

Emmanuel Episcopal Church
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The Messenger

June 2014

“To set the mind on the Spirit, is life and peace.” Romans 8:6

Dear Friends of Emmanuel,

A few short weeks ago, I was sitting at my kitchen table in Palo Alto, California, having a telephone interview with your Worship Committee, and now I am here among you, learning as fast as I can, about the people and parish of Emmanuel. Please help me out by telling me your name when we are talking in person. (You will probably have to do this on two or three separate occasions!) It is both challenging, and fun, to learn the “choreography” of worship in this beautiful church, which is much more traditional in style than most of the churches I have served.

Let me introduce myself, by telling you that I was one of the first women in California to be ordained to the priesthood, when it became legal to ordain women, thirty-seven years ago (in 1977). I had been a deacon for two and a half years, serving as Assistant Dean of the Chapel at Stanford University. At that time I was still canonically resident in the Diocese of Olympia, where I had been working on a doctorate in Counseling Psychology. Eventually I did transfer to the Diocese of California, and I served as Interim Rector in three parishes in the 1980's. In 1996, I was called as rector to St. Thomas, Sunnyvale, which is in the Diocese of El Camino Real (the central California coast), and served there for seventeen years, until I retired on September 1, 2013.



That is the official story, but of course there is an inward, spiritual story which is probably more important. I was engaged in a big spiritual search when I was in college, and my journey took me from philosophy to theology, to Biblical studies, and then on to Harvard Divinity School. At first, I was thinking I would like to teach Biblical studies in a college, but soon the Holy Spirit was calling me toward ministry, which at the time (1969-70) was not possible for women in the Episcopal Church. As I mentioned in my first sermon here, I read in the newspaper in September, 1970, that the General Convention had voted to ordain women to the diaconate. The Holy Spirit had been preparing my heart for the doors to open for me.

At the center of that spiritual story is, still, my love of the Bible. And I especially love studying the Bible in discussion with other, whether that be the two or three gathered together, or a larger group. So, I look forward to a Tuesday noon Bible study, and to sharing with you the research I have done of the Lord's Prayer on five Tuesday evenings in June and July.

May the Holy Spirit bless us and guide us as we walk together this summer, in the way of Jesus Christ.

Wendy+

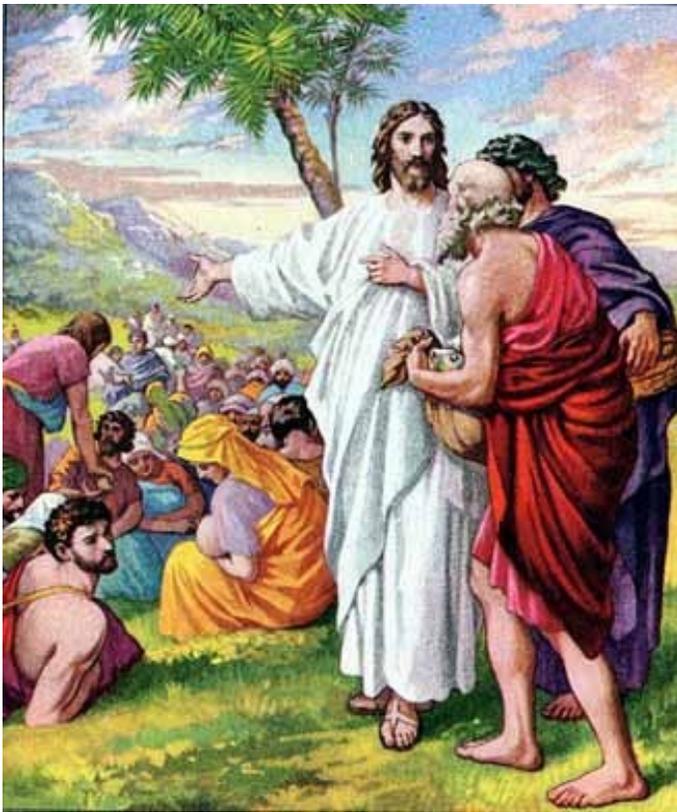
A REPORT ON EMMANUEL'S UNITED THANK OFFERING

by Sally Jaeggli

Through Emmanuel's UTO ingathering of "the little blue boxes," we collected \$125.77 to send thankfully to the Domestic and Foreign Missionary Society of the Episcopal Church. What a blessing!

Through United Thank Offering, men, women, and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start when we recognize and name our many daily blessings. Those who participate in UTO discover that thankfulness leads to generosity. United Thank Offering is entrusted to promote thank offerings, to receive the offerings, and to distribute the UTO monies to support mission and ministry throughout the Episcopal Church and in invited Provinces of the Anglican Communion in the developing world. The 2014 grant recipients will be announced in June.

To find out more, follow this link: <http://library.episcopalchurch.org/office/united-thank-offering>



AN IMPORTANT MESSAGE FROM OUR OWN BRIAN SULLIVAN, FOOD CUPBOARD PRESIDENT

The Food Cupboard, which operates three times a week, is doing well. However, we mustn't rest on our laurels! There is an increased need for monetary and food donations in our community. We are serving approximately one hundred more families than we were a year ago. Many are people who had stopped coming to us several years ago, but who are once again in need of our help. Which means we are relying more than ever on our supporters.

The extra effort put forth by our volunteers and supporters during March and April has helped us to exceed last year's donations by \$3,869 in combined food and funds. We received \$12,495 in funds, and \$6,496 in food donations. By submitting these amounts to the Feinstein Grant Foundation we will receive a portion of the one million dollars that is earmarked by them for this annual challenge. While this grant is only a percentage of what is given to us, it "leverages" our donations, greatly assisting the Cupboard in doing its important work.

In the near future, The Ecumenical Emergency Food Cupboard will be changing its name to The Coos Food Cupboard. This decision was made for the purpose of becoming eligible for funds and grants that were unavailable to us when we had a church-based name. Funding which we could not receive previously due to the name will now open up to us, and, hopefully, this will be of great help to the Cupboard.

It should be noted that manning the Cupboard during "business hours" is not the only effort that is essential to keeping us running smoothly. Prior to opening, the unloading of food takes place. This requires strong backs to unload the boxes of donated items, which encompass canned goods, frozen foods, and fresh produce. I can always use more strong backs!! Additionally, runs are made to Safeway, Grocery Outlet, and Oregon Food Share, to name but a few. In order to do this, we require volunteers who are available to procure these donated items.

More good news..... We have re-started the procurement of foods from the Farmers' Market on Wednesdays.

This involves the supplying of boxes to the various vendors, who then fill said boxes with produce for the Cupboard. At close of Market Day we pick them up. The various vendors do receive a donation statement for their taxes, which helps them, and is an incentive for them to give to us.

As you can see, there is much more to running the Cupboard than its “hours of operation.” The work includes coordination with other agencies and those that supply the Cupboard; the many hours which volunteers put in to stock the Cupboard; and always the efforts employed in fund raising. Volunteers are always needed!

On a personal note, I would like to extend a hearty “thank you” to all those who help, whether it’s in writing that all-important donation check, or in showing up week after week to do all that is necessary in support of the Cupboard. Thanks so much!

FOR THE HEALTH OF IT

by Kerry Oxford, Parish Nurse



Welcome to summer! It’s that time of the year when we look in the mirror, shudder, and cry, “Aargh! How am I ever going to get this body into that bathing suit?”

Here are some healthy weight loss tips.

1. Don’t set yourself up for failure. Set realistic goals that you CAN achieve.
2. Never use the word “DIET.” You will instantly feel deprived, and will probably end up over-eating. Substitute the word “HEALTHY” as in “I am choosing to eat healthy today.”
3. Do not plan to lose more than two pounds per week. This will allow your metabolism to adjust and give you time to become used to healthier eating habits.
4. Don’t eat anything after dinner. Clean that kitchen and shut off the lights.
5. Eat less meat and more fruits, vegetables and whole grains.
6. After dinner brush your teeth. You will be loess tempted to eat that half gallon of ice cream that has been calling to your from the freezer!
7. Drink more water! Eight glasses is a minimum.
8. Exercise. Get up and move. Thirty minutes, five times a week will help you burn fat while you are eating healthier. Get an exercise buddy. It’s harder to say no when somebody else is counting on you.

If you keep these tips in mind it is very likely you will stick with your new eating habits after you have achieved your weight loss goal.

NOW, smile, laugh, and enjoy nature’s beauty and God’s gift called “Summer.”

RUMMAGE SALE!!!

by Liz Cowden

A huge THANK YOU to all who brought rummage, bought rummage, helped set up and arrange incoming donations, worked the sale itself on Friday and Saturday, and helped clean up. As of Sunday we made \$1,100 before change was counted and with some still coming in. Many hands made lighter work, and the project seemed to work well. Many of our customers were glad to come to the sale and said they had been waiting for it.



VESTRY NOTES

by Sally Jaeggli and Angela Gibson

- Adult education class on the Lord's Prayer will begin Tuesday, June 3rd at 7:00 p.m., led by Interim Rector Wendy Smith.
- The search committee conducted initial interviews with five applicants for our rector, using video calling with Skype. The committee reports they were very interested in several of the candidates, and further interviews will be conducted with those.
- Help! Two volunteers are needed to be in charge of making the bank deposit after the 10:00 a.m. service on Sundays. Light computer work is required. Training is available. Big thanks to Mike Oxford for performing this task for so many years!
- Make a joyful sound! The vestry approved the purchase of a bass amplifier for the contemporary group!



FROM THE DESK OF ANNE ABDY

I am writing this on the eve of my leaving Sewanee for the summer to complete my chaplaincy at University of Tennessee Medical Center in Knoxville. I will be staying with a PEO sister who is a retired Presbyterian priest for the twelve weeks. She loves cats, so my hope is that Boots behaves himself and gets along. We have a few things in common, including both living in South Africa and experiencing boarding school. I am excited about this opportunity, and anticipate that it will be similar to, but also a very different experience from, my previous life's work. If anything, Knoxville is a college town and the home of the Tennessee Volunteers.

The year has wrapped up, and it is hard to believe that I am now a Middler, and will be looked upon for guidance by the incoming Junior class for advice and support. Reports from the outgoing Senior class each year indicate that each year has its own unique stresses and joys. Only time will tell.

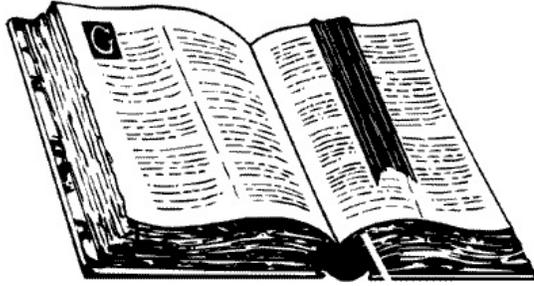
The good thing is that, for now, my focus has turned from academics to hands-on, which will present new and different challenges. At least we're beginning to have more of a pastoral role – as an academic I am not, even though I love to learn. Maybe that was why I chose not to do a PhD back in the 1990's, as I recognized that even then.

Thoughts and prayers to all in your continued time of transition.

CHURCH VITALITY POTLUCK, ST. JOHN'S, BANDON

A representative of the Diocesan Committee on Church Vitality, Sarah Fischer, is visiting coastal churches to lead a discussion and get our input. St. Johns in Bandon is hosting a potluck for Ms. Fischer to meet congregation members from St. Johns, Emmanuel, and St. James on June 3 at 6:00 p.m. What does a vital church mean to you? Share your concerns and ideas, and find out what other churches in our diocese think. Please come if you can.

Contact The Rev. Beth Hoffman, Rector of St. Johns with any questions. 541-329-0031



UPCOMING ADULT EDUCATION

Led by Interim Rector Wendy Smith

KING JAMES BIBLE CLASS

Come one, come all to the Parish House Living Room on ***Tuesday, May 27th at 7:00 PM*** with your own copy of the King James version, to learn about why and how it was translated in 1611.

RENEWED BIBLE STUDY GROUP

Join us for Bible study on Tuesdays at 12:00 PM, beginning June 3rd. In the Parish House Living Room. All are welcome.

The Lord's Prayer Workshop

A Five Week Study of the Lord's Prayer. Tuesday evenings at 7:00 PM beginning on June 10th.

10th- "Our Father, who art in heaven"

24th – "Hallowed be thy Name, thy kingdom come, thy will..."

July 1st – "Give us this day our daily bread"

July 22nd – "Forgive us our sins"

July 29th – "Lead us not into temptation..."

PRAYER LIST

“Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.” BCP, Prayers of the People, Form 4

We pray for:

Kathryn	Bill	Esther
Andy	Ruth	Mark
Cale	Kathy	Ron
Gary	Valerie	Therese
Brett	Lois	Judy
June	Heather	Hannah
Laura	Vicki	Josh
Tarynne	Pat	Albert
Maureen	Christopher & Family	Cathy
Jane	Susan	Elizabeth and Dan
Rachel	Bruce	Virginia
Alice	Robert	Richard
Christina	Brenda	Tricia
Fran	Ingrid	Marian
Loanne	Carol & Rob	Marcia
Carrie	Bob	Elaine
Gail	Donna	Cathy
Joanne	Alyvia	Jim
Carl	Evelyn	Noah
Lorna	Christina	Joyce
Maureen	Paul	Leona
David	Gloria	Terri
Pat	Wayne	Father Tom
Carol	Dewey	Michael
Linda	Barbara	Andy & Christine
Gretchen	Jack	

GIFTS RECEIVED

CHILDREN'S MINISTRY

Given by Greg and Terri Marcella

FOOD CUPBOARD

In memory of Barbara Muunson Hapwood, Clarence Downer, Barbara Kronsteiner, and Karen Zink by Wilbur and Judy Jensen

CHANGE OF ADDRESS

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