

SAINT ANDREW'S

EPISCOPAL CHURCH, SEATTLE

MONTHLY THE LOG NEWSLETTER

Thursday, October 7th, 2021

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Rector's Reflections

Fall has certainly arrived in Seattle! We had a wonderful celebration of the Autumnal Equinox with an outdoor prayer service and "Listening Walk" through our neighborhood. It was powerful to discover what our parishioners noticed on their jaunts and how they heard God calling us to serve our neighbors in new ways. Thank you to Mo. Danae for putting this prayer opportunity together and an even bigger "thank you" to those who attended!

This past weekend was quite busy at St. Andrew's. On Saturday, we hosted a RainWise Garden Fair for the neighborhood. Our parish was showcased by the RainWise program of the City of Seattle for our extensive system of cisterns and rain gardens. These installations keep polluted storm water out of the combined sewer system. I felt very proud of our parish for our foresight and commitment to environmental justice and action.





On Sunday we celebrated the patron saint of environmental concerns (and many other things) – St. Francis of Assisi. We had a good crowd at both services and some beloved pets were blessed. I was spiritually moved by my encounter with a Sinaloan Milk Snake who kissed me after her blessing. Thank you to the Schmitt-Findley family for bringing her to church. God’s love, beauty, and grace shine through all God’s creatures, even snakes!

As we engage in our significant stewardship effort for our yearly and capital needs, I find myself reflecting upon the spirituality of money, our expanded footprint in our neighborhood, and environmental activism. You are beginning

to receive information about our stewardship drive, appropriately called, ***Grateful and Growing – Being a Good Neighbor*** campaign. This campaign is not just about money. It is really an invitation to prayer, spiritual growth, and greater reflection about service and environmental action. I urge you to attend the Bible studies and spirituality groups that will be offered. I also ask that you attend one “Grateful and Growing Gathering” to learn more about the campaign in a small discussion group setting. You will hear more about that in the coming weeks.

We have survived a once-in-a-century pandemic. We are still alive, and our parish is thriving and growing. I feel grateful for so many things. God is inviting me to see the grace and abundance of the gifts I have been given rather than being frightened by a scarcity worldview. Jesus spoke of God’s overflowing abundance, and he transformed scarcity into abundance over and over again. The point of Jesus’ ministry is this: the Universe always has more than enough of itself to give if the portals of the mind and heart are allowed to open. Our campaign is an invitation to pray, reflect, and practice opening our minds and hearts. Please participate in this opportunity to grow in faith.

I am delighted to be on this journey of faith with you and I look forward to connecting even more deeply in the coming weeks. Be assured of my prayers for you and those you love. I am,

Yours in Christ,

Rich+
The Rev. Richard C. Weyls, Rector

Operators Needed for our Livestream Worship

OPERATORS NEEDED FOR OUR LIVESTREAM WORSHIP

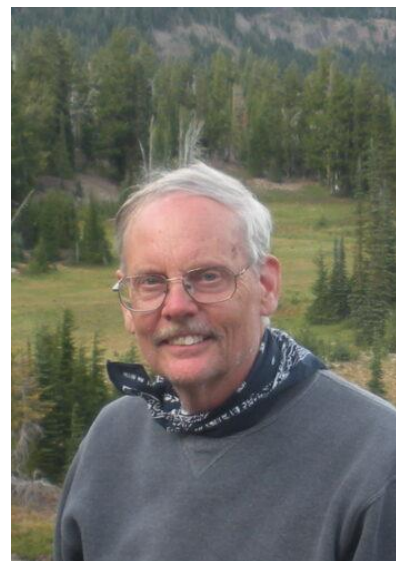
Throughout the pandemic, St. Andrew's and most other churches developed a program of video worship, as the only safe method to be a worshipping community. We discovered some big blessings that came with this way of meeting together. People from far away were able to experience our community, and our shut-in members suddenly had a way to be more connected to worship.

There was general agreement that we should continue some form of online worship even after we began to worship in-person again. So after an enormous amount of preparation, our first service in the building was livestreamed July 4, and has been every week since.

We need your help to continue this important ministry. Two people are necessary every week to operate the equipment. At this point, we have only two people trained and available - not enough to broadcast the service regularly as in the past.

Please consider volunteering, or asking a friend to volunteer, to sustain our video outreach. Here is a job description for the operators:

- one training session of about an hour
- observe one Sunday livestream while someone else operates it
- arrive at 9:30 on your scheduled day
- power up equipment, check to see that everything looks normal



- there are two positions: audio tech manages livestream audio levels, video tech switches cameras and angles to follow worship leaders and also manages in-room audio levels
- the service usually ends around 11:10-11:15

Please contact Music Director Tim Drewes to schedule a training or ask for information:

timd@saintandrewsseattle.org.

Musings of Mother Danáe



October is here at last! It is my favorite time of year. I had a photo memory pop up on my phone of Fr. Rich and me in masks at this time last year attempting to film Morning Prayer in the sanctuary for the first time. This pandemic time has been surreal and it is not over yet.

I preached about this on September 26, 2021 and have received a number of requests for my sermon, so I am going to share the most relevant bits here and hope they lead you to deeper reflection. You can find it in its entirety on our [YouTube channel](#) beginning at 26:05.

Be peace, be light, be love! ~Mo. Danáe+

PROPER 21, YEAR B, RCL
ESTHER 7:1-6, 9-10; 9:20-22; PSALM 124; JAMES 5:13-20; MARK 9:38-50

...This past weekend, I attended two different marriage and family therapy conferences via Zoom. Friday's was focused on filling the empty cup – preventing burnout and compassion fatigue during the pandemic. We have been living through and are still living through the ambiguous loss, adaptation fatigue, and personal losses that the pandemic has brought. Dr. R. Sean Morrison, one of the presenters, told us that the [Center to Advance Palliative Care](#) taught three main types of post-crisis response:

1. Restitution: The belief that things were better before the crisis and focused on wanting to return to that time.
2. Chaos: I can't remember what it was like before and can't imagine what the future will be like.
3. Quest: The understanding that this crisis is part of my life. How do I meet the challenge, incorporate it into my work, and continue my journey?

Think about these three responses for yourself. Where are you? Where is your family? Where are we as a faith community?

The Psalmist tells of all the things that could have happened if God had not been with them in their adversity. They conclude with, "Our help is in the Name of God, the maker of heaven and earth." Do we believe this is true? If we believe this, then where do we find God in each of the three post-crisis responses?

If we believe that God is our help, this changes the way we live. Instead of living in the past, we can see hope in a future. Instead of being overwhelmed by chaos, we can hold fast to the anchors that keep us from being washed away. We live with hope. What are the remarkable ways that God has given us to cope with adversity? How do we live with Christian hope? Our Catechism says that "[t]he Christian hope is to live with confidence in newness and fullness of life, and to await the coming of Christ in glory, and the completion of God's purpose for the world" (BCP

861). We are to “live with confidence in newness and fulness of life.” What does living like this look like in your life right now in the midst of a global pandemic, personal losses, adaptation fatigue, and ambiguous loss?

For those of you who were with us at our August 1st service, I had you write down your griefs and losses and also the unexpected gifts of the pandemic on little pieces of yellow and blue paper during July and we put them in prayers of the people that day. But perhaps what you wrote down back then feels a long way off or you are deep in the midst of a restitution or chaos post-crisis response right now and cannot see gifts before you or in the future. I offer you what David Spangler on [the Lorian spiritual education community blog](#) calls “joy mining.” He explains it like this:

The exercise is very simple. The moment you feel pleased by something or have a sense of happiness about something you experience, pause for a moment and "collect" it. You do this by acknowledging the moment and honoring its felt sense. Feel this joy in your body, in your heart, in your mind. Feel yourself filled with it and surrounded by it. Feel it opening you to the grace and wonder of the universe. Say to yourself something like, "This is a nugget of joy. In this moment, I am touching joy. Let it become part of me that it becomes a power within me shaping my life. May this joy empower me to radiate it onward and outward to my world." Then give a silent appreciation [and thanks to God] for the moment. Gratitude and joy go hand in hand.

I often tell my clients that the small daily acts build a relationship into something that is resilient, and the same goes for our relationship with God. Human beings are created in quite a remarkable way. We can hold small acts of gratitude and joy in the midst of pain and sorrow all at the same time. Just because one is happening does not mean the other isn't. This capacity for experiencing and holding a spectrum of emotion is what enables us to be in relationship with God and others. This ability also helps us create environments of faithful living. When we are honest about our feelings and what is happening in our lives, as we see in the Epistle of James, we are able to be transformed by our faith within our community...

...We need to live our Christian hope more than ever right now. This is what we can offer a hurting, distorted, weary world. When we say, “Our help is in the Name of God, the maker of heaven and earth,” we must be the hands and feet and heart of God in the world that show this is true. Following Jesus is why we have hope and why we live the way we live. But do others know this to be true? Amen.

Children, Youth, & Families

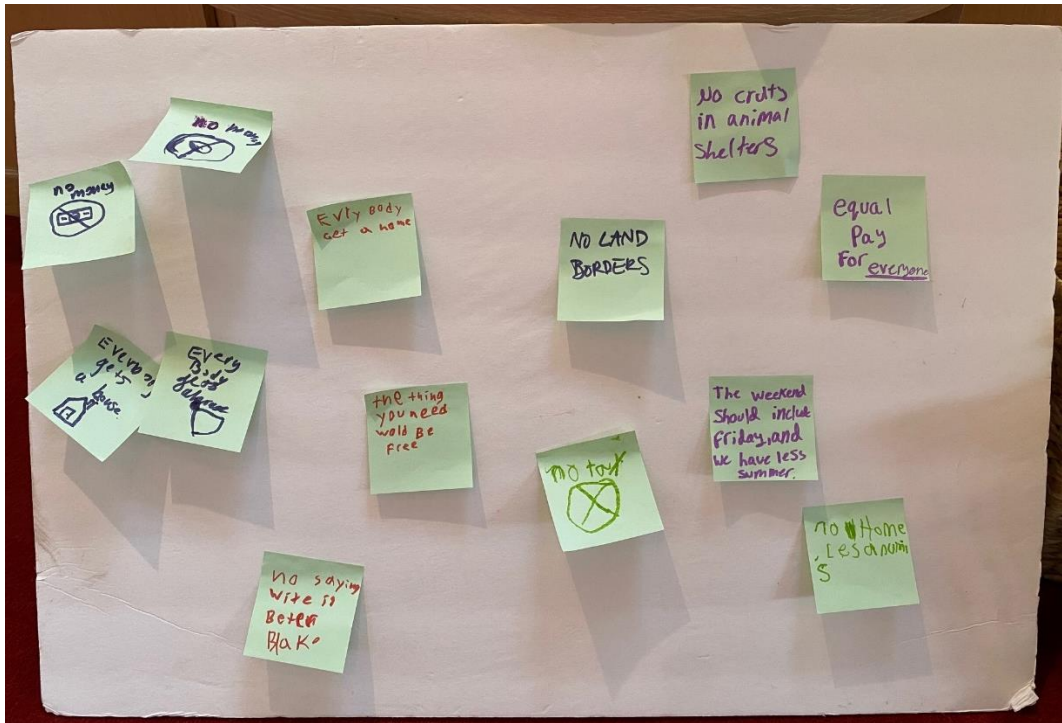
Children's Ministries

Insightful Moment

Last Sunday's Children's Faith Formation discussions, both online and in-person, were thoughtful and empathetic. Our discussion was based upon Esther 7:1-6: “What is your petition, Queen Esther? It shall be granted you. And what is your request? Even to the half of my kingdom, it shall be fulfilled.” Based upon this Scripture, we took up a discussion on what, if we could, petition our own government to do? The conversation spanned a spectrum of answers from wanting all parent's candy drawers to be accessible at all times to if they were in charge then everyone would have a home, there would be equal pay, all necessities would be free, and all animals that wanted homes would receive them. It was a deep conversation with questions including: "are the arts a basic necessity in life?", "if all



necessities were free, would people want to work?" and "what would happen if people worked only if they wanted to and could contribute what they had to give - not just work for the sake of working." Our parish's children are wise and I am so grateful that I get to learn from and with them. – Rebecca



Sunday Mornings

Online at 9AM to 9:30AM:

Zoom Details: <https://us02web.zoom.us/j/85310551641?pwd=WFVSDU1ZcVB4aJJOM2QrOWZkMEZnQT09>.

Meeting ID: 853 1055 1641 Passcode: 370762

In-person at 10AM:

Following the Gospel, all children and youth are invited to follow the Children's Banner for faith formation during the sermon. We will return to the sanctuary at The Peace. Activity bags are available for children in the Narthex for in-person worship.

October's Youth Group Meeting Schedule:

October 3: Middle School in-person at church at 6:30PM-8PM

October 10: High School n-person at church at 6:30PM-8P

October 17: Middle School online at 6:30PM-7:30PM

October 24: High School n-person at church at 6:30PM-8PM

October 31: In-person pumpkin patch trip at 11:30PM to 3:30PM

If you would like to join the weekly middle school and high school youth group newsletters, please email Rebecca: rebeccak@saintandrewsseattle.org.

Indigenous Peoples' Day Event at St. Andrew's THIS Monday, October 11th, 5pm, outdoors on the Labyrinth

In 2014 the Seattle City Council voted unanimously to make the former "Columbus Day" on October 11th into "Indigenous Peoples' Day." This holiday was supported by many activist and advocate groups across Seattle, along with many affiliated tribes. This day is meant to honor indigenous peoples and their many customs.

On Monday October 11th, 2021, at 5pm, St. Andrew's will be hosting an event that both honors Native Peoples and mourns the harm that has been done to Native Peoples and their culture. St. Andrew's itself rests on the lands of the Duwamish Tribe and are within miles of many sacred sites to the Duwamish Peoples. Join us as we have a few moments of silence for the harm done to the many Native Children at residential schools, and as we learn a little about the history of the land that St. Andrew's sits on, along with the tribes that hold them sacred. We will be outside at the Labyrinth, so make sure to dress warmly and bring a mask! We will also be offering a Zoom version of this event at 7:30pm for those who are not able to attend physically, for more information feel free to email Megan at mmcinnis@spu.edu.

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Sign-ups for Coffee Hour Hosts, Weekly Flowers, and the Sanctuary Candle

Sign-ups for Coffee Hour Hosts, Weekly Flowers, and the Sanctuary Candle are open again! Please Sign Up! You may now sign up once again to be a host for 8am or 10am coffee hour, to make a donation for the weekly flowers to honor a loved one, or to make a donation for the sanctuary candle to honor a loved one. [Click here to sign up](#), or sign up on the sign-up sheets posted on the bulletin board in McLachlan Hall. ***Volunteers for Coffee Hour as well as donations for Flowers and Candles are still very much needed at this time.***

If you would like to donate to the weekly flowers or for the sanctuary candle, you can make your donation by writing a check made out to “St. Andrew’s Episcopal Church Seattle” and please put “Flowers” or “Service Candles” or “Altar Guild” in the memo line. If you wish to give online for flowers or the sanctuary candle, you may enter the amount in the “Donate to Saint Andrew’s” field and write in the text box next to the amount what you’re giving for, for example, “Flowers” or “Service Candles” or “Altar Guild.” Thank you!

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PRE-FRIGHT CHECKLIST: A Check List for Emergency & Disaster Preparation

October is **Emergency Preparedness Month**! Emergency preparedness came up recently in the St. Andrew’s Zoom Coffee Hour (Sundays at noon). Rev. Rebecca thought the attached might be good to share with the St Andrews family.

[Pre-Fright Checklist: A Check List for Emergency & Disaster Preparation](#)

Also note that the state has scheduled this year's Great Shakeout for October 21. The exercise is conducted annually to keep Washington state residents aware of their vulnerability to major earthquakes and to help and encourage residents to be prepared mentally and physically. We hope that sharing this checklist with you helps with your safety preparation and planning!

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Flower Guild Ministry

Please consider supporting this ministry in one of the following ways:

- Arranging flowers (no experience necessary)
- Delivering flowers for lifting spirits
- Donating toward Sunday flowers
 - *(If you would like to donate to the weekly flowers or for the sanctuary candle, you can make your donation by writing a check made out to “St. Andrew’s Episcopal Church Seattle” and please put “Flowers” or “Service Candles” or “Altar Guild” in the memo line. If you wish to give online for flowers or the sanctuary candle, you may enter the amount in the “Donate to Saint Andrew’s” field*

and write in the text box next to the amount what you're giving for, for example, "Flowers" or "Service Candles" or "Altar Guild." Thank you!)

If you wish to donate flowers for a particular Sunday, please [click here to sign up](#), sign up on the paper sign-up sheets on the bulletin board in McLachlan Hall, or you can call me at (360) 621-7781 and I will make sure you are on the flower calendar.

If you have any questions about any of these Flower Guild items please call or email me.

Blessings to you Always

Judy Bryant

Judybryant49@gmail.com

(360) 621-7781 or (425) 582-9585

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SAVE THE DATE!

**WEDNESDAY WORLD RELIGION CLASSES from JAN 5-MAR 16 at
7PM on ZOOM**

St. Andrew's will be hosting a new World Religions class via Zoom and taught by worship leader Rich Ater. To sign up or ask questions, email Rich Ater at richpsych.ater@gmail.com.

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Icon Workshop: February 9-12, 2022

We are excited to announce that plans are being made for St. Andrew's to host another Icon Workshop in mid-February 2022. The workshop is scheduled for Wednesday, February 9 – Saturday, February 12, with the Icon Blessing on Sunday, February 13. We are looking forward to welcoming Peter Pearson back to St. Andrew's after a two-year absence! Margo Rogers has spoken with Peter about what he sees as minimum requirements for him to travel to Seattle from Pennsylvania. They are:

- Minimum enrollment of 15 people. Class size will be capped at 20 rather than our usual 30-32.
- Seating will be at 8' rounds (per usual) but with only two people per table rather than four.
- For safety's sake, masks and physical distancing will be required at all times during the workshop.

- No food will be offered by St. Andrew’s, including the popular Saturday lunch. Any food brought to the workshop should be for personal consumption only. Potluck snacks to share will be discouraged.



St. Brigid's
cross

Now to the fun stuff! Peter will be leading us in the creation of an Icon to St. Brigid, one of three patron saints to Ireland (the other two being St. Patrick and St. Columba). Brigid was the founder of a number of nunneries and monasteries, the most famous being in Kildare, Ireland where it served as a double abbey for both monks and nuns. It is rumored that when St. Patrick heard her final vows, he used the form typically reserved for the ordination of priests when he said: “so be it, she is destined for great things.”^(1, 2) St. Brigid’s feast day is celebrated on February 1, making it especially appropriate that we write an icon to her at this time of year.

The fee for the Winter workshop will be \$300.00, which includes all materials required to write your own icon to St. Brigid. While we do not anticipate any issues with gathering, we are still mindful of COVID and its unpredictability. If for some reason we are forced to cancel due to public health concerns, rest assured that all class fees will be promptly refunded.

For planning purposes, an indication of interest as soon as possible would be greatly appreciated. Please contact Margo (rogers.margo@gmail.com) with your interest, or with any questions. Registration materials will be forthcoming shortly. In the meantime, continue to stay safe and stay healthy!

References

- 1) https://www.catholic.org/saints/saint.php?saint_id=453
- 2) https://en.wikipedia.org/wiki/Brigid_of_Kildare

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The Green Corner – Creation Keepers



Regenerative Farming

The best way to limit the severity of climate change is to cut emissions of carbon dioxide and other greenhouse gases. The extraction and burning of coal, oil, and fossil gas must be ramped down at a blistering pace. The latest report from the International Panel on Climate Control (IPCC) emphasizes the urgency of acting now, or more dire climate change will be inevitable.

But ramping down the sources of greenhouse gases is not enough. Carbon that is already in the atmosphere lingers for hundreds of years unless it is removed. The only guaranteed near-term solution is to replace industrial agricultural practices with regenerative ones.

Regenerative farming helps reverse climate change by rebuilding the soil’s organic matter and restoring degraded soil biodiversity—resulting in both carbon drawdown and improving the water cycle.

Industrial agriculture generates 21% to 37% of current emissions, degrades the soil, reduces biodiversity, causes runoff and flooding, and introduces toxic fertilizers, pesticides, and antibiotics. It’s environmentally and socially unjust: It leads to farm debt and foreclosure and brings unhealthy food to our markets. It benefits global corporations, not farmers and their customers.

Small farms still produce most of the food for the world. Research confirms the value of many traditional practices and how they can be made even better with organic and other regenerative techniques. Though more research is needed, plenty of good practices are “shovel-ready.” Existing farmland must be protected, and industrial farms replaced with regenerative ones. These will capture carbon dioxide and nitrous oxide, protect waterways, restore soil, and lead to physically and socially healthier communities.

Climate activists are currently doing their best to blunt the greenwashing of Big Fossil and Big Ag lobbyists so that federal climate legislation will truly combat global climate change. Join them!

--David Newman for Creation Keepers

For more information, email me at dsnewman@ix.netcom.com or text or leave voicemail at 206-799-0564 (my phone silences unidentified callers).

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One World

Photo Timeline of a Tiny House Build

This summer Desney and Ayden Tan built a tiny house in their driveway. They documented their progress along the way, which provides a fascinating and fun look at the process from start to finish. Thank you Desney and Ayden!



Building a Tiny House for the Low Income Housing Institute Village (www.lihi.org) Summer 2021

Project Leaders: Ayden Tan & Desney Tan (with Angela Ting & Zachary Tan)
Volunteers: Scott Beetham, Jeremy Conley, Mike Isaacson, Jared Lee, Jerry Liu, Dixon Tan, Kee Tan, Aaron Wong, Grant Wong, Vincent Yang, Allen Zheng





Housing for all!

Sharon Lee

A handwritten signature in black ink that reads "Sharon Lee".

Executive Director, Low Income Housing Institute (LIHI)

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Finger Labyrinth Walks with Donna Hawkins Thursdays @2pm

Our labyrinth is out in the fresh air. Feel free to go and walk it whenever you have the time. Just remember if you are not with members of your household, consider masking up and keeping physically distanced.

St. Andrews weekly Finger Labyrinth Walks are continuing in 2021 every Thursday at 2 pm. The attached Link is for 2021 only. This is a fabulous way to relieve the stresses that are occurring during our stay-at-home time. Come join us. If you would like to join but are hesitant, please contact Donna Hawkins busybeedgh@gmail.com or 206-849-4989 and I can give you a brief explanation of what a labyrinth is and what we do in these walks.

Time: Jan 02:00 PM Pacific Time (US and Canada)

Join Zoom Meeting: <https://us02web.zoom.us/j/87032821917?pwd=Y0xTMjdjbUNtSmdleGtrRmFoMkJPZz09>

Meeting ID: 870 3282 1917

Passcode: 226792

Peace and Health,
Donna Hawkins
Veriditas Certified Advanced Labyrinth Facilitator
Walk for Peace and Solace – dgh

Here are the finger labyrinths for you to print:

[Chakra Vyuhā Labyrinth](#)

[Medieval Labyrinth](#)

[Celtic Triple Labyrinth](#)

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Update from the Sacred Ground Stewards

This summer has been a challenge for us all with the unprecedented heat and low rainfall. Installation of our new irrigation system was put on hold until phase 2 of RainWise can be completed, and that was put on hold because we have a blocked sewer line under the children play area that needs to be fixed first. Our team, Van Bobbitt, Rowena Curtis, Carolyn Rodenberg, and Nancy Boutwell with Stella Newman diligently hand-watered our beloved plants multiple times every week throughout the long summer. Unfortunately, some of our newest plants didn't survive and they will be removed. The good news is that the majority of our plants did survive! Some look a bit worse for wear with brown leaves (seeming to be dead, but on careful inspection, were found to still have life in them), but we just need to give them time to recover from this very hot and dry summer. We all need to give these dedicated waterers a big THANK YOU, for all the time and energy they put into our lovely grounds.

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Women in the Hebrew Bible and Labyrinth Meditation Bible Study Group

Women in the Hebrew Bible and Labyrinth Meditation weekly meetings are **back on** starting 10/13/2021! Thanks for your patience with our brief hiatus!

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Shared Table Ministry

The Shared Table ministry is a group of people who take turns preparing meals for people or families who are experiencing an acute illness or trouble impacting their ability to keep up with care tasks like cooking. This is one of the ways that we love and support the parish community when our parishioners are in need. We currently have a couple of meal trains going, and could use some more sign-ups for providing meals. For more information, or to express your interest in cooking or delivering meals, contact Margaret Cassidy at margaretcassady@hotmail.com.

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Ladies' Night Out Update

Ladies' Night Out will be switching to the first Wednesday night of each month! For more information or for the zoom link, email Donna Hawkins at busybeedgh@gmail.com

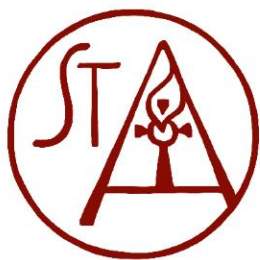
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Gentle Yoga with Wendy Townsend is back!

Gentle Yoga with Wendy is back at St. Andrew's on Wednesdays, and this fall's session runs through Nov. 17th. Email Wendy at wwwendy@aol.com to join this session or for more information.

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OFFICE HOURS



IN PERSON
OR
REMOTE

Office Hours Update

One of the unexpected gifts of the pandemic is that we have realized what we already knew: the rhythm of our church office work is based on flexibility and meeting people where they are. Our connection to place, especially the church building, is still important to our sense of sacred and gathering. However, the Church is not a building--it is our faithful community of people--and the way our church staff engages in that work often means they meet people where they are throughout the week--sometimes at the church, but often other places (including Zoom).

Due to the ongoing pandemic and the variable in-person staff hours, please have all packages that you order for the church delivered to your personal residence and arrange a time with Natalie to drop it off at the church. Anything you'd like to drop off in general, please coordinate a time with Natalie and do not leave it outside. Thank you!

We want to remind you that we are always available to you to conduct parish business Monday through Thursday, and you may contact your clergy with pastoral emergencies any time of day or night. The majority of our staff are part-time, so please check the [staff page of the website](#) to see everyone's specific office hours.

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Natalie is out of the office to stand up in a wedding!

Natalie has been/will be out of the office on the following days:

Wednesday Oct. 6; Thursday Oct. 7; Monday Oct. 11

As usual, the parish office is also closed Friday through Sunday this week. Please contact another staff member if you need something urgently. Thank you!

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The Parish Office will be closed on Wednesday October 29th

All clergy and staff are out of the office for our Staff Retreat all day on Wednesday, October 29th. In case of emergency, clergy are still available by cell phone.

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Please pray for those who celebrate *birthdays* in October:

Danáe Ashley; Karthik Balasubramaniam; Maia Becke; Cris Blair; Henry Catchpole; Kincaid Feldman; Melvina Fletcher; Jayden Heighway; Ian Hope Simpson; Simone Iosso; Spencer Iosso; Giada Jones; Cedar Kenall; Robert Knickerbocker; Gail Larson; Henry Lebedinsky; Matthew Liu; Judy Madison; Erin Moody; Theresa Newell; Lucas Oistad; Cheri Peele; John Pitts; Alex Tait; Gwen Tait; Sage Vaughan; Linus von Moltke; Theo von Moltke; Casey Wensnahan; and Claire Wycoff.

We thank God for the gift you are to us all and pray that you will have a new year of blessings!

We pray for those who celebrate *anniversaries* in October:

Danáe Ashley & Henry Lebedinsky

(These lists are from the information in our database. If you have a birthday or anniversary this month and do not see your name, please update your information with Natalie, Parish Administrator nataliei@saintandrewsseattle.org.)

We pray for those who are *sick, infirm, or recovering from illness*:

Janet and Sandy Darlington; Enid Haag; Bruce Franklin; Donna Hawkins; Shirley Gates; Peter Ober; Rachel Herbert; Roberts Lincecum; Kim Spadafora; Nancy, sister of Ruby McLachlan; Lisa Martin; Connie Carlson; Doug Speers; Mike Rizzotti; Gerry Soike; Kathy Franklin; Marilyn L'Esperance; Jan Ellichman; Sven and Bernie Couch; Lloyd Lewis, brother of Bruce Lewis, Brad Daley's brother-in-law, and Sherry Garman's son-in-law; Jim Bourey; and Todd & Cindy Tegman.

We pray for those who are *grieving*:

Martha Swain and family, who are grieving the death of Martha's father, Raymond Swain; Natalie Ingrisano and the Legorreta Perez family, who are grieving the death of Marina Legorreta Perez; The Michaelini Family, who grieve the death of Betty Jo Michaelini; Joyce Erickson, who grieves the death of her daughter-in-law, Bethany Erickson; Theresa Newell and family, who grieve the death of Theresa's daughter, Lora Newell; John Tait and family, who grieve the death of John's mother, Kathryn Tait; and Tim Drewes and family, who are grieving the death of The Rev. Robert Drewes, Tim's father.

We pray for our *deceased parishioners and friends*:

Raymond Swain; Marina Legorreta Perez, close friend of Natalie Ingrisano; Betty Jo Michaelini; Bethany Erickson, daughter-in-law of Joyce Erickson; Lora Newell, daughter of Theresa Newell; Kathryn Tait, mother of John Tait; and The Rev. Robert Drewes, father of Tim Drewes.

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and forever. Amen.

Our baptismal commitment calls us to pray for the world and the needs of our community. We are honored to pray for those who are experiencing any sort of trouble, illness, or grief. In general, we wish to pray fervently for those who are experiencing an acute crisis. Those experiencing chronic difficulties are commended to us for our personal prayers. Here are some general guidelines about how prayer requests will appear on our various prayer lists (Prayers of the People, Prayer Lists in The Log, and the Weekly Bulletin).

Prayers for Those with a New Illness or Injury:

People will be placed on the list for one month. If the condition is permanent or progressive, parishioners may request that the person experiencing the illness be kept on the list. Sometimes, people with chronic illnesses experience and ebb and flow in their symptoms. Our pastoral care team will check in with these people regularly to offer pastoral support and ask whether the person would like to be kept on the list.

Prayers for Those Who are Grieving:

Grieving parishioners will be placed on the list for prayers for two months. We will then place them back on the list for prayers for another month on the one-year anniversary of the loss.

Prayers for Those Who have Died:

We pray for all who have died whenever we gather for the Divine Office and the Eucharist. Deceased parishioner and friends will remain on our published prayer lists for one month.

If you have special prayer requests, please contact Fr. Rich at 206-383-5600 or richw@saintandrewsseattle.org.

St. Andrew's Vestry & Staff

2021-2022 Vestry: (*Non-voting member)

Mary Katka (Sr. Warden)

Gretchen Hayslip (Jr. Warden)

Cris Blair

Margaret Cassady

Brad Daley

Ken Feldman

Levana Fletcher

Jim Hawkins

Jay Gillette

Chris Jones

Liz Santiago

John Tait

St. Andrew's Staff:

All Members are Ministers

The Rev. Richard C. Weyls, Rector

Office Hours: Monday - Thursday by appointment only.

richw@saintandrewsseattle.org

The Rev. Danáe Ashley, Associate Rector

Office Hours: Tuesday & Wednesday by appointment only.

danaea@saintandrewsseattle.org

The Rev. Rebecca Kirkpatrick, Priest Associate for Children, Youth, & Families

Office Hours: Tuesday - Thursday by appointment only.

(rebeccak@saintandrewsseattle.org)

Br. Chris McNabb, Missioner for Contemplative Outreach

Office Hours: Sundays by appointment only.

(chrism@saintandrewsseattle.org)

Tim Drewes, Director of Music

Office Hours: Wednesday (12pm-3pm) & Thursday (2pm-6pm).

(timd@saintandrewsseattle.org)

Megan McInnis, Faith Formation Associate

Office Hours: Sundays by appointment only.

(mcinnism@spu.edu)

Natalie Ingrisano, Parish Administrator

Office Hours: Monday - Thursday (10am-6pm). Making an appointment is best to meet me in person at church between 1pm-6pm (*this is flexible based on need*).

(nataliei@saintandrewsseattle.org)

Kevin Deffinbaugh, Bookkeeper

Office Hours: Monday, Wednesday, & Friday afternoons after 3:30 pm, except on holidays. Making an appointment is best.

(finance@saintandrewsseattle.org)

Service & Prayer Offerings at St. Andrew's

We are re-gathering in person for Sunday Morning Worship!

Our buildings are still closed Monday – Saturday except for planned appointments on a case-by-case basis.

Worship Times:

- **Sunday morning Eucharist** at 8am & 10am in the Sanctuary.
- **Livestream of the 10am Eucharist** on [YouTube](#) each Sunday.
- **Virtual Contemplative Evening Prayer in the style of Taizé** – a new video is released on [YouTube](#) each Sunday.
- **Virtual Noonday Prayer** – a new video is released on [YouTube](#) each Wednesday.
- **Virtual Evening Prayer** – a new video is released on [YouTube](#) each Wednesday.