



The Messenger

February 2020

Emmanuel Episcopal Church
P. O. Box 1028
400 Highland Avenue
Coos Bay, OR 97420

Clergy Reflections

What a whirlwind of a first week here at Emmanuel! The welcome has been simply amazing and nothing short of a blessing. I am deep into learning the 'ins and outs' of the ministries of the parish. I beg your patience as it may take me a while to learn names and remember who does what! Having said that, I would like to write this month about Vestry.

You'll note on the February Calendar that on February 23rd we will hold the Annual Parish Meeting. There will be only one combined service that day at 9:00am followed by the meeting and a potluck. Annual Meeting is required by the Canons of the Episcopal Church for every congregation, but it is just a plain good idea. It is a time to come together in celebration, take stock of the ministries of the parish and see where things stand and where we might be headed.

It is also a time when we elect a new leadership board known as the Vestry. This year there will be a huge turnover on the Vestry. Folks who have led during this interim time are stepping down for much needed rest. Others are completing their elected terms of office as well. The Vestry provides leadership, creativity, passion, vision and support for the priest and congregation to live out the mission of Christ in this parish. A few hearty souls have indicated a desire to stand for election to Vestry this year, but more are needed. Would you be willing to prayerfully consider serving on the Vestry? We are looking for leadership in 3 year, and 2 year commitment slots. We meet once a month and share in the decision making and action in all aspects of the life of the parish. Pray about it. If God is not calling you at this time please pray for those who will feel called. We are in this together!

See you Sunday! *Rev. Patti+*



MARK YOUR CALENDARS!



Don't Miss...

Emmanuel's Annual Parish Meeting & Potluck

Sunday, February 23

1 combined service at 9:00 AM, meeting to follow after

Please bring something you are inspired to share with the rest of us and join in fellowship as we conduct the business of the Parish in this once a year event!

Business will include:

- election of new Vestry members
- election of convention delegates
- discussion/affirmation of our 2020 budget
- state of the parish presented by Vestry

Be a Delegate!

Emmanuel Episcopal Church elects three delegates and one alternate delegate at our annual meeting. Please consider being a delegate. If you are interested, please let David Laird know!

Those who are elected as delegates this year will be part of the Electing Convention on June 27th for our new Bishop for the Diocese of Oregon. Those elected need to be sure to keep that date open.

The Annual Convention of the Diocese of Oregon will be 10/29-31/2020 at the Salem Convention Center. Attendance is required, or the Alternate fills in. Delegates vote on resolutions, candidates for Diocese positions, and various committees/boards. Lots of informative, spiritual, networking and fun events occur. Most everything at convention is done electronically - registration, all the documents are sent electronically, and/or one views/prints them from the website. Voting is electronic, so folks need to be comfortable with electronic work, and be able to respond quickly.

It is recommended that at least one delegate be a member of our vestry, if possible. The linkage is important.

The next South Coast Convocation will be held on Saturday, 2/29, at St. James Episcopal Church in Coquille. Fr. Tim, of St. James, is our Convocation Dean. There will be a 2nd Convocation meeting in the spring, and the last one usually is in September, to review the Diocese budget prior to convention. Attendance is required, as possible.

If you have questions about being a delegate, I'll be glad to chat with you. Blessings, *NancyLee Stewart*



February 25, Shrove Tuesday Pancake Dinner 5:00 PM - 7:00 PM

This especially indulgent day symbolizes the start of Lent which finds many of us trying (and most often failing) to give up a luxury for the 40 days leading up to Easter. The tradition of using this particular food began when Anglo-Saxon Christians used to cook up pancakes as a means to use up their fats and eggs before the fasting period. These Christians would then head to confession to seek forgiveness for their sins, otherwise known as being 'shriven' which is the origin of the name 'Shrove Tuesday'.

Come Enjoy! All You Can Eat Menu:

Fluffy Pancakes...Plain/Blue berry with mixed syrups...
Sausage and Sliced Ham...
Apple sauce...
Juice and Coffee...

Donations accepted to support the Coos Food Cupboard.



Services for Ash Wednesday will be February 26 at 12:00 PM and 7:00 PM.



The preschool welcomes new Lead Teacher, Sara McCearley.

Please help us extend a warm Emmanuel welcome to Sara McCearley who joins us as a Lead Teacher. Sara will be training in all of our classrooms (1's, toddler and PreK) and offering support to our Preschool as a whole. Welcome to the Team, Sara!

"Hi, I'm Sara McCearley. I have lived in Coos Bay, Oregon for about 5 years now, but it feels like I've lived here my whole life. The beach is my comfort place and this town is my home.

I am an animal lover; I personally have 3 dogs and 2 cats.

I graduated from North Bend High School in 2017 and started my dream career in childcare. Ever since I was 5 years old, I would set up my stuffed animals and pretend to "teach" them. Being a teacher is what I feel called to do. I love bringing joy and happiness to the people around me.

I'm very excited to begin a new adventure with Emmanuel preschool!!"



Join us for a First Aid and CPR training class at Emmanuel Church

Tuesday, February 18 at 6:00 PM

This two hour class includes certification in AED, Adult CPR, Child CPR, Infant CPR, and First Aid. You will receive your certification card at the completion of the training session.

Cost is \$35.00 and payable at the time of the class to the instructor, Kristy Grout. Cash, check or Venmo accepted.

Must RSVP to attend. Please RSVP by calling the office at 541-269-5829 or emailing Administrator@episcopalcoosbay.org.



The Coos Food Cupboard would like to **THANK YOU** for giving to our 34th Annual Thanksgiving Meal. With your support we served just over **800 meals**, whether they ate at the church, ordered take outs, or had meals delivered. We realize that we could not do this without your support and as such, again we say **THANK YOU** for working with us to serve this annual meal.

Sincerely, 

Nancy Layne, Coos Food Cupboard Board Member

Music News - Save the date! On Sunday, March 1, I will be presenting a solo piano concert in the home of Kathy Parsons in Florence as part of the MainlyPiano.com house concert series. Music begins at 3:00 pm. \$20 suggested at the door. For reservations and directions, email Kathy Parsons at kathypiano@gmail.com.

Happy Fragrance-Free February! Being fragrance-free actually is a musical topic, since being able to breathe is essential to singing! Please consider the effects that artificial fragrances have on the environment and on health. The companies that produce fragrance chemicals are making hay while they can - until regulated - just like tobacco companies, lead paint manufacturers, etc. did prior to regulation. Getting a whiff of an artificially-derived product - lotion, shampoo, scented laundry products, perfume, cologne, deodorant, etc. - can be just as harmful as breathing someone else's cigarette smoke.

Here's the good news: there are many wonderful unscented (or scented only with therapeutic essential oils) products readily available. The Environmental Working Group has lists and cross-lists of health ratings on personal and cleaning products on its website: <https://www.ewg.org>. Another favorite group is Women's Voices for the Earth (tagline: "What you need to know about toxic chemicals hiding in products you use every day"); website: <https://www.womensvoices.org/>. Just know that if you see any of the following words on a product's ingredients list it is highly suspect and probably an allergen: "fragrance," "natural fragrance" (the word "natural" is unregulated and seriously misused on many products, including food products), "parfum."

And now I will step off my (unscented!) soap box and take a deep, relaxing breath of beautiful fresh coastal air!

Yours, *Kate*



Coos Food Cupboard

In 2019, your donations and support made it possible for the Coos Food Cupboard to provide 5,997 households and 17, 270 individuals with food assistance. For February, they are asking for donations of toilet paper and tissue paper since these are items not covered by food assistance programs.

The food cupboard has expanded their hours of operation to include Thursdays from 5:00 PM - 7:00 PM. Volunteers of the food cupboard and Emmanuel Episcopal Church recognized a serious gap in the local effectiveness of food distribution efforts for those who work during the day. In response, they will now offer the following hours of operation:

Monday, Wednesday and Friday's from 12:00 PM - 2:00 PM
Thursday 5:00 PM - 7:00 PM

Laundry Help Needed

The kitchen dish towels and preschool towels to wipe down the playground during the rainy weather need to be washed once a week. If you are available to take these home on Fridays and return on Monday, please sign up by the coffee hour sign-ups in the undercroft.



Fun Emmanuel Fact!

Rev. Patti took notice of this stained glass window in the church and sent the picture to one of her Dominican brothers to translate what was written in Hebrew. It translates to "Emmanuel" which is "God is with us".