. He presented a comprehensive plan for improving the sound systems which both have technical and regulatory issues to overcome. As a first step, Ken is purchasing new wireless microphones which hopefully will be in use soon. Wilma mentioned potential sources of funding for these improvements.

Leadership succession: vestry members were asked to recommend possible candidates to replace four vestry members who will be retiring in January.

The holidays are coming! The holidays are coming!

A time marked by joys... and angst.

In addition to collective opportunities for cultivating joy this holiday season, we will again hold sacred spaces for lament, grief, and comfort, specifically All Saints/All Souls Sunday (11/5), Blue Sunday service (11/19), "Grieving through the Holidays" resources (11/19), and various Advent gatherings.

Holidays also offer opportunities for courageous conversations with loved ones, and here are a few, non-exhaustive resources to support courageous conversations at the holiday dinner table and beyond:

- Living Room Conversations, such as "Relationships First," http://www.livingroomconversations.org/relationships_first.
- Highly acclaimed, "Let's have dinner and talk about death," <http://deathoverdinner.org>
- General resources for courageous conversations, such as around race, religion, and more -- <https://www.umcdiscipleship.org/topics/courageous-conversations>

This holiday season, may you be present with the fullness of emotions you are holding AND may you embrace opportunities for courageous conversations in community.

