



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

This Month

Transforming
Faith
pages 1-2

Transitions
page 2

Annual Meeting
Highlights &
Celebrations
page 3

Gratitudes
page 3

Lent & the
Library
page 4

Courtyard
Update
pages 4-5

Vestry Notes
page 5

Lent Happenings
pages 6-7

Transforming Faith: The Invitation of Lent

Warm greetings as we head towards our Shrove Tuesday pancake supper and pancake races, our moving Ash Wednesday services, and the annual season of Lent which always invites us to new beginnings and transformation.

The purpose of Lent is to give time and focus to our spiritual lives; how we live out our faith in active ways that serve others and bring peace, justice and wholeness to the world. We take courage in hand and look deep within ourselves, as we prepare spiritually for Easter through self inventory and sorrow for the ways our brokenness impacts others; through our hurtful actions, or through our silence and inaction. We remind ourselves we are not immortal, we are not the savior of the world, we are not in control of our lives.

We explore our attachments and see what drives our actions, what is life giving or what is not and may need to be let go. We seek forgiveness from God and others as we turn towards Easter and the resurrection that brings new life rising out of the ashes of our failures and the dust of our despair for our own lives and the brokenness of the world.

Lent is a time to be, to take time to pray, reflect, meditate and make space for God to speak in multiple ways, including a variety of ways to pray, or through creation and nature, music, art or yoga. Lent is also a time to do. To take time to learn, read, discuss and grow one's faith and understanding. A time for compassion and reaching out to others who are on the margins, broken hearted, or in need. A time to take actions that create peace, whether in our homes, relationships with ourselves or others, that move us further towards justice, equality and wholeness.

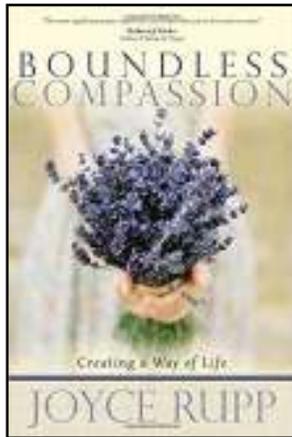
Lent can be a time for giving something up, in order to take something on. Perhaps take a break from a TV program and read a book, or daily devotions online. Perhaps take a break from social media and cultivate a personal relationship with someone who is important to you.

Our Wednesday book group and soup suppers give the opportunity to learn and grow in community with others. Through all of it we inch towards transformation, and transforming faith. See you in Lent!



Lent Theme: Transforming Faith

If our faith is about Jesus the Christ, Jesus and the cross, and Jesus's gift to us of abundant life, liberation, forgiveness, healing and wholeness, how does that relate to the difficult journeys and challenges of life, our lives and the lives of our loved ones, when they can seem so debilitating?



Our Sunday services will focus on Transforming Faith: Sustenance for the Journey; how God feeds us, and gives us strength for the journeys and challenges we face. Our Sunday Community Forums focus on Transforming Faith through... the spiritual life and spiritual practices; through painful and difficult experiences like grief and loss; pain and disabilities; addiction and recovery.

Our Wednesday soup suppers will take us through the marvelous book by Joyce Rupp, *Boundless Compassion: Creating a Way of Life*. Many of us have spoken over the years about 'compassion fatigue' and how tiring it can be to keep on giving and being compassionate. This book looks at compassion through different lenses and can lead us a step further on the way to transformation, with compassion as a way of life that is soul feeding and life giving.

Bruce and Wilma will summarize a chapter each week, so if you can't get to read it you can still participate. Reflection and exercises along with facilitated, guided discussions will take us from 'Welcoming Ourselves,' through 'The River of Suffering,' and 'Becoming a Compassionate Presence.'

If you can't attend on Wednesday evenings, you can read it on your own, or in your small group.

Save the Date! May 5th, Wilma's last service with us before she returns to South Africa. Farewell events will be on May 4th.

Transitions

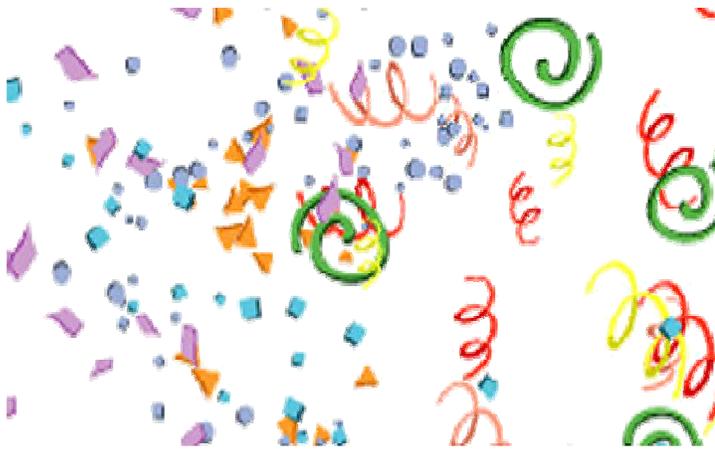
This Lent at St. Jude's, we have the added layer of transitions. We are asked to trust that God leads us into an unknown future that will bring goodness and hope. The vestry is tasked with making important decisions. Pray for them and for all of us, for discernment, for patience and gentleness when we are over anxious or frustrated because we don't know what is coming next.

God is in the mix and though as humans we love to be in control and have certainty about the future, we are asked to walk in faith and trust that God loves us and moves us on to a new future that will build on our past and present, and take St. Jude's and me forward, though now in different directions. Sadness and grief is normal, and important. Healthy goodbyes are important. Please ask for time with me to say goodbye, it helps us all in the transition process. I am busy, but I do have time, I would love to say goodbye in deep and meaningful ways to as many people as possible. Be in touch soon.

Highlights of Annual Parish Meeting

Our annual meeting on January 27 was a joyful celebration of our life together in 2018, including the way the parish was ably led and sustained during Wilma's sabbatical by Kathy Yates, Sarah Lapenta-H and the core team of clergy, staff and lay leaders. It included a realistic look at the challenges we face in our financial life as we begin a year of transition, focus on replacing Sarah and then Wilma after she leaves in May.





Gratitudes:

An enormous thank you to all who made our annual meeting possible, especially for the organizers of the parish brunch, Val and Vance Nau, Margot and Syd Jacobsen, Rita and Steve Bryson and a large team. It really does take a village to put together the potluck, AV support, reports about people and financial reports, and keep everyone present, listening and engaged.

Celebration of people and leaders:

Rector's recognition list: honoring those who served our parish in extraordinary ways: Tom Dyer, Nick Harrah, Margot Jacobsen, Vance Nau, Jennifer Stern (Courtyard Committee members); Becky Smith and Mair Dundon (Safe Park coordinators); Peter Troop (Social Justice Outreach former chair and SMUM, Haiti CfSP coordinator); and Marianne Wilcox (Newcomers & Greeters). *Thank you!*

Behind the scenes ministry: Leo Adams (care of Fireside Room); Jean Chandler (Receptions & Facility Management); Bruce Horn (Property); Peggy McNutt (Memorial Garden); Christine Stark (Photos, Slideshows, Display board)

Convention alternate delegates elected:

Judy Bailey, Mark LeBlanc, Mary Hultquist, Anne Mahler, Dan Putler, and Peter Troop.

Our new vestry members: Wren Gray-Reneberg, Beth Leonard, Dan Putler, and Jennifer Shearin. Many thanks to past wardens: Kathy Yates, Ken Foot, and vestry members Mary Lyn Azar, Pat Coles, Mason Razavi, and Laura Todd.

New wardens: A debt of gratitude that Kathy Yates will continue for a second year as senior warden and Ken Foot was elected junior warden for a second year. Both bring many years of wisdom, experience and skills to this year of transition.

We celebrated new members among us since the previous annual meeting. With excitement and gratitude we recognized at least fifteen new ministry leaders. We acknowledged with sadness those who have moved away due to retirement or to be with family, and those who died in 2018.

A big thank you to Sarah Lapenta-H, for her ministry among us, in particular with young adults, youth, parents and youth mentors, and in pastoral care. We said goodbye during the service on January 27, and we all laid hands on her and one another, to show our connectedness as we prayed a collective blessing. Thanks to Laura Todd (young adults), Lauren Minkel (youth mentors), Jennifer Shearin (youth parents) and Louise Marriott (parish), for their beautiful tributes. We pray for Sarah and her family in these times.



We have a new website www.sjweb.org. A huge thank you to Jeff Hultquist for keeping the former website on track for nearly seven years, to Mary Hultquist for updating, and for their work together with Jennifer Shearin, under the guidance and with the hard work of Sarah Lapenta-H, to bring us an updated, new look. Thanks to Jennifer Shearin, who together with Liza Blaney and Jason Kennerly, will maintain and update it.

Lent Book Review

Lianne Card

Our Lenten book this year is Joyce Rupp's *Boundless Compassion: Creating a Way of Life*. Joyce Rupp examines compassion both from a spiritual point of view as well as drawing on research from science, medicine, and psychology. Using a series of reflections and exercises, the author helps us experience how to get to that place inside ourselves that must be activated to truly practice compassion in our daily lives. This ability to access our inner compassion can help us heal our broken world.

A copy of this title has been added to our collection. In addition, the following Joyce Rupp titles are also in our library: *A Cup of Our Life: A Guide to Spiritual Growth, Praying Our Goodbyes, and Dear Heart, Come Home: A Path of Midlife Spirituality*.

Simplified Library Checkout

Our Library Committee announces that we are initiating a pilot project. Cataloguing new items and administering the current formal checkout system is labor intensive. We want to use our time and resources more effectively.

1. After March 1st, we will try a simpler system for circulating library materials.
2. We will no longer include the traditional pocket and check out cards inside new books or media but instead will use the honor system. Inside, you will see the stamped message "Honor System Item: Please Return" with the St. Jude's Library information below it.
3. After borrowing a new book, CD or DVD simply return it, as usual, either to the box on the book cart in the parish hall, or to the shelf in the Farmhouse.
4. New items will be marked with special square stickers on the spines of each new item.
5. Old items can still be checked out as usual.

Members of St. Jude's can continue to search our online catalog from the link available on our website. We will keep you posted how this streamlined system is working after six months. If you have any questions, please contact Susan Witherspoon, Connie Erickson or Lianne Card.

Courtyard Update: Rain, Rain, Go Away ...

Jennifer Stern

The weather has slowed us down a bit, but we are still making forward progress on the classroom courtyard renovation. We poured concrete in January and have installed pavers in two patio areas, one near the playground where we will add a bench for playground supervision, and the other under the new arbor. We have been prepping the area at the back of the courtyard for our new bocce court and plan to install that soon, followed by new grass and planting areas. William Mason will be building a lovely Zen garden area with water feature near the Farmhouse as his Eagle project.

Final steps for the project will include raising the playground (come out and help us on Saturday, March 2), spreading the wood fiber surface material (week of March 4th), and working with Rotary to install new fencing and a planter box. If you are interested in volunteering for these final projects, please contact Jennifer Stern, Vance Nau or Nick Harrah.



Photos from the Workday



Vestry Notes

Ken Foot

The 2019 vestry started its year with the annual vestry retreat over the weekend of February 15 and 16 followed by the regular vestry meeting on February 19th. Much of our discussion was around topics related to Wilma's departure in May. In anticipation of creating a new parish profile, the core values of St. Jude's were examined. A parish profile committee and a search committee will be formed to begin the process of calling a new rector. Another committee is being formed to examine the need and feasibility of St. Jude's owning a rectory. Based on the findings of this group, the decision will be made on selling or keeping Wilma's condo.

St. Jude's has a new website. The vestry was given a preview of the new website, which will be much more user friendly. The vestry looked back over the appreciative inquiry process and had a discussion of what direction to pursue in the coming year. Funds were authorized to put new carpet in the narthex.



Your 2019 Vestry: (from left) , Ken Foot, Wren Gray-Reneberg, Wilma Jakobsen, Lauren Minkel, Judy Bailey Beth Leonard, Liz Mulford, Dan Putler, Jennifer Shearin, Elena Lamp, & Shanie George. Not pictured: Don Disney, Kathy Yates (photographer) and Scott Rotondo.

SHROVE TUESDAY

March 5, 6- 7:30pm for Mardi Gras pancake supper. pancake races and Alleluia banner making. Contact the office if you can help with fun, food, cleanup or other.

ASH WEDNESDAY

March 6 at noon and 7:00pm including the imposition of ashes.

MORNING PRAYER

Tuesdays at 9:15am at the Sanctuary Apricot Window.

BOOK STUDIES

Wednesdays 7:15pm after Soup Suppers. See reverse side for more details.

TAIZÉ SERVICES

A candlelit, quiet service every **Tuesday evening 6:30- 7:15pm.**

See reverse side for **Sunday Community Forum information** and online Lent resources.



TRANSFORMING FAITH

LENT AT ST JUDE'S

HOLY WEEK BEGINS

Palm Sunday services are **April 14 at 8:00am and 10:30am** including Liturgy of the Palms, procession and dramatic reading of the Passion.

MAUNDY THURSDAY

Holy Communion service with footwashing ritual. Bring flowers for our own Garden of Gethsemane. **Overnight prayer vigil, 9pm through 11am Friday.** Contact office to sign up for one hour of the vigil.

GOOD FRIDAY

April 19 12-2pm for all or part of this traditional, quiet service. 7-8pm, Stations of the Cross for all ages. Labyrinth and grounds available for prayer.

EASTER

Saturday, April 20 at 8pm: Celebrate the first light of Christ, and the stories of salvation with candlelight and bells. Youth flashlight scavenger hunt following the service. *Bring bells!*

Sunday, April 21, 8am and 10:30am. Festival Eucharist Services with music and brass ensemble. *Bring bells!* **9 am Potluck brunch** (bring a dish if able). Children unearth the Alleluia banner, followed by an all-ages Easter Egg Hunt.

SUNDAY COMMUNITY FORUMS

Transformation in the midst of Life Challenges. Some life challenges can be ongoing and feel debilitating. How do we find hope when we find ourselves or our family on one of those journeys? Those experiences can also be transforming. Can our faith transform our experiences? Or, is our faith transformed through these experiences? Come and hear powerful stories of transformation, growth and hope.

March 10: Transforming Faith through the Spiritual Life. Joy Hayter, spiritual director, retreat leader and scientist

March 17: Grief, Loss and Depression: Dr Lorraine Hutchinson, Psychotherapist

March 24: Pain and Disabilities: Barbara Gawehn, RN from Kaiser Chronic Pain Center

March 31: No Forum (5th Sunday, 9:30am service)

April 7: Addiction, Recovery and CoDependence: Harry and Susi Van Winkle

ONLINE RESOURCES

For Youth: d365.org

For Families, Lent in a Bag: <https://www.buildfaith.org/lent-in-a-bag/>

Episcopal Relief & Development daily meditation, in a daily email: <https://www.episcopalrelief.org/church-in-action/church-campaigns/lent>

Lent Madness! Learn about ancient and modern saints of the church and vote for your favorite every day, to see who wins the Golden Halo! www.lentmadness.org.

"Less Plastic for Lent" Calendar: www.greenanglicans.org

TRANSFORMING FAITH

BOOK DISCUSSIONS

Join a Lent book study group, read on your own or start a group with friends.

Wednesdays 1-2pm, Fireside Room (follows Noon healing eucharist); **BYOL (bring your own lunch)**. Join our lively group to read the classic of deep spiritual power, Pilgrim at Tinker Creek by Annie Dillard.

Wednesdays 7:15pm following the Soup Suppers, clergy present themes and exercises from Boundless Compassion by Joyce Rupp, followed by group reflection.

Sunday mornings at Worship: Transforming Faith: Sustenance for the Journey through readings, drama, music and dance.



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