



The **S**hape

Newsletter of The Episcopal Church in Almaden

From the Rector

September is a time of new beginnings, ingrained in us from our tender years. It's back-to-school, new clothes, sharp pencils... and we're ready to do things differently. Onward! But sometimes in the work of ministry, everything you want to do and haven't done yet can seem to outweigh what you have done already. So, lest we forget where we've been up to now, September also seems like a good time for a progress report. The wardens and I met recently to do a review of our first six or seven months together. Here's what we found we had accomplished together in 2011 and what we'd like to see next as we move into 2012.

[Continued on page 3]

Service Schedule

SUNDAY SERVICES

7:30 am

10:30 am September 4

11:00 am September 11 - 25

THURSDAY SERVICE

7:30 am

Rector

The Reverend Katharine Flexer

(408) 364-6524

Staff

Melanie Weiner

Youth & Christian Education

Kristal Kim

Music Director & Organist

Bill LaVallee

Treasurer

Dennis Elliott

Administrative Assistant

Assisting in our Ministry

Doug Dunham

Senior Warden (408) 398-7911

Alex Dykes

Junior Warden (408) 839-2632

William Bond & Inge Bond

Acolytes

Anna Spanjaart

Altar Guild

Kathy Mastre

Coffee Hour

Sharon Mills

Greeters

Betty Consorte

Worship

Jenny Hoyt

Lay Readers

Ann Avoux

Prayer Vine

Dave Byers

Ushers

Bonnie McPherson

Junior High Youth Group

Inge Bond

Senior High Youth Group

Todd Lukanc & George Romer

Stewardship

Worship Schedule

- Sept 1 David Oakerhater
7:30 AM Thursday Morning Prayer
- Sept 4 2 Pentecost, Proper 18
7:30 & **Last Sunday of 10:30 AM Holy Eucharist**
- Sept 8 Grundtzig & Kierkegaard
7:30 AM Thursday Morning Eucharist
- Sept 11 13 Pentecost, Proper 19
7:30 & **11 AM Holy Eucharist (Folk Sunday)**
- Sept 15 Cyprian
7:30 AM Thursday Morning Eucharist
- Sept 18 14 Pentecost, Proper 20
7:30 & 11 AM Holy Eucharist (Healing Sunday)
- Sept 22 St Matthew, trans.
7:30 AM Thursday Morning Eucharist
- Sept 25 15 Pentecost, Proper 21
7:30 & 11 AM Holy Eucharist
- Sept 29 St Michael & All Angels
7:30 AM Thursday Morning Eucharist

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Rector

[Continued from cover]

We began the process of getting to know each other. Many of you have had me into your homes, or come into my office, or met me for coffee, and we have swapped stories about who we are and where we come from. I'd love to hear the stories I haven't heard yet, and get to know those of you I haven't yet. And even more, I'd love to have you tell those terrific stories to each other. The vestry has taken the initiative with their columns in the Shape, and others will tell their stories as we begin stewardship season. We'll find more ways to dive into our stories, newcomers and long-timers alike, in this coming year.

We worshiped together, a lot, in ordinary Sunday services and on special festival days. I talked about worship in the Sunday services and wrote about worship in the Shape as we played with how we approach communion and how our bulletins guide us through the liturgy. Lay readers, acolytes, ushers, and Altar Guild adjusted to changes (minor to some, significant to others) and trained to lead worship with more grace and confidence. With our new music director, we'll bring even more joy and creativity into our worship, and we'll better incorporate the gifts of children, prayer, silence, and song. We'll emerge energized for mission and ministry each week.

We did some important healing work around conflict and betrayal. In the process, we learned some ways to listen to each other better and discovered some financial practices we want to be more careful about. We'll put new policies in place that help us do our ministries faithfully and with integrity, in all aspects of our relationships together.

We built new structure into our pastoral care ministries, especially thanks to Mike Schmidt, and we began to coordinate our communications better.

We'll establish and re-establish ministries of care for one another, such as visiting, health screenings, and workshops on practical matters of aging. And as part of caring for each other, we'll make sure everyone is "in the loop," no matter what the news.

We spent more time with our sister church, CCA-VUCC. We worshiped together twice, on Maundy Thursday and on Pentecost Sunday, and broke bread together with a wonderful barbecue on Pentecost. Our vestry and their council shared a meal as well. We'll continue to build those connections as we plan for new children's and family ministries together, and as we work together in the Joint Venture to enhance and upgrade our facilities.

We began focusing more on our welcome to visitors, restarting the welcome committee and establishing a way of following up and connecting with new folks. We'll work on our buildings and signage to welcome new people, and plan for events and activities that reach out to our neighborhood. We'll reinvigorate our connection with Santa Maria Urban Ministry and find ways to connect to our local schools.

We learned together in a Lenten series and the women's retreat, as well as the ongoing Bible study and book group. We'll put a program of adult education in place that grounds us and deepens us in our faith and our knowledge of scripture, tradition, and the world around us, in Sunday forums, film studies, Quiet Days, speakers, and more retreats.

In other words, much has happened already that we can be proud of. And much is yet to come that we can be excited about. Welcome back to the school of ECA!

Kate Flexer

Fall Adult Education

Bible Study begins Thursday, September 22 at 10:30 am. This year we'll study the book of Genesis. Contact Mary McPherson for more information.

Episcopal Basics: A 6-week series on everything you wanted to know about the Episcopal Church but were afraid to ask. (We'll even tell you things you never wanted to know!) The class will meet after Sunday services (8:30 and 12:30) beginning September 25. Bring a sustaining snack or lunch; sessions will last 45 minutes to an hour. Continues through October 30.

Walk With the Rector: Thursdays at 9:00 am, join the rector for an invigorating walk to Almaden Lake and back. Ask your burning questions and burn some calories at the same time. Rain or shine! Begins Thursday, September 22, and you'll be back in time for Bible Study.

Parenting Series: On Tuesday, October 4, join therapist Tricia Peterson for a workshop on Bully-Proofing Your Child, a free event focusing on children in preschool and elementary grades. The talk begins at 7:00 pm. Two more talks are being planned for this program year. Look for more information to come soon.

Coming in November: A 4-week evening series of films and theology. We'll watch a film together and discuss the theology and imagery afterward. Not just for chicks. Dates and time TBA.

Save The Date

Blessing of the Animals. Bring your cats, dogs, wayward sheep, perhaps a chicken or a parakeet to be blessed. Sunday October 2nd, details to follow.



The 2012 women's retreat is coming up at the Saint Francis Retreat Center in San Juan Bautista March 2-4 (2012 of course). Keep the date in mind. More information to come soon!



Save The Date

Santa Clara Valley Deanery Meeting, Saturday, September 10. 10:00 – 2:00, St. Jude's, Cupertino

There will be a meeting of the people of the Santa Clara Valley Deanery on Saturday, September 10. Lunch will be served and those coming are asked to let the Co-Convener, The Rev. Tom Sramek, Jr. know no later than Wednesday, September 7 at frtom@stedwards.org so we can get an accurate lunch count. The Diocesan Strategic Plan, which will be presented for final questions and request for support, is available on the diocesan web site. The Draft 2012 Diocesan Budget will also be presented.

Sunday School will begin on September 11 at 10:05 AM! We will be learning through fun activities like crafts, music, games, and cooking about People Who Made a Difference.

Children will explore these concepts: The Bible shows us that all kinds of people can make a difference. A woman (Deborah) made a difference, a child (Jeremiah) made a difference, someone who wasn't of the Jewish faith (centurion) made a difference, and an outcast (woman at the well) made a difference. Throughout history, people of great faith made a difference. Each one of us can make a difference.

Join us on September 11 to see how fun it is to learn about our faith.

Kick-Off BBQ follows the 11:00 service. Come for food and fellowship as we begin our new year!

Pastoral Care

The Pastoral Care team has gotten off to a great start. We are pleased to publish our updated ministry contact directory which will appear in every issue of The Shape from now on. If you or anyone you know is in need of assistance, please give one of our willing volunteers below a call!

Meals

Anne Tysanner
artysanner@yahoo.com
(408) 927-7140

Rides

Gayle Byers
dng_byers@sbcglobal.net
(408) 268-0448

Small Repairs

Allan Jones
adjones9966@yahoo.com
(408) 268-3322

Prayer Vine

Ann Avoux
mavoux@aol.com
(408)270-2406

Card Ministry

Margaret Halliwell
(408) 267-5229

Receptions

Marianne Schmidt
mschmidt8120@sbcglobal.net
(408) 323-8025



From the Editor

spelling ineptitude (meaning I never use the word in handwritten correspondence).

I have noticed that it takes considerable time to re-learn the skills needed to write in cursive. First on the order of business was looking up things I had forgotten, like “what does a capital G look like?” or how exactly do you string an “O” and an “E” together? Not making the task any easier, I have some 30-odd years of bad habits to break, so it may be some time before I get things right. The hardest habit I have is trying to write too quickly. I’d like to blame it on something other than my own impatience, but I would be deceiving myself. I recall as a child writing so furiously that not only was the work unintelligible but my hands would cramp, fingers go numb and squishy-pens would deform. To aid me in my endeavour, I picked up a fairly cheap fountain pen, which aside from the novelty of writing with a nib provides feedback on the speed of your writing. Write too fast and the lines become narrow and faint, too slowly and the ink pools. Patience is truly a virtue that modernity has striven to set aside.

Daily life perhaps should mirror my discovery. The Episcopal Church with its mixture of ancient and modern offers a unique parallel to my writing adventures. If you break those habits of speed and modernity, casting aside their various crutches and foibles that burden us, it may just be possible to find the right speed in life. Perhaps there is something more than just the novelty of preserving the old forms of worship, the old hymns of our forefathers; perhaps in keeping these alive we are forced to slow down and allow ourselves time for contemplation and reflection.

Alex Dykes

Lately, and in sharp contrast to my daily life, I have decided that I should start writing by hand more frequently. Last night as I was cuddling up in bed with a Kindle book, this new drive stuck me as funny on so many levels. The first of which is of course that as a child I resisted improving my penmanship, fiercely figuring that it really wasn’t that important to my future. In truth, it isn’t, and cursive handwriting is becoming more and more a novelty in this country as recently some schools have stopped teaching it. And yet, the importance of teaching the skill so that the tradition is not lost is only one aspect of my renewed desire to deal with my daily logs and paperwork in cursive at work. Rather, my increased reliance on the electronic devil that is the spell-checker has started to offend my sensibilities.

As recipients of the Wine & Swine postcard may have noticed, not all is rosy in the land of electronica. The application I used to create the postcard lacked a spell checker, which coupled with my fat fingers created a “coirdllay” instead of “cordially”, an error I would not have made if I was crafting the card with pen in hand. Aside from this however, the spell-checker is a crutch that is far too easily leaned upon to spell words you just can’t get right on your own. As often as I use “necessarily” I find it necessary to let the spell checker clean up after my

Senior Warden's Corner

1 Corinthians 4:1: Think of us in this way, as servants of Christ and stewards of God's mysteries.

I've noticed that summer is marching on and the days are getting shorter. The sun hasn't even risen when I take my dogs, Allie and Scout, out for our morning walk. The evenings cool down faster, children are back in school, and we're coming into the retired people's vacation season, one of my favorite times of the year.

Here at ECA, we're kicking off our new Sunday School season. The choir is back to raise us up in song along with our new organist Kristal Kim. I'm excited to experience the musical leadership she brings to our congregations. I hope you've all had a chance to give her a warm welcome, and if you haven't, be sure to do so this month.

And as summer wanes, we also enter into our yearly campaign for Stewardship. It's during these coming months that we are encouraged to think about how we can be better stewards of our church, our congregation, and our community. As stewards of ECA, we are responsible for the wellbeing of our building and property, each other, and everyone that we encounter in our daily lives. It can seem like a tall order, having all this on our shoulders. But it's a shared responsibility, and we have each other to rely on. No one person has to carry the weight alone, and we all can share the load. Each of us can do our part to ensure the health and wellbeing of all that is ECA.

The first thing that used to come to my mind when I heard the word "Stewardship" was just another appeal for money. Financial health is a big part of

ECA's need, but that's only one aspect of it. We also need to be active and engaged in activities that enhance our lives, both in the church and in our little pieces of the world. In church terms, that's called Inreach and Outreach. These days, I see Stewardship consisting of three parts, and we all need to be engaged in all three to be good stewards:

- Give what I can financially so we can pay our bills and afford to do programs that enrich our spiritual lives;
- Be engaged in my church community, taking care of each other, and helping with church activities, those that are fun and those that require serious work;
- Let your Christianity be visible outside of church, helping out where you can. Work to make my community, our nation, and the world a better place for all of us to live.

Oh, and don't forget to be spiritually fulfilled and uplifted. That's the food that gives me the strength to be a good steward. We should all be joyfully engaged in worship and community.

Wow! It's not easy being a responsible, spiritually fulfilled Christian, is it? Just remember that we all do this together. So while summer lasts, smell the flowers while they still bloom, take time to watch a sunset, and spend some time thinking about how you can be a better steward of everything ECA.

We'll be talking...

Doug Dunham

Youth Group Updates

Our youth summer program has drawn to a close, and the last Monday night fellowship has come and gone. The August 14th end-of-year beach trip was a great success. Which means that the fall regular youth activities/fellowship are getting ready to start. The start date for fall youth activities is September 11th, and we will be going back to meetings every other Sunday, for the most part.

I am very proud to announce that Inge Bond will be taking over the reins as the leader of the senior high youth group, with the continued assistance of Rob McClaine and Alex Dykes — who will continue to support the program and



offer the SHYGS a “non-parental” presence. Jon Mills has decided to step down and take a much deserved rest, and though he will be always missed in that position, we wish him well and understand his need to recharge and refocus (isn't there a Vestry position opening up?).

I (Bonnie) will continue to lead the junior high group, and due to Melanie's internship, will not likely get to see much of my very capable assistant. So, if any one feels called to help out in the youth group, please let me know. Alumni are encouraged to get involved if they have the time, as the kids love those who are closer to their age. I don't think they believe I'm still in my 20's anymore. More to follow in the next Shape, so stay tuned!

Bonnie McPherson

We're on the Web!

<http://www.eca-sj.org>



- **Worship Matrix**
- **Midweek Bulletin**
- **Sunday Bulletin**
- **Past Shape Issues**
- **Calendar**

Fellowship Activities

Thursday, September 8: Take a trip to the San Jose Museum of Art to see the exhibit "Genesis." It's the total book printed and illustrated by cartoonist Robert Crumb. Thousands of comic aficionados know Robert Crumb as the grandfather of the ground-breaking underground "commix" movement in San Francisco and as a legendary '60s counterculture character. Crumb's influence as an artist and an illustrator has spread far beyond the world of comics and graphic novels: many of his images are now icons of our visual culture. Meet at church at 10 am to carpool or take light rail. Bring a friend.

Saturday, September 24 - 2-4 pm: English Tea with Antique Evaluation by Steve Ysaka in Fellowship Hall. Space is limited to 30; sign up in Fellowship Hall. One item may be brought for evaluation; details on bulletin board. Donation: \$15. Guests welcome.

Ladies: Come to lunch every Wednesday, 11:30 am, at La Playita restaurant on Redmond Avenue and Almaden Expressway.

Saturday, September 17: A New Almaden Quicksilver Mines Museum Open House will be held Saturday, September 17 from 11 AM-3 PM. The regular Museum hours are 10-4. During the Open House, extra staff and volunteers will be in period dress and will be able to give the public tours of the recently furnished period rooms. Dennis and Mary Moran will be there to greet you, both during the Open House and also on Sunday, September 18, from noon - 4PM. The period dress and extra folks will be there only Saturday 11-3. Come out either day and enjoy the landscaped grounds and museum. The address is 21350 Almaden Road. Phone is (408) 323-1107.

Tuesday-Wednesday October 25-26. The Cambrian Artists' League is hosting a Watercolor Painting Workshop with Stephen Curl at ECA Oct. 25-26, 2011 in the ECA Fellowship Hall 10 AM - 4 PM. (His website is SteveCurl.com if you would like to see samples of his work.) The cost is \$160 for the 12 hours of instruction. The first 15 participants to pay the fee will have their spot secured. Reserve your space now. Contact Program Chairman Mary Morrison at (408) 268-2463 or Dennis Moran at (408) 269-0474 for more information.



Musings on a Spiritual Life

I was born into a Catholic family; in fact my father, at one point, had studied to be a priest, but wanted to marry and have a family, so he dropped out of seminary and joined the Navy... An odd choice I always thought! Anyway, I was initially raised and baptized into the Catholic Church by my parents, but soon rebelled and started to go to church with friends who were Baptist and non-denominational. The one church I always loved was the church down the street from my grandparents' house in Riverside, CA: it was a Congregational Church I believe, but what I loved about it was the church community. I loved the feeling of belonging that I felt whenever I was there.

During my young adult years, I fell out of the habit of going to church with any regularity (24-hour shift work will do that to you), and became – as I heard it coined by, I believe, Bishop Mary – a church dater. All my grown-up years, whenever I would visit a church, I was always looking for that special community that I had experienced as a young child at my grandparents' church.

It was the Bond family who invited us to ECA the first, second, and, I believe, a third time that got us to visit, and we have been here ever since. The liturgy took a little time for me to get used to – probably too close to my days as a Catholic for my liking (initially) – but over time I have grown to love the tradition and the beauty of it. What kept us coming back, week after week, was the sense of community that we felt right from the beginning. All those years of searching for that church family had finally come to an end. I don't know if I would have felt a part of the community if I had chosen to only come once a week for the Sunday service, as the ECA community is so much more than that. But we attended many of the wonderful fellowship

events those first couple of months: a Luau, a musical put on by the churches, a movie night... It seemed like there was always something going on. Then the service opportunities came along quickly, helping with the youth groups, Thanksgiving turkey duty – Jim was suddenly on the Vestry – suddenly, it felt like we'd always been a part of this thriving community.

There is so much I love about this church. I obviously love the people—you are some of the most loving and welcoming people anywhere! But I also love the acceptance and the feeling of not being judged that I felt from the day I first walked into the church. I love the fact that we as a church state that we don't have the whole truth, that we can be wrong, and that we need to love and respect wherever people are at in their spiritual journey. That is so special!

I'm so excited and rejuvenated from our forums, the search for Kate, our new rector, the anticipation of meeting and working with our new music director Kristal, and the current search for a new Christian Education Director. I feel the change that we envisioned in those forums taking shape!!!! Thank you for welcoming me, Jim, Cat, and TJ into this special place!

Bonnie McPherson

Good Question!

(This monthly column is intended to answer questions about being an Episcopalian, our customs at ECA, the building, or anything else that you've wanted to ask about – send your questions to TheShape@eca-sj.org. This month's question and answer come from The Episcopal Handbook.)

Do Episcopalians Believe in Saints?

Of course they do. As with most things Episcopalian, however, it depends on how you define “believe” and “saints.” All Christians are part of the Communion of Saints, both the living and the righteous dead. However, Article XXII of the 39 Articles declares that the “Romish Doctrine concerning... Worshipping and Adoration, as well as Images as of Relics, and also Invocations of Saints, is a fond thing, vainly invented, and grounded upon no warranty of Scripture, but rather repugnant to the Word of God.”

Episcopalians do commemorate the feast days (usually the date of death) of Christians whose lives and deeds have been exemplary, whether or not they were of major ecclesiastical significance. Such “saints” include Dr. Martin Luther King, Jr., William Wilberforce, and Elizabeth Cady Stanton. Liturgies for celebrating those feasts may be found in *Lesser Feasts and Fasts*, now *Holy Women, Holy Men*, which contains material regarding various men and women the Church wishes to honor. In high-altitude Anglo-Catholic churches, prayers to the Virgin Mary and other saints are not unknown. There is no formal canonization process, such as the Roman Catholic Church has, but saints can be added to the Church's calendar by resolution of the General Convention, which meets every three years.

Gifts of Gratitude

Special thanks to the following people for their recent service to the congregation:

- Melanie Weiner and all her helpers, for their work with Vacation Bible School this summer.
- Ashley Martin, for stepping in to help with the acolyte program in a time of need.
- Nicole DeVelbiss, for her time and talent taking photos for the directory.
- Inge Bond, for all of her work on the Photo Directory and The Shape.
- Annie Estrade and Kara Nieders, for cleaning and painting a Sunday School room for their Silver Scout award (Girl Scouts).
- Joshua Click, Nick Martin, Susana Machado, and Melanie Weiner for cleaning out the Youth Center and Christian Ed office.

If you know someone that you feel should be acknowledged, send his/her name to Mike Schmidt (mschmidt8120@sbcglobal.net), along with a brief explanation, and we'll ensure that it appears in the next Shape.



Stewardship

During the August Vestry meeting I presented an overall framework for the Fall in-gathering program. You may recall a year 2000 movie starring Haley Joel Osment, Helen Hunt, and Kevin Spacey entitled “Pay It Forward.” The story line is started as a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle, a potentially world-changing scope. Backing up a bit, the traditional social response is, when someone helps you, you return the favor. “Pay It Forward” turns that norm on its head by having the recipient refuse the returned favor and asking the person to “pay it forward” – more specifically, to do a favor for someone else who needs help. In the case of the movie story, to do it for 3 other people, and challenged each in turn, to “pay it forward.” This sounded like such a great idea, I chose to present this concept as our Stewardship Theme for 2011-12 – Pay It Forward. With Our Time, Talent, & Treasure. For, isn’t this what Jesus challenges us to do?

So, going forward you will be hearing more specifics about our Stewardship in-gathering plans in church, on our website, and hard copy mail. Keep the following dates in mind:

- Oktoberfest sign-ups start - September 18
- Stewardship-focused sermon - October 9
- Oktoberfest dinner & pledge drive - October 15
- In-gathering completed – October 30

And, if your interest is piqued, watch the movie before Oktoberfest. You will be rewarded if you Pay It Forward.

George Romer



October Parenting Talk: Bullying

Bullying is not just a harmless, normal part of growing up. It can cause devastating, lifelong problems. And it's not going away all by itself. Most bullying situations require adult intervention and specific social and emotional skill-building in order to turn around. Come on Tuesday, October 4 to hear therapist Tricia Peterson. The talk is free and begins at 7:00 pm. Everyone is welcome, please encourage anyone you know with children to attend. More information to follow!



Welcome

Do you feel welcome at church?

I posed this question in a sermon in mid-August, and asked those present in both services to write their answers back. The news was overwhelmingly good: the vast majority said that yes, they feel welcome here, and the community at ECA is the reason why. Many also cited the worship and prayer of the community as things that make them feel welcome. Fantastic! As a church community, we're doing wonderfully well.

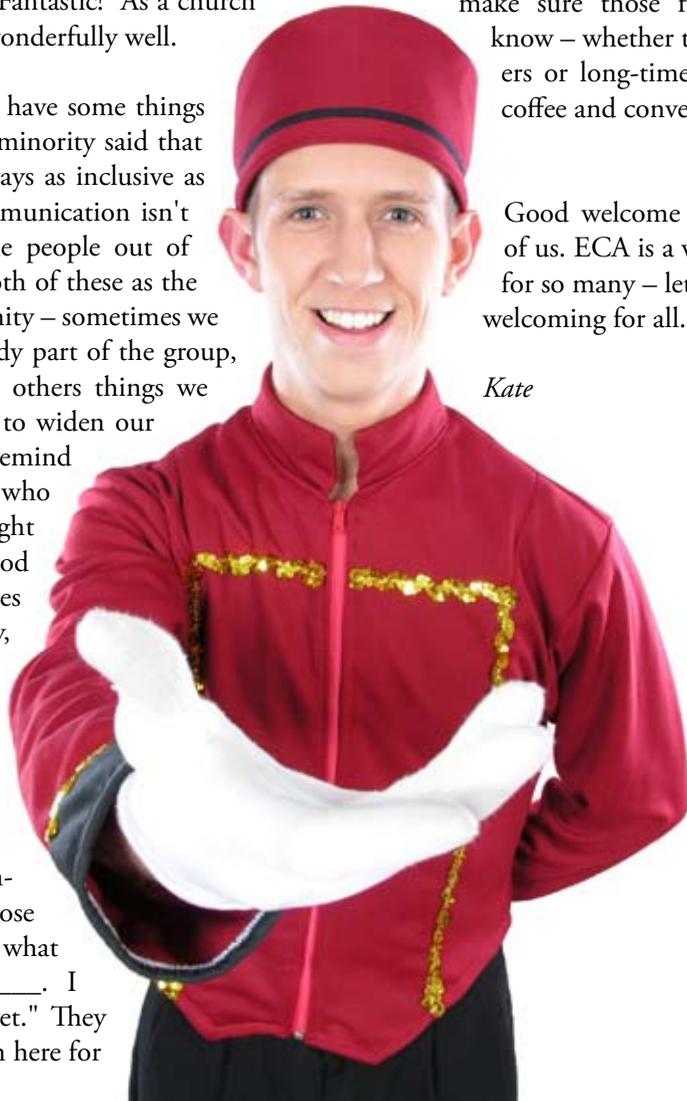
And of course, we do still have some things to work on. A significant minority said that the community is not always as inclusive as it could be. And our communication isn't always great, leaving some people out of what's happening. I see both of these as the flip-side of strong community – sometimes we can forget who's not already part of the group, and we can forget to tell others things we already know. As we seek to widen our welcome, we need to remind ourselves to include those who aren't here yet, or who might not be as connected in. Good communication sometimes means saying things many, many times.

So what are some ways we can make our welcome more intentional? As we come to church on a Sunday, we can look out for unfamiliar faces – not just those of folks we know. Not sure what to say? Try this: "Hi, I'm _____. I don't believe we've met yet." They might tell you they've been here for

20 years – and so you can laugh and get to know each other. Or they might tell you they're new – which gives you a chance to say, 'Welcome!' Make sure they get a visitor's gift bag from the basket in the entryway, help their children find the nursery or Sunday School, help them with a bulletin and finding a seat in church. And later, in coffee hour, make sure those folks you don't know – whether they're newcomers or long-timers – have some coffee and conversation.

Good welcome comes from all of us. ECA is a welcoming place for so many – let's make sure it's welcoming for all.

Kate



A Good Read

This summer, my daily meditations included a small book called *The Way of a Worshiper* by Buddy Owens. I would like to share something that struck me as I read it that affected me profoundly.

Several New Testament scripture passages refer to the idea that our bodies are the temple of God and that we should offer him our bodies. What exactly does it mean to offer our bodies to him on a daily basis? How can I offer my ears, eyes, mouth, and thoughts to God?

Owens challenged me to ask, “What do I allow myself to listen to? Does it nurture my faith? What do I choose to look at? Do I want the words or attitudes I watch on TV or read about to be in my heart? Do they draw me closer to God or are they offensive to God and demeaning to my character?” They say that eyes and ears are gateways to the soul. We are the guards at the gate. It may sound prudish or puritanical to some, but I suddenly feel protective of my gate and what I let in. I don’t have to watch all the shows the world watches on TV, or watch movies with foul language, or read magazine articles about famous unscrupulous characters. I have a new litmus test for what I watch and listen to. Life is too short to waste it on things that aren’t edifying or pleasing to God.

Paul says, “Pray without ceasing.” He also says, “...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” In another translation, he makes it even more of an intentional act. He says, “Put your mind on these.” How do we do that? Buddy Owens offers an idea. “Always have a song in your heart.” I have started loading praise music on to my iPhone. As I drive, I listen to this

uplifting and delightful music. By immersing myself in this music on my long drives, I carry these tunes and lyrics in my heart. I have become even more aware of God’s presence with me every moment of the day. This is one way I can offer him my body. Plus, it’s a spiritual act of worship.

Mary McPherson

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
Maryke Williams	17
Charlotte Norris	18
Pat McGarvin	19
Jerry Long	20
Gary Cassetta	24
Kathy Mastre	24
Ben Austin-Lane	25
Joe Machado	28
Nancy Romer	29
Jean Cassetta	30



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The Episcopal Church in Almaden
6581 Camden Avenue • San José CA 95120
Tel: (408) 268 • 0243 Web: www.ecca-sj.org

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