


The Shape

September 2010

The Episcopal Church in Almaden

6581 Camden Avenue, San José, California 95120 408•268•0243 www.eca-sj.org

A photograph of a hand holding a scroll over an open book, with a church steeple in the background. The scene is set against a light blue sky. The scroll is held in a way that it appears to be reading or presenting the text on the open book below. The church steeple is visible in the upper right corner, with a cross on top.

Say to the Israelites: 'On the first day of the seventh month you are to have a day of rest, a sacred assembly commemorated with trumpet blasts. Do no regular work, but present an offering made to the Lord by fire. Leviticus 23:24-25

Opportunities at ECA

Worship

Sept 2 - 7:30 AM Thursday Morning Prayer
Sept 5 - 7:30 & 10:30 AM Holy Eucharist
Sept 9 - 7:30 AM Thursday Morning Eucharist
Sept 12 - 7:30 & **11 AM** Holy Eucharist - Folk Sunday
Sept 16 - 7:30 AM Thursday Morning Eucharist
Sept 19 - 7:30 & **11 AM** Holy Eucharist- Healing Anointing
Sept 23 - 7:30 AM Thursday Morning Eucharist
Sept 26 - 7:30 & **11 AM** Holy Eucharist
Sept 30 - 7:30 AM Thursday Morning Eucharist

Fellowship Events this Month

Sept 11 - JV Clean-up day (Page 9)
Sept 12 - Sunday BBQ (Page 9)
Sept 15 - Book Group (Page 7)
Sept 20 - Bunco (Page 7)
Sept 24 - Musical Soirée (Page 11)

Fellowship – Teens

We have two youth groups, the JHYGs (Junior High) and SHYGs (Senior High). Both groups meet on a regular basis for Sunday night fellowship and activities in the community. Check our web site for current information.

Study - Adult

Adult Thursday morning bible study 10:30 AM to Noon

Study – Children and Youth

Sunday School starts on September 12 at 10:10am.

THE EPISCOPAL CHURCH IN ALMADEN

SUNDAY SERVICES

7:30 am and 11:00 am

INTERIM MINISTER

The Reverend Dr. Frank Hegedus

SENIOR WARDEN

Kimberly Axtell
(408) 623-6076

JUNIOR WARDEN

Alex Dykes
(408) 839-2632

MINISTRIES

ACOLYTES	Marcus Bond
ALTAR GUILD	Anna Spanjaart
COFFEE HOUR	Margaret Alvey
FOLK CHOIR	Andy Kerr
GREETERS	Sharon Mills
GOOD SAMs	Kelli Casale / Brenda McHenry
HAND BELL CHOIR	Ruthanne Adams
KIDS' BREAKOUT	Leslie Rousseau
LAY READERS	Jenny Hoyt
MONTGOMERY MEALS	Amy Griffith
NURSERY	Dot Allfrey
PRAYER VINE	Ann Avoux
USHERS	Dave Byers
SR HIGH YOUTH GROUP	Jon Mills
JR HIGH YOUTH GROUP	Bonnie McPherson
STEWARDSHIP	HANK DeVoss, George Romer
WORSHIP	Andy Kerr

ECA STAFF

CHRISTIAN ED. DIRECTOR	Melanie Click
MUSIC DIRECTOR, ORGANIST	D. Asa Stern
TREASURER	Bill LaVallee
YOUTH DIRECTOR	Melanie Click
ADMINISTRATIVE ASSISTANT	Dennis Elliott

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The Shape

THE SHAPE IS USUALLY A MONTHLY PUBLICATION
OF THE EPISCOPAL CHURCH IN ALMADEN

Father Frankly Speaking

Americans are obsessed with lists. Open any popular magazine and you will quickly run across a list of ten best steak houses or the best Chinese take-out. Comedian David Letterman has become famous on late-night television for his top-ten lists of just about everything.

Not so long ago, comedian and devoted Episcopalian, Robin Williams, joined in the fun with his ten best reasons for being an Episcopalian. If you have not seen them before, they will probably bring a smile of recognition to your face.

Here they are:

10. No snake handling.
9. You can believe in dinosaurs.
8. Male and female God created them. Male and female we ordain them.
7. You don't have to check your brains at the church door. There has never been an Episcopal Inquisition.
6. Pew aerobics. Sit, stand, kneel. Repeat.
5. Church year is color-coded.
4. Free wine on Sunday.
3. All of the pageantry. None of the guilt.
2. You don't have to know how to swim to get baptized.

And the Number One reason to be an Episcopalian – according to Robin Williams --

1. No matter what you believe, there's bound to be at least one other Episcopalian who agrees with you.

And, I might add, at least one other who disagrees with you!

We have found that out recently during our Sunday Forum series on Sexuality and the Church. Not that disagreements among church members should

come as any surprise. Controversy has been part of the Christian DNA practically from the Day of Pentecost. And, there seems to be no end in sight. After all, it is only in discussion and dialogue that we ultimately grow in our faith and understanding -- and in our commitment to Christ.

In spite of disagreement and controversy in our Church today, there are still a lot of reasons to rejoice in who we are as Christians and Episcopalians. And a lot of reasons to rejoice in our “Episcopal Church in Almaden” community! Perhaps we all could come up with our own top-ten reasons for belonging here. I am sure the people of ECA would be at the top of my list. What a can-do bunch! Our worship and prayer life would not be far behind. If nothing else, ECA is all about God and others – our fellow parishioners and those we serve in ministry and outreach.

As we begin our busy fall program, we remember that the Lord has plenty for us yet to do. Prayer and activity – ora et labora, as the ancient monks called it – remain at the heart of every Christian community, and ours is no exception. It is important to stick to essentials and remember why we are here.

So, what are your top-ten reasons for belonging to ECA? Send them to newsdesk@eca-sj.org. You may not end up on late-night television. But who knows? You might just find yourself quoted in a future issue of the SHAPE. And, while you are at it, share your list with a friend or neighbor!

Father Frank

The Rev. Dr. Frank Hegedus

Interim Minister

Search Committee

Christ, please give us the grace to listen and accept. Help us to grow and use our gifts to enrich the body of Christ. Please let us be unified in spirit and faith and one in truth and love. In your name, Amen -Bonnie McPherson

As I write this message to you, my ECA family, your Search Committee is ready to make personal visitations to the final candidates for our new rector. As you know we have spent long hours of deep discussion, listening and prayer to arrive at this point in the process. We are excited about our final candidates, while at the same time we understand the tremendous responsibility we share as we move into the final selection phase. We are confident that the Lord is walking with us, talking to us and guiding us.

This is our projected schedule:

The end of August through the middle of September: Search Committee teams go to various locations for candidate visitations. Each candidate knows when the team is coming. At the conclusion of each visit, the committee meets to discuss results.

End of September: Candidates are notified if they are finalists. Vestry is given a packet on each finalist. Vestry and Search committee work together to plan local visits.

Mid to end of October: Finalists visit ECA. Vestry determines the finalist.

The new beginning is in sight. Thanks be to God. Halleluiah.

Nancy Romer, Search Chairperson

Diocesan Convention

The Diocesan Convention 2010 will take place on Saturday, November 6, 2010 at St. Andrew's Episcopal Church, 13601 Saratoga Avenue, Saratoga CA 95070. This is a one day convention.

“Reconciliation” has been chosen as the theme of Convention 2010. In keeping with this, Bishop Mary encourages participants to read John Steinbeck's classic, *East of Eden*.

The Diocese will soon be announcing when online registration is open. The latest Convention information will continue to be posted at: www.edecr.org/

Resolutions for Diocesan Convention need to be submitted by September 7. Additional information on this process is available at the Diocesan website, www.edecr.org, or contact Father Frank.

Nominations for various Diocese-wide positions are also welcome. This will be a terrific opportunity for ECA parishioners to serve the Church at-large! As with resolutions, full information on the positions available as well as the nomination process may be found online. Or, contact Father Frank.



From the Editor



If there is one thing that comes to mind when I think of ECA, it has to be our sense of love and welcome. I travel a bit for my day job, and now and then that means missing church. Whenever I am

traveling on a Sunday, I try my best to find the nearest Episcopal Church and drop in. I do this for two reasons. Firstly I like the sense of continuity that common liturgy brings me; going to another Episcopal Church feels like home in many ways. Secondly, I think it's great to find out what other parishes in other areas are doing. I like to scan through their bulletin, grab a copy of their newsletter, track down a vestry member and pick their brain, etc.

On one of my trips to Seattle, I visited the cathedral that is just north of downtown. The building is often referred to as "The Holy Box" since it is a very large, very plain, very square stone building. (The building was never finished, it went through foreclosure, lay vacant, was occupied by the US Army and then finally was recovered by the church.) Anyway, being a large church I of course slipped in the back, sat in the last pew and observed. I noticed that latecomers would either slip in the last few pew rows, or turn around and leave. The few that attempted to swim upstream and sit in their usual location were given disapproving glances from some, a practice that is quite common in churches with a more "formal" structure like the Episcopal Church. I did not think much of it at the time since this is a very common occurrence in many churches.

I was sitting in church one Sunday this past month when someone happened to come in late. This per-

son tends to come in late now and then, and as I am always happy to see them, I always wave and smile in their direction when I see them, regardless of where we are in the service. All of a sudden something dawned on me: ECA isn't like many churches. As I looked around the sanctuary I noticed I was not the only one smiling, or passing a discrete wave to the person in the middle of the sermon (sorry Frank).

In so many churches, a late arrival would have to sneak in the back, pretend they were there the entire time, and then make excuses for being in the last pew. "Oh, I sat back here because I like the acoustics" or "I was researching how comfortable these pews are verses the ones in the front." As I looked around the sanctuary, looked at the love in this community, I realised how lucky I am to be a part of this place. As I explored this thought with a friend, it was proposed that perhaps our welcome is due to the design of our sanctuary: the fact that you can see all the entrances from anywhere. I however think it is deeper; we are truly a congregation that loves. When someone arrives late, the tardiness is immaterial, we are simply and genuinely *happy* that they are here with us. It wouldn't matter to me if they arrived 5 minutes before the dismissal, or in the middle of a reading, I'm just glad to see these people in our midst. As we journey along this path towards our future, I hope we all recognise that ECA's greatest strength is our love. *"And they will know we are Christians by our love, by our love."*

As so many of you have asked about our building project; our latest news is the county has approved our electrical service permit, so hopefully by the time you get this PG&E will have set.

Alex Dykes

Bike and Build

On Wednesday, August 11, a group of thirty-one young people, part of a national organization called “Bike and Build,” spent the night at the Joint Venture Churches after biking eighty miles from Davis. Their route included a ten-mile detour which took two of them over Mount Hamilton. The participants ranged in age from eighteen to twenty-five and were hosted by members of the Congregational Church of Almaden Valley, UCC. The group started its journey in South Carolina in May, staying in various safe places each night, such as churches and Lions Club facilities. Last summer on its visit to San Jose, the group stayed in a homeless shelter downtown. Each participant raised \$4,000, and was provided a road-worthy bicycle for the trip.

Based in Philadelphia, Bike and Build was started in 2002 by a young man named Marc, formerly a leader of a Habitat for Humanity bicycle program who wanted to expand on that mission. Program Director Brendan Newman, who comes in from Philadelphia for the last day of each such journey, says that the purpose of the group is pedaling to end poverty in housing. “Through fundraising cycling trips, Bike and Build raises money for and awareness of affordable housing efforts. Our events act as a catalyst to build homes, foster the spirit of

service, and empower young adults...mile by mile, house by house.”

The group has a website: www.bikeandbuild.org. Interested persons are invited to go to the website to vote for the group to receive a “Pepsi” grant of \$50,000 to further its fundraising efforts. On Thursday, August 12, the group left San Jose after breakfast and clean-up to bike sixty miles to Santa Cruz, the last stop on their trip. A number of their parents greeted them there before their return home. For further information, please contact Phylis Chai of CCAVUCC.

Phylis Chai



Book Group

The book group is changing books for September. Our next meeting is on September 15th. We'll be reading "Eat, Prayer, Love" at the home of Kelli Casalis.

Raise Your Voice

The ECA choir is looking for new and returning members. The Choir is open to everyone regardless of age or experience. While experience is helpful it is not necessary. Come and learn with the rest of us! Come as often as you are able.

Rehearsals will resume on Thursday, September 2, 2010 and continue each Thursday evening in the Joint Venture Choir room from 7:30pm to 9:00pm. In addition, the ECA Choir warms up on Sunday mornings at 10:15am prior to the 11:00am service.

Contact Asa Stern (music@jointventurechurches.org) with questions or concerns.

Schedule Change

We will return to our regular service schedule on September 12th when our second service returns to 11am. Mark your calendars now! And of course be sure to be on time! But, if you happen to be late, come on in anyway!

Bunco

Bunco is returning! The last Tuesday of the month starting in September. On Tuesday, September 28, in the Fellowship Hall at 5:30 pm.

Please bring an item for a salad: lettuce, salad dressing, bread, dessert, etc. Drinks (coffee/tea) will be provided. Bunco will start at 7pm. We are requesting a \$5 donation.

We need you all to sign-up in order to determine the number of tables we will need. There is a sign-up sheet on ECA's bulletin board in the Fellowship Hall. Please bring a friend!

Church Gardening

Are you currently helping with the gardening chores at church? If so, JV would like to know! We are blessed with parishioners that have the initiative and drive to make it down to the church to cut the grass, pull some weeds, trim the bushes and sweep the patios but we (the JV Board) don't know who you are. If you could let us know who you are and what you are taking care of we can be sure that new volunteers don't try to re-double your efforts, and if you're on vacation or decide you'd like to tackle a different project we can find a replacement. Please contact Alex Dykes at (408) 839-2632 or alex@dykesfamily.net or you can just drop a note in my box at church. Thanks to all those who take care of the yard work, the place looks great!

Second Harvest

Bin for donations of food to the Second Harvest Food Bank continues to be at our J.V. Church to help lighten the load of the needy. Thank you to those who have already contributed.

Thank You

As some of you know, my grandson Gavin Verderico was hospitalized with heart failure on December 22. After being on a special ECMO machine for ten days, he received a pacemaker and was put on heart meds. At the end of February, he again went into heart failure. At that time he was put on a biventricular assist device (Berlin Heart) as a bridge to donor heart transplantation. He was in the pediatric intensive care unit at Mattel Children's Hospital at UCLA until Father's Day when he was well enough to be moved to the pediatric floor.



What caused all the heart problems in an apparently healthy five month old? A heart biopsy showed the presence of parvovirus B19 which causes the childhood illness "fifth disease." Although this could be the cause, doctors are not sure what happened to Gavin. The good news is that Gavin is a healthy one year old who is eager to be able to crawl and walk because the Berlin Heart restricts his movement. The doctors are optimistic that a heart will be available soon so he can join his parents Kent and Patricia at home.

I would like to take this opportunity to thank the members of the Prayer Vine as well as other ECA friends who continue to pray for Gavin. Your kind words and gentle inquiries of his health are comforting to this grandma. I would especially like to thank the Knit-Wit group for presenting me with an afghan for Kent and Patricia who spend long hours at the hospital with Gavin. I know they will appreciate the loving care that went into the afghan.

Roberta J. Verderico
rverderico@yahoo.com

Rectory Update

The start date for the rectory remodel project is the first week of October, and our target completion date is the end of November. The basic plan is to remodel and update the kitchen, master bathroom, and hall bathroom. We also intend to refresh and paint the interior throughout and upgrade the flooring. If you have questions about this project, please contact Mel Stonehocker or Jerry Ferguson.

Anniversaries

Todd & Ellen Lukanc	1
Matt & Kelli Gundersen	3
John & Mary McPherson	3
Allan & Virginia Jones	4
Graham & Lynne Kelly	20
Jerry & Susie Ferguson	21

Birthdays

Brenda McHenry	2
Louis Stephan	3
Margot Estrade	4
Ted Fahlen	5
Kelli Casale	8
Dorothy Willard	9
Debbie Bishop	14
Marc Bond	16
Trish Reilly	16
Elizabeth Stevens	16
Maryke Williams	17
Pat McGarvin	19
Jerry Long	20
Gary Cassetta	24
Kathy Mastre	24
Joe Machado	28
Nancy Romer	29
Jean Cassetta	30

JV Clean-up Day

Our JV clean-up day has been rescheduled for Saturday, September 11th. We'll be starting at 9am. There is plenty to do, weeds to be pulled, walls to scrub, bushes to trim and paths to be swept. If you have any questions, please contact Alex Dykes at (408) 839-2632 or alex@dykesfamil.net. We hope to see you there!

Sunday BBQ

There will be a BBQ after the 11:00 a.m. service on September 12th. I want to thank Susanne Mayo for sharing a pot of beans at the last BBQ, which was a big success. Someone else shared a dish of marinated tomatoes and onions. I don't know who you were, but thanks very much for sharing, and your kindness. A big thanks to Bonnie McPherson for baking all those wonderful cookies that were a big hit.

Anyone who would like to share some favorite dish at the next BBQ, please feel free to do so, as it would be much appreciated. Just place your dish on the center counter in the kitchen with a note marked ECA BBQ. Thanks for all your support, and we will provide another great BBQ experience for you.

The usual bill of faire will include: Hamburgers, cheese burgers, Boca Burgers, marinated chicken sandwiches and Big Dogs (Large Hot dogs).

Donations are always cheerfully accepted, to keep this BBQ going. If all goes well, we just might have to have our final BBQ in October.

Thanks again for all your support.

*David Byers
Warren Willard*



Episcopal Clergy Stressed, but Happy

In early August, New York Times religion writer Paul Vitello touched an ecclesial nerve when he launched a story, "Taking a Break From the Lord's Work," and raised a range of important questions on clergy wellness. His reporting, based on studies of clergy health, cut across the interfaith spectrum and resonates with lay professionals in the church, as well. It concluded that self-care, sabbatical rest and time for re-creation help church leaders lean into rising levels of stress, depression and fatigue. A week later, Jeffrey MacDonald opined in the Times in "Congregations Gone Wild" on the same clergy propensity for physical and spiritual burnout, yet his conclusions shifted the debate in a different direction. MacDonald nodded to "several new studies" on clergy burnout and offered seemingly anecdotal evidence that demeans the laity as entertainment hounds who hunger for little more than "comforting, amusing fare" and render the clergy the "spiritual equivalents of concierges."

Based upon relevant data gathered and addressed in twelve years of conducting research and hosting more than 200 conferences on wellness in the Episcopal Church, CREDO Institute Inc., an affiliate of the Church Pension Group, comes to a different conclusion.

Through analysis articulated in the Clergy Wellness Report (2006) and the initial findings of the Emotional Health of Clergy Report (2010), we have observed that there is more to the challenge of clergy stress than fickleness of congregations and the cultural pressures of increased consumerism among churchgoers.

This research points to interesting conclusions that differ slightly from the research Vitello noted, as well. CREDO's research found that the only major health factor for which Episcopal clergy are at

greater risk than the larger population is stress. Yet, remarkably, work-related stress, which frequently leads the general population to employment dissatisfaction, job loss or job change, exists alongside notably lower "turnover intent" for Episcopal clergy. Compared to the general population, Episcopal clergy report significant levels of well-being, self-efficacy and meaning in their work.

"Clergy are both very happy and satisfied and very stressed," concludes the Rev. Joseph Stewart-Sicking, who continues to study clergy emotional health. "These two dimensions are somewhat independent and are influenced by different factors. In order to help clergy achieve a healthy balance of emotions, it is not enough to reduce stressors or capitalize on the positive things in ministry; it will take both. Moreover, just helping clergy cope with problems is insufficient to help them flourish." CREDO recognizes that the health and well-being of Episcopal Church clergy and their worshiping and outreach communities present a complex challenge and call for complementary solutions. "It is often not enough to change a person to bring about well-being; sometimes systems and environments also have to change," Stewart-Sicking adds.

Our research points to the need to consider numerous variables on the road to wellness, including clergy gender, family structures, isolation and social support, congregational stress and systems analysis. In response, CREDO is committed to developing a wide array of wellness resources to serve the members of the Episcopal Church.

Herb Gunn, Director of Communication for the CREDO Institute Inc.

[Excerpted from Episcopal News Service]

Sunday School

Happy fall! Doesn't it seem like fall came too early this year -- particularly for families with children? Well, here is another sign fall is here. Sunday School is scheduled to begin on September 12. We will be using the same active, engaging program that we used last spring with stations like cooking, storytelling, art, and more. We will begin by learning about diversity and accepting people who are different using the story of Peter and Cornelius as told in Acts and the writings about individual gifts found in First Corinthians.

I look forward to seeing all the children and youth and even adults in Sunday School in a few weeks. If you have questions, concerns, comments, or suggestions, please reach me at:

Melanie Weiner
meljweiner@gmail.com
(408) 268-0243 (office)
(408) 307-3709

Musical Soirée

Join Guest Artist John Leslie and your fellow Joint Venture parishioners and guests for a fun evening of music, entertainment, and surprises in the Fellowship Hall on Friday, September 24 at 6pm. Many of you will recognize John as our former Joint Venture Music Director.

This will be a potluck event. A main dish will be provided, however. Bring an appetizer, salad, or dessert. Coffee, tea, iced tea, lemonade are also provided, but you may bring your own beverage if you prefer. There will be further information and a sign-up sheet in Fellowship Hall. Be sure to sign-up as soon as possible.

Betty Consorte

Bible Study

Here are a few transformations I have experienced as a result of bible study. I'm sure there are hundreds of others.

1. The more you study the more you know about the bible.
2. The more you study, the easier it is to make the type of daily choices that Jesus would make.
3. The more you study, the more you see things from God's perspective -- and the more you adopt the Lord's value system instead of the world's.
4. The more you study, the more you want to make your life pleasing to God.
5. The more you study, the more you fall in love with Jesus.
6. The more you study, the more you want to study.

On September 16, we will be resuming our study of the books of the bible, this time the Gospel of Luke. Last year, we read the Acts of the Apostles which was also written by Luke. Luke has the unique distinction of being the only gentile gospel writer. His book is the result of careful research. He alone shows Jesus at prayer at all the great moments of his life. He gives women a very special place. Luke is especially encouraging to the underdog - the poor, the outcasts, the sinners.

Please join me and your fellow parishioners Thursday mornings in the choir room at 10:30am beginning September 16th. We will read scripture, discuss answers to questions about the lesson, share how we apply the lesson to our lives, and pray for each other. Everyone is welcome!

Mary McPherson
marymcp@aol.com
(408) 268-9559

Episcopal Women

The ECW General Meeting Sisterhood of Faith and Service will be Saturday, October 16, at St. Andrew's, Saratoga. The women of our parish are all welcome to attend. Be sure to get this on your calendar now before you forget!

General Meeting
Sisterhood in Faith and Service
Saturday, October 16, 2010
Saint Andrew's Episcopal Church
13601 Saratoga Avenue
Saratoga 95070

9:30am Welcome – Refreshments, and Fellowship
10:00am Play: Yet We Persist, Historical Reflection on Episcopal Church Women, Business Meeting, ECW Board Elections 2011-2013
11:00am Eucharist, United Thank Offering In-gathering
12:15pm Luncheon hosted by Saint Andrew's Episcopal Church Women
1:15pm Sisterhood in Service* – Projects Serving Women
2:30pm Closing Prayers

Come join Episcopal women from across the diocese for a day of fun and fellowship.

*Sisterhood in Service: Please bring one of the following items for Projects Serving Women: 1.5 yard 45" fabric, box of greeting cards, grocery bag and canned food, pack of card stock & envelopes

The deadline for registration is October 5th, but there is an Early Bird discount for registering by Sept. 15th. For further information call ECW President Bev Anderson (831) 899-3345 or bev.ecw@comcast.net.

Fall Program

Some churches celebrate a fall "kick-off." Others have a "Rally Sunday" to mark the end of summer and the beginning of the fall program. Here at ECA we do things a little different, We have another Barbecue!

That's right. Get to church on Sunday, September 12, worship with our contemporary "folk group," introduce the little ones to Sunday School, attend the Sunday Forum, and stay after for another one of our ever-popular Sunday Barbecues. You know the drill: meet on the patio after the 11am service (note the time change). All are welcome!

Reaching Out In the Neighborhood

Recently, my neighbor Linda Farr (from CCA-VUCC) and I put together a neighborhood meeting for Neighborhood Watch. We invited a Deputy Sheriff from the County to come and give us pointers on ways we can help each other and protect our neighborhood. If you are interested in doing this in your neighborhood, the two websites to visit are:

County Of Santa Clara <http://www.sccgov.org/>
City Of San Jose PD <http://www.sjpd.org/>

Perhaps we could even organize such an event at church. For more details, you can call one of us:

Jackie Whitlock
(408) 268-2139
Linda Farr
(408) 268-8210