



October 2020

The SHAPE

From the Rector

Dear Friends

It is not an exaggeration to say we are living in a time of great tension and fear. These feelings are stoked by pandemic, economic distress, wildfire/severe weather events, racial tension, great political division in our country (and, indeed, around the world), and a quickly approaching national election. As Jesus Followers, the good news is that we do not need to live in fear. In fact, Christ calls us out of fear and into love. I John 4:11 tells us, “There is no fear in love, but perfect love casts out fear.”

This could be daunting if we felt we needed to move from fear into the freedom of love under our own steam! It is clear that only God exhibits perfect love. So, it is God’s love for us...and for all humanity and creation...that is able to cast out our fear. How do we access this gift of grace?

As long as we remain stuck in our “dualistic” thinking, God’s perfect love cannot cast out our fear. What do we mean by this? Wisdom teacher, Cynthia Bourgeault, calls it our operating system that is centered in our own ego...it is “our way of reading reality from the position of our private and small self. ‘What’s in it for me?’ ‘How will I look if I do this?’ This is the ego’s preferred way of seeing reality. It is the ordinary ‘hardware’ of almost all Western people, even those who think of themselves as Christians.” Dualistic thinking traps us in looking at people and categorizing them into “us” vs “them.” It traps us into feeling that there is only one way to see a situation.

The antidote? Richard Rohr tells us, “The church has neglected its central work of teaching prayer and contemplation, allowing the language of institutional religion itself to remain dualistic and largely argumenta-

tive. We ended up confusing information with enlightenment, mind with soul, and thinking with experiencing—yet these are very different paths.” At ECA, we have thought of this as “knowing about God” vs “knowing God.” We strive to help people have an authentic experience of God...of watching for God’s presence and action in our lives.

The path of prayer and contemplation – or meditation – is the answer. To open ourselves enough to allow in the power of the Holy Spirit, we need to embrace a silent practice of some kind. We can begin with just two minutes of silence a day – two minutes when we quiet our minds, open our hearts to God, and wait... listen. God can do miracles with two minutes! And we ALL have two minutes we could find in a day to rest, in loving openness, to God.

Which of us, given the chance, would not move out of fear into love? We all have the chance. I urge us all to undertake a silent practice of some kind each day... can you find two minutes to give loving, silent attention to God?

Blessings,

Shelley+

¹Rohr, Richard. The Dualistic Mind, January 29, 2017, Center for Action and Contemplation, <https://cac.org/the-dualistic-mind-2017-01-29/>.

Letters to ECA Members for the Shape

I have received the suggestion that we have members write letters to the people of ECA, to be published in the Shape. If you would like to participate in this, please let me know. If you are able to type and send it in an email, that is great. If not, we will find someone to whom you can dictate your letter and they will send it. Or you could write it by hand, and we'll transcribe it. This could be remembrances or just greetings, how you feel about ECA, or how you're doing now. It can help us to know one another better.

Shelley

Giving to ECA

Thank you for continuing to keep your pledge or regular giving to ECA current. Checks may be mailed to ECA (6581 Camden Av, 95120) where they are delivered to a locked mailbox, then brought into the church and locked in the safe, until they are counted and deposited. It may take a few weeks for your check to clear, as we only count once a month in order to keep people out of the building, which is closed. Your faithful generosity is much appreciated. If you wish to make a donation to Shelley's discretionary account, please mark that on the memo line of the check.

Preliminary Plans for an Outdoor Fellowship Event

At the request of the Vestry, the Re-Entry Team is working on a plan for outdoor gatherings. The diocese now allows parishes to gather outside, with all appropriate COVID-19 precautions, in groups of no more than 40 people. Our initial idea is to create a plan for an in-person, outdoor, very casual fellowship event. We will gather for this when it can be done safely, and it will be open to ECA folks who feel safe participating. Date and details to follow.

* * * * *

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?" He said, "Call for backup."

A Sunday School teacher asked the children just before she dismissed them to go to church, "And why is it necessary to be quiet in church?" Annie replied, "Because people are sleeping."



Rector

The Reverend Shelley Denney
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Staff

Lynda Ford
Music Director

Ruthanne Adams Martinez
Administrative Assistant
Treasurer

Assisting in our Ministry

Joyce Wing
Senior Warden

Joan Wagner
Altar Guild

Ann Avoux
Prayer Vine

Debbie Estill
Ushers

Mike Schmidt
Shape Editor

Kathleen Eagan
Senior Ministry

Taylor Wing
Webmaster

Betty Consorte
Pastoral Care Coordinator

Book Discussion Group on Racism Begins Oct 7

I am offering a book discussion group on racism. The first book we will read and discuss is "White Fragility: Why It's So Hard for White People to Talk About Racism" by Robin J. DiAngelo. This book is written by a White woman who has done anti-racism training in businesses for years. It is available in paperback edition from Amazon right now. It delivers within 2 days. (Please remember to use www.smile.amazon.com and select ECA as your charity!)

In order to allow everyone who is interested in participating to get and read the book, The discussion class will be held on October 7th and 21st at the Wednesday Night Discussion Class hour: 7-8:30pm on Zoom. If we need more time to discuss it, we will continue in November. Note: the regular class on Spiritual Practice will continue on the other Wednesdays. If you are interested in this book discussion group, please purchase and read the book. You might want to underline and make notes and questions in the margins to facilitate engagement. On October 7th when we begin, we will assume everyone has read the book.

Shelley

* * * * *

A Sunday School teacher asked her class why Joseph and Mary took Jesus with them to Jerusalem. A small child replied, "They couldn't get a babysitter."

At Sunday School they were teaching how God created everything, including human beings. Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs. Later in the week, his mother noticed him lying down as though he were ill and asked, "Johnny, what is the matter?" Little Johnny responded, "I have a pain in my side. I think I'm going to have a wife."

If you have any needs - spiritual, emotional, or physical - please let me know. You can always get me on my cell: 805-550-0582 or my email: shelleydenney@gmail.com. The office is, of course, closed - but Ruthanne is working from home. If you have an "office" question, call on her cell phone: 408-482-4014. Please be mindful that though at home her hours are still Tues-Fri 10am to 2pm. You may contact me at any time.

Shelley

A wise schoolteacher sends this note to all parents on the first day of school: "If you promise not to believe everything your child says happens at school, I'll promise not to believe everything he says happens at home."

JV members:

Steve Wing
Don Hall

Vestry members:

Worship
The Reverend Shelley Denney

Senior Warden
Joyce Wing

Communications
Alain Guichard

Outreach
Judi Dimicelli

Junior Warden
Joint Venture:
Don Hall

Finance
Todd Lukanc

**Fellowship, Hospitality,
and Welcoming**
Wendy Martin
Nancy Romer

Pastoral Care
Marianne Schmidt

Stewardship
Kelli Casale

ECA Activities

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 10am Meditation Group (via Zoom)
4 10:45am Worship Service Liturgy of the Word (may be viewed on Facebook in real time or at personal convenience) Virtual Coffee Hour (Zoom)	5	6	7 10am Meditation Group (via Zoom) 7pm Class/Discussion Group (may be joined in real time via Zoom)	8 10am Lectionary Bible Study (via Zoom) 6pm Vestry Meeting	9	10 10am Meditation Group (via Zoom)
11 10:45am Worship Service Liturgy of the Word (may be viewed on Facebook in real time or at personal convenience) Virtual Coffee Hour (Zoom)	12	13	14 10am Meditation Group (via Zoom) 7pm Class/Discussion Group (may be joined in real time via Zoom)	15 10am Lectionary Bible Study (via Zoom)	16	17 10am Meditation Group (via Zoom)
18 10:45am Worship Service Liturgy of the Word (may be viewed on Facebook in real time or at personal convenience) Virtual Coffee Hour (Zoom)	19	20 6pm JV Board Meeting	21 10am Meditation Group (via Zoom) 7pm Class/Discussion Group (may be joined in real time via Zoom)	22 10am Lectionary Bible Study (via Zoom)	23	24 10am Meditation Group (via Zoom)
25 10:45am Worship Service Liturgy of the Word (may be viewed on Facebook in real time or at personal convenience) Virtual Coffee Hour (Zoom)	26	27	28 10am Meditation Group (via Zoom) 7pm Class/Discussion Group (may be joined in real time via Zoom)	29 10am Lectionary Bible Study (via Zoom)	30	31

Vestry Update

The Vestry met via Zoom on September 10. After a prayer, silent meditation and Lectio Divina, the business meeting started with approval of agenda and August minutes.

Joyce shared that CCAV-UCC is celebrating their 55th anniversary with a Homecoming Sunday in October. We recorded each member of the Vestry present giving a short congratulatory message to them. The recording will be played at their anniversary celebration. Joyce also took a screenshot of the Vestry on Zoom for a photo collection reflecting the various activities during the pandemic, to be published in *The Shape* and on our website.

The financial review followed. Todd reported that overall finances still are looking pretty good with income and expenses just a bit lower than expected. Our overall deficit is less than expected, helped by the Paycheck Protection Program loan and no salary for the Building Bridges Coordinator, which had been budgeted. Our financial picture has been hurt by the additional Joint Venture operating payments we are making monthly this year. It was noted that leadership from CCAV-UCC mentioned we will need to talk about whether their lower than 50% contribution to Joint Venture will be necessary again next year.

Shelley gave the Jr. Warden & JV Board update, including ongoing projects that need to be completed at the Rectory.

The JV Board authorized a contract to handle the ground squirrel problem at the main church building complex. The mitigation procedures are planned to last for six months and will start shortly.

Under New Business, Shelley reported that the Diocese is now allowing outdoor gatherings of up to forty people with appropriate social distancing and masks. She reiterated that, per the Bishop, no communion or congregational singing is allowed at this time. It was resolved that Shelley take the idea to the Re-Entry Planning Team for discussion. This would need to be included in the Re-Entry plan and be approved by the Bishop prior to any event.

The Silicon Valley Sponsoring Committee (IAF – community organizing) has an October 4th “accountability session” scheduled to be held via Zoom with the candidates running for State Senate in Districts 13 & 15. Shelley noted that it is very important to have a good turnout to this meeting as politicians take notice of the number of constituents attending, and she’s hoping as many people will come as are able.

Joyce reported on the JV Core Team’s meeting on September 3, the first time since COVID. JV Core team members include Marty Williams, Debbie Bemis, Jan Blake, Tom Gerber from CCAV, UCC and Shelley Denney, Joyce Wing, Nancy and George Romer, Marianne Schmidt, Judi Dimicelli and Ellen Lukanc. The responsibility of the JV Core Team is to write the JV Strategic Plan and present to both congregations and

the decision-making groups to seek input and approval. The plan going forward is to refresh the JV Core Team’s memory on where we left off, discuss the potential services we want to provide, get updates from those we have worked with and professional service contractors, then begin writing objectives and action plans.

Nancy provided an update on the Almaden Valley Counseling Service. They are still a healthy organization, and have a new director. However, the lease at their current location is up in 2021 and they may be looking for a new location. They are also looking into possibly offering senior services of some kind in the future which may dovetail into the services that the JV churches will be investigating.

Joyce noted that CCAV-UCC will officially start their search process for a new pastor in the next few weeks, probably a “designated term pastor” of some kind TBD, hired for a specific period of time only, say two to four years, with a specific purpose.

On pastoral care, Marianne mentioned that the callers have recently been re-identified and to remember that this can be a phone ministry for disaster planning.

The meeting was adjourned with a prayer. Next month’s meeting will be held via Zoom on October 8 at 6:00 p.m.

Steve Wing, substituting for Elizabeth Guichard, Clerk of the Vestry

MY JOURNEY OF THE WORLD

Well, I (Ellen Lukanc) did it. After 39 years of working as a R.N., I retired. Wow—what is next? Spend more time with my family and friends? Do more volunteer work? Get into better physical shape? Start a new hobby? Travel anywhere in the world? All wonderful and one I am looking forward to is travelling, especially to foreign lands. Due to our current world wide health crisis of Covid 19, I am not going anywhere, at least not right now. So what was I to do with all of my disappointment? Well-----

TRAVEL. Travel in a hybrid, virtual, imaginative, explorative, wandering and creative way. In mid-September, I started an around the world journey that will take me to all 248 countries or territories recognized by the United Nations as trade partners by the International Monetary Fund. Included in this number is the 195 places recognized as sovereign states by the U.N. I plan on discovering a new country or territory every week, for at least 248 weeks. I hope to be completed by the Fall of 2025.

I am sure you are thinking WHAT? HOW? WHY? This idea developed over the course of a few days of wondering how many places I would NOT be able to go and visit due to Covid, gosh darn it. I found out there are a lot more countries than I realized and I read of a woman who had committed

to learning the name of each one. I thought, “But I want to go visit and see them”. Then I realized that I CAN visit each one by using the internet, books, movies, articles, video, social media, photographs and conversations with others. “A Virtual Tour”.

Over the course of each week, I plan to use research, listening, talking, reading and creating, to learn about a country’s unique place in our world. I am exploring the history, people, geography, nature, music, art, culture, customs, food and language. There is too much information to absorb about a place in one week, so this trip will just be snippets or a snapshot of what all is available. I might learn “fun random facts”, prepare a recipe, listen to folk music or storytelling, take a virtual tour of an art museum or read a blog and imagine hiking the Arctic Circle in Greenland. (It was amazing by the way!) I want learn “Hello, Thank you, Love and I am Blessed” from each location. I hope to accomplish this with curiosity, openness, respect and a sense of value for each and every place. I started in Greenland, followed by Iceland and plan to circumnavigate the globe going through Europe, Asia, Africa, Antarctica, South America, Central America and completing my adventure in North America, finally coming Home.

Life in the future will sometimes make this quest difficult to maintain, I know that, but that is okay. It is a goal I am striving for, but it is so much more about the journey along the way. This is an

experience, a trek, an escapade, a discovery, a wandering, an exploration of what is unknown. To keep myself on track, I am incorporating a routine of walking 20 miles a week. When I return home from my daily walk, only then can I “visit and explore” for that day. I may not be able to walk all the miles around the globe but I can “walk” and experience individual places in our phenomenal world. I am keeping a journal and putting pins into a wall sized World map. There is so much fascinating info available and I will not remember all the things that I am becoming aware of, but I could become really good at random world trivia!

Here’s a few tidbits. Greenland was named by Erik the Red in 980-990 AD. He had been exiled there from Iceland after murdering a number of people in a feud. He wanted more people to join him, so despite 80 % of Greenland being covered by an ice sheet, he called it “Greenland” for the small area on the southwest portion of the island that could be farmed. Creative perspective right? Iceland had a democratic parliament in 938 AD that took place near a mountain where the speaker spoke his words into the mountain face so that they could reverberate off behind him. That way everyone that had gathered could hear. Who needs a microphone? More---Icelandic folk music is very enjoyable, soothing and I have no interest in eating either one of their delicacies of a sheep’s head or fermented shark, ugh.



Worship Schedule

October 4 – *Eighteenth Sunday
after Pentecost*

10:45 a.m. Worship Service -
Liturgy of the Word

October 11 – *Nineteenth Sunday
after Pentecost*

10:45 a.m. Worship Service -
Liturgy of the Word

October 18 – *Twentieth Sunday
after Pentecost*

10:45 a.m. Worship Service -
Liturgy of the Word

October 25 – *Twenty-first Sunday
after Pentecost*

10:45 a.m. Worship Service -
Liturgy of the Word

(continued from previous page)

The definition of journey is “the act of going from one place to another”. I have started off on this world wide adventure. I know someday I will physically be able to be present in some of these locations. And those I may never actually set foot in, I will have been there in my mind, in my spirit, and in my soul. I am Blessed!

Ellen Lukanc

Gifts of Gratitude

Thank you ..

- to Joyce Wing for leading the Core team, and thank you to the members of the Core team: Marty Williams, Shelley Denney, Jan Blake, Debbie Bemis, Judi Dimicelli, George Romer, Nancy Romer, Tom Gerber, Joyce Wing, Ellen Lukanc, and Marianne Schmidt.
- to Ruthanne Adams Martinez and the JV Bell Choir for providing lovely music at our on-line service
- to Ruthanne Adams Martinez for putting together a slideshow on what ECA has been doing during this pandemic
- to Kimberly Axtell for contributing her article on pandemic gardening to the September Shape
- to the JV Board for handling facility issues
- to Steve Wing who might be winning the ongoing squirrel battle
- to the Re-Entry Planning Team under the direction of Ellen Lukanc: Elizabeth Guichard, Judi Dimicelli, Anna Spanjaart, Joyce Wing and Shelley Denney. They are working on phase 2 of our plan: outdoor gatherings. They will also take up the work of disaster planning.
- to the Pastoral Care Team who are watching so carefully for all in ECA who might need extra care
- to all who continue to visit parishioners: socially distant, outside, and masked
- to all the callers in the Phone Tree. Your efforts in the area of keeping connected while we're physically separated is so important!
- Thanks, Vestry, for your faithful service to ECA - still meeting monthly and doing the work of our church! Kelli Casale, Judi Dimicelli, Alain Guichard, Don Hall, Todd Lukanc, Wendy Martin, Nancy Romer, Marianne Schmidt, Joyce Wing, and Shelley.
- to Hans and Anna Spanjaart who keep a regular watch on the church grounds
- to all those who have been doing the Sunday readings on video
- to Marianne Schmidt for facilitating Meditation two times a week



Members of the Vestry have continued meeting, at a safe distance. An update of their September meeting is on page 5.

October Birthdays

Mark Ciccarello	October	02
Rev. Jim Edwards		04
Bobbi Finley		06
Lola Fahlen		06
Ron Howie		10
Bonnie McPherson		13
Carol McDonald		15
Judy Blankenheim		16
Stephanie Keck		18
Lynda Ford		22

October Anniversaries

Betty & Dominic Consorte	30
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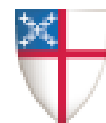
The SHAPE

Volume 49, Number 10
October 2020

Deadline for the November 2020
issue: Thursday, October 15, 2020

Published 10-12 times a year by the
Episcopal Church in Almaden
San Jose, CA

Also available online at:
www.eca-sj.org



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